

# Young Women's Newsletter 3

*A newsletter for young women who are concerned about self-injury*



## **Write On.....**

This issue has a focus on writing as a way of expressing feelings, developing thoughts and ideas, and as a way of communicating to others. Also writing for enjoyment. Many people who have experience of self-injury talk about writing as a positive way to express feelings. That's all very well but where do you start? You could just write anything that comes to mind...or you could get started by using some writing exercises Here are some examples:

" Try the following titles for poems and see what comes... 'The Morning After', 'The Journey', 'The Return'; 'A New Life', 'What the Thunder Said', 'Finding What I Didn't Lose', 'Coming Home to Myself', 'Finding my own Voice', 'Listening to my soul' 'When Someone Deeply Listens to me'.

" Story Boarding - when film directors think about how they will make a film, they draw story boards. Try drawing some story boards to say what you would like to someone you know and then write the script!

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To see a full list of writing exercises, see the young women's page on our website:  
<http://www.users.zetnet.co.uk/bcsw/young> or call 0117 9279600 to receive a copy in the post.

If you use any of the writing exercises, let us know what you think of them. We might use some comments (or writing!) in the next newsletter.

**Next Young Women's Group, Saturday 25 February 2006. See the final page of this newsletter for details.**

# ***Ride On***

**Creative Writing Workshops for young women (16-25) with experience of self injury.**

We are pleased to present a 3 day writing workshop on Saturdays in April and May. This group will write poems and stories, exploring feelings and creating pieces of crafted work. Writing will be inspired in a variety of ways: collages, music, images, lyrics, visualisation and stories. Workshops will be led by Claire Williamson, author and poet. No experience necessary, any woman aged 16-25 is welcome to attend. Contact BCSW if you would like more information.



## ***Young Women's Group: Questions and Answers***

*What is the Young Women's Group?*

It's a space for girls and young women (16 -25) who have experience of self injury to meet and talk about how best to support young people who self-injure. The Young Women's group is focussed on practical ways to improve services for young people.

*What is it for?*

The Young Women's Group was set up so that Bristol Crisis Service for Women could ask Young Women what kinds of ways we could support young people who are concerned about self injury .

*How many people will be there?*

At the moment it's a small and new group. Hopefully between 4 and 6 young women will attend the next meeting.

*Who can come?*

Any woman or girl between the ages of 16 and 25 who has experience of self injury. You need to live somewhere in or within easy access to Central Bristol.

*Do I have to come for the whole session*

If you want to attend for a short time to see what the group is like, that would be ok.

# ***Young Women's Workshop... and ten pin bowling***

## *When?*

The next meeting will be held on Saturday 25 February from 11 am

## *Where?*

Central Bristol.

## *What?*

From 11-1 we will focus on producing a leaflet for young people who self injure, after that we will go bowling (its free).

We are happy to pay bus or train fares to the group and to arrange transport from the station but please let us know at least 2 days before the meeting. If you want to come please ring and ask for Lorna at the office, the number is 0117 9279600 or email [bcsw@btconnect.com](mailto:bcsw@btconnect.com), alternatively you can text us on 07985364472 with a convenient time to call you back.



**Bristol Crisis Service for Women** is a national agency providing support and information to women and young people who self-injure. Self injury includes cutting, biting, head banging, swallowing poisons or other ways of hurting oneself. Our women's helpline is open Fri/Sat 9pm - 12.30am and Sun 6pm - 9pm.

## **General information**

### **Bristol Crisis Service for Women**

Helpline, information and training around self-injury.  
[www.users.zetnet.co.uk/BCSW](http://www.users.zetnet.co.uk/BCSW)  
0117 927 9600

### **Connexions**

Advice, information and support for 13-19 year olds  
[www.connexions.gov.uk](http://www.connexions.gov.uk)

### **Lifesigns**

Voluntary organisation raising awareness of self-injury.  
[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

### **Off the Record (Bristol)**

Information, advice and counselling for young people (aged 11-25 years)  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)  
Freephone 0808 808 9120

### **Off the Record (BANES)**

Free and confidential information and advice service for young people aged 12-25 living in Bath and North East Somerset.  
Free Phone 0800 3895551  
[www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk)

### **Young Bristol**

Young Bristol works with young people offering lots of activities and ways to get involved in what's happening in your area.  
[www.youngbristol.com](http://www.youngbristol.com)

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