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# My Life A Personal Perspective

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# My Life



**By Kirsty Brandon**

# INTRODUCTION

Kirsty – Student

Kim – CLF ( community learning facilitator )

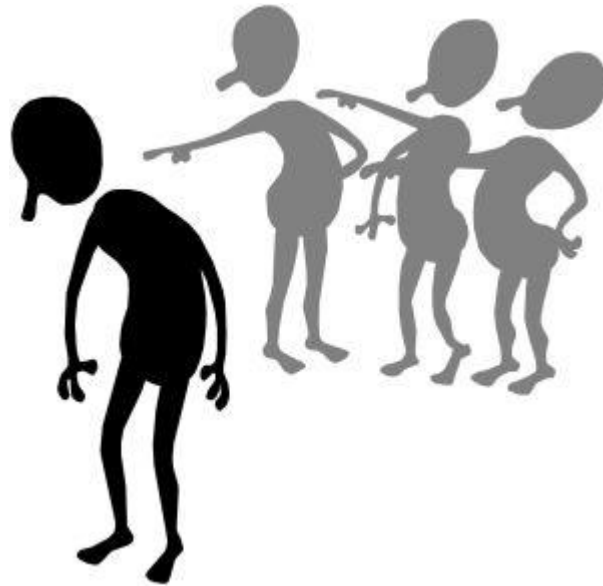
Hannah- lead PBS coach

# How I got here

- I was **14** year old when I started to communicate how my life is.
- Things were getting worse I had been permanently excluded from my school
- My CAMHS worker thought it would be a good idea if I went to a mental health hospital as a day patient.

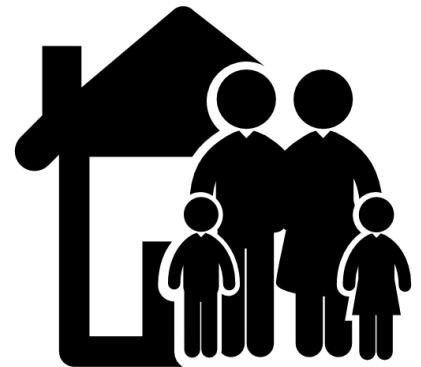


I said something at a meeting and then they  
sectioned me!!



# My time in the hospital

- My time there was the most awful thing I ever had to deal with in my life. It had an adverse affect on me because I was copying others behaviours and things were just getting out of control.
- In the night the doctors decided to move me to an adult only mental health hospital, I was there on my own with only two members of staff there to look after me.
- After a few weeks I was moved all the way to Southampton to another hospital. I hated this as I felt very isolated away from my family and it felt more like a prison than a hospital. We wasn't even aloud outside.
- My family never stopped fighting to get me out, after 6 months of being locked away they finally realised that it wasn't helping me so they released me back to the care of my parents.



# After the hospital

- Things were a little better because I wasn't going through all this rubbish in the hospital.
- After being released, things were getting slightly better but it was far from perfect, I couldn't be left on my own so this is why my parents took on running a pub so thy could be at home all day with me.
- CAMHS had to keep an eye on me to make sure I was safe, they started to send this lady round to my pub to sit with me and see how things were going. When I first met her I took an instant dislike to her, she was horrible I was still very unhappy and traumatised. She would push me to far to do things I didn't want to do like going out of the house for a walk which I wouldn't do as I would never leave the house without my mum for many years.



# After the hospital continued .....

- I kept telling people that I didn't want her to come round anymore but nobody would listen, I used to dread her coming around I hated it, it would make me extremely stressed and anxious.
- Again she still came around so one day I had enough and finally flipped ( meltdown) I went to the kitchen in the upstairs flat of the pub, I took a pair of scissors and then went back to the room she was sat in, i took her phone of her and then I went and sat my the door with the scissors in my hand I didn't make any threats with the scissors I just shouted a little but not at her but the voice I hear. She didn't say anything she just sat there in silence, eventually I let her out, I sat under the table until my mum came and got me.
- Things got a lot more worse, they even tried to section me again but me and my family managed to avoid it by escaping out the back door when they came with all the police and doctors.







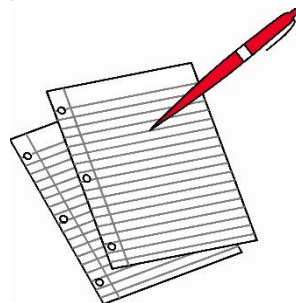
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# The start of No Limits



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- Thankfully they decided not to section me although it was a very upsetting time for me as I was still traumatised from before
- I stayed in the house for a very long time I wouldn't really go out if I did go out I would only sit in the car I wouldn't even go in to any shops. Months went by, and eventually people realised that I couldn't keep living the way I was, so after a few months they were discussing the options what I could do. They found this college, it had a special autistic unit which we went to look around, they didn't think it was suitable for me.
- This is when no limits was mentioned. It took over a year to get things in place for me to start, but eventually it did, I started off just meeting with no limits in CAMHS with my mum, it was only 2 hours one day a week. When I first met the support staff I knew I was going to get on well with them. They never pushed me to far they would only encourage me to do things and if I didn't want to do them they wouldn't force me. It was all at my pace which I felt much more comfortable with. I didn't talk to them at first I would only communicate by pen and paper.



# The start of no limits continued ....

- After a while we kept meeting, each time we would increase the length of time we had the sessions for, I was becoming more happy, I was able to express how I felt even though I couldn't speak yet. The one thing I really did like is that they would always listen and would always try and help.
- At the end of the first year they had a little celebration at there building in Abingdon and Witney college, I went with my support worker, her name was Rebekah, and at the end I finally spoke to her !! It was only Thank you but still I spoke to her this was one of my first massive achievements. I wanted to talk to her for ages but I just couldn't so I when I did it felt amazing and finally I had a voice.
- After a while I finally left the house without my mum to the village hall which was just up the road from the pub, I met my 2 support workers there and it was awesome. I felt like I was finally getting better and I was so happy. I was talking to them and I could tell them how I was feeling, it felt so much better being able to communicate properly.





# My achievements



As time went on continuing to meet with no limits, I gained more and more confidence, I began to do things that before I never thought I would be able to do.

- I was meeting new support workers without getting so stressed,
- I encouraged other students to join in with my activities.
- I began to go into shops without my mum but with support workers.
- I began talking more and more even to new people sometimes it may have took a while but I got there eventually.
- I started to go to work placements like Vana Farm, barnardos, the donkey sanctuary and SOFEA which helped me to gain confidence and helped me to talk to other people outside of no limits.
- Even at home things were improving, I began to help out in the pub kitchen with my mum and family.
- My mood was more stable I was having less meltdowns and I was able to control my anger a lot easier.
- No limits helped me to find ways of coping with my feelings, and when things were getting difficult I was able to communicate it easier than I would before.
- I developed my computer skills, including being able to send emails, using power point.
- I wouldn't eat or drink in front of anyone at the start of no limits but now I have started to eat and drink in front of staff, students and in public.
- I started to share my journey in front of audiences only a few weeks ago.
- I have gained more confidence in myself.



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**Thank you**

Kirsty Brandon