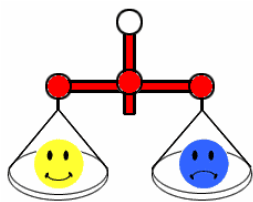


## Collaborative Care Because We Care

**SEED** are a voluntary organisation formed 11 years ago in September 2000 and is based on not being able to get the help when it was needed the most.

**SEED** are governed by a Constitution and decision making is via a Board of Trustees with a variety of skilled people to ensure SEED meet the needs of the people we support.



**No One Needs To Suffer In Isolation**

**Make Contact Today**

**Let SEED Help You!**

**Tel: 01482 718130**

**b-eat**

beating eating disorders

First Floor

Wensum House

103 Prince of Wales Road

Norwich

NR1 1DW

Tel:- Youth Line 0845 634 1414

Adult Line 0845 6347650

Recorded: 0906 303 0012

### SEED Eating Disorders Support Services

Shall have no liability to you arising out of or in connection with the referral or recommendation to you of the name of any counsellor, counselling organisation or other agency. Such people or organisations act independently from SEED and SEED accept no liability for the advice, therapy or support given by such persons or organisations.



**267 Beverley Road Hull HU5 2ST**

**Resource Road 01482 344084**

**Helpline: 01482 718130**

[www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)



# SEED

Support and

Empathy for people with

Eating



## WALKING ON EGGSHELLS



**SEED Eating Disorders  
Support Services**

**Charity No 1108405**

# WALKING ON EGGHELLS - WORKSHOPS FOR CARERS

## INFORMATION FOR THE SUFFERER

Walking on Eggshells is a skills based learning programme pioneered by Professor Jane Treasure.

It gives the carers the skills and 'tools' to support you differently using positive communication and adopting a different approach.

Carers explore 'their' direction to you, looking at how they feel their behaviours impact on you as the sufferer. No one tells us how to cope with the situation and what to say, and we often get it wrong. But, with support we can step back and look at what worked in a specific situation, what didn't, and how could we have done something differently.

Motivation and determination is a big part of your journey. We teach carers the skills to encourage you to make choices and take responsibility.

There may be times when you need more support and times when they can step back.

Carers learn to look after themselves too by having ME time.

As parents we never stop worrying, but those emotions may need to be suppressed a little in the best interest of everyone concerned. Carers are encouraged to engage in activities again and relax more.

After each workshop carers are given lots of information and literature – read it – ask questions – be open about your concerns – but most of all be proud that your carers are taking those steps forward to support you and NOT control you.

## Collaborative Caring

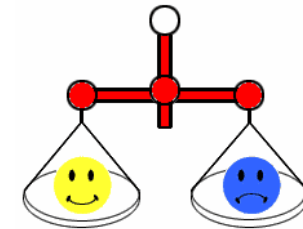


An Eating Disorder has a profound psychological affect on anyone who is part of the family.

Walking on Eggshells is aimed at carers or immediate family to gain a better understanding of eating disorders.

Making mistaken assumptions about the illness can lead to misplaced coping strategies.

Let us help you develop a strategy and the skills to cope on a day to day basis.



## Getting The Balance Right

If you would like to know more ring  
01482 718130

or e-mail  
admin@seedeatingdisorders.co.uk

Workshops are quarterly. Check the  
website for regular updates



267 Beverley Road Hull HU5 2ST  
Resource Room 01482 344084  
Helpline: 01482 718130

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