




Website: www.seedeatingdisorders.co.uk

Issue 6

February 2009

Support 
and
Empathy
 for people with
Eating
Disorders

Dates

Support Group
Monthly Every 1st Wednesday
 4th March
 1st April
 6th May
 3rd June
 1st July
 5th August
 2nd September
 7th October
 4th November
 2nd December

Self Help Group
Monthly Every 2nd Tuesday
 10th March
 14th April
 12th May
 9th June
 14th July
 11th August
 8th September
 13th October
 10th November
 8th December

Walking on Eggshells
Workshops for Carers
Saturday 25th April 2009
@ the Endsleigh Centre Hull in
The Garden Room

Please book a place with Marg

01482 718130 or
admin@seedeatingdisorders.co.uk

Accept and Respect Yourself



Happy 2009!
 The Trustees of

S.E.E.D. Eating Disorders Support Services



Wish everyone a Happy New Year and an assurance that SEED will do everything possible to meet the need, improve the present and develop the future of our services.

2009 will be a very important year for us!

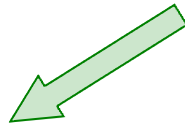
Walking on Eggshells—Workshops for Carers

The next workshop for carers will be on **Saturday 25th April 2009 9.00am for 9.20am finishing approximately 4.00pm Venue The Endsleigh Centre in the Garden Room.** The workshops are very popular please book to secure a place! E mail admin@seedeatingdisorders.co.uk or 01482 718130.

Group Membership

Membership

- It has been decided that SEED no longer have an official membership.
- The reason being that it was difficult to enforce and sustain.
- It seemed that only those attending groups were asked for the membership, leaving gaps whereby telephone contacts, and e mail contacts in the first instance were not approached for a subscription.



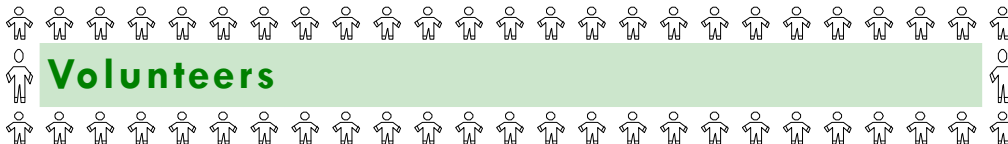
Volunteers



A warm welcome to Alison Middleton, Jenna Orwin Melody Ashman who have joined us as Telephone and E Mail Buddies.

Holly Campbell has left the group and taken up a full time position with the Hull PCT. We wish Holly all the best and acknowledge the excellent work she did as facilitator of the Self Help Group and Stairway To Recovery in the Treatment of Bulimia. Good Luck Holly!

We are always looking to recruit more volunteers in all areas. We are wanting to enlist a facilitator for the Self Help Group (every 2nd Tuesday in the month). This may appeal to a trainee or assistant psychotherapist but we are open to all options.





S.E.E.D. VISION

PROPERTY if you know of premises for the Support Centre in a central, accessible location for the people of both Hull and East Riding, then please get in touch. The premises need to have at least one large meeting room, 3/4 consultation rooms, 1 x office, and a reception area. Kitchen facilities would allow future service development. All suggestions will be considered.
Thank you !

Hard work continues 'behind the scenes' and SEED are now through the Stage 2 of the Big Lottery (Reaching Communities) bidding for £500,000 over a 5 year project to open a Support Centre for mild to moderate eating disorders.

This is a very exciting time for SEED and we have until the 4th June to complete the bid. We are on target with this and priority will be given to ensuring we meet deadlines. There will be an interview process, our bid will be considered by a panel and we will know by Sept/October if we have been successful. This could open up opportunities for employment and personal development. If successful we will be the only voluntary organisation within Hull & East Riding offering a service of its kind. SEED have developed a referral pathway offering a seamless service combining self help with therapeutic interventions based on need. SEED will incorporate Carer Interventions and run Walking on Eggshells Carer's workshops every quarter. SEED will also offer Educational Intervention raising awareness within schools covering eating disorders and body image work.

Eating Disorder Awareness Week

23rd February to
27th February 2009



This year the emphasis is on GP awareness and there is a report to be published



by B-eat available on line from the 23rd February. In a survey conducted by B-eat just 15% of sufferers considered that their GP was supportive and that they received an adequate service. SEED have not organised a specific event this year but have decided to raise the profile of SEED through media involvement and will offer to give presentations to GP Group Practices about the work of SEED and importance of GP involvement in the treatment of Eating Disorders. SEED see this as an integral part of future development of services and that this be long term and ongoing!

**S.E.E.D. Eating Disorders Support Services
Charity No 1108405**

www.seedeatingdisorders.co.uk

Check out our website. It is informative and there is something for everyone. If you need specific information then navigate to Group Publications and download information sheets in pdf format. In addition you can link in with B-eat by clicking on their logo and downloading their information leaflets also. Don't forget you can request support via our e mail support system on line.

Help Line 01482 718130

SEED's help line 01482 718130 is accessible to all ages, any gender. There may be occasions that the answer phone may be in operation. Don't be deterred someone will ring you back. All calls are in strict confidence.

Raising Awareness Within Schools

Eating Disorders are part of the learning objective within PSHE Citizenship at Key Stages 3/4. If you would like someone to raise awareness of eating disorders within your school Marg has first hand experience of living with and dealing with an eating disorder and is very experience in delivering informative presentations with empathy and sensitivity. If you would like to take advantage of this service please ring Marg on 01482 718130 for more details.

Raising Awareness Amongst Healthcare Professionals

If you would like SEED to deliver a presentation within your workplace or organisation then contact Marg on 01482 718130 for more details. Please give as much notice as possible to avoid disappointment.

The OFFICE

SEED acquired an office in July 2008 as a stepping stone to future development. Since establishing our services in 2000 the majority of work has been home based—It was time to move on! The office is within the excellent and well structured premises at Centre 88 Saner Street. It provides a well equipped environment for administrative duties, meetings and a base for volunteers to be involved in the running of the Charity. SEED see this as another step towards our **VISION!**