

## SEED Eating Disorder Support Services

### Handy Reference Guide to Services



#### Our Current Services

**Resource Room:** The Resource Room is based on the ground floor of Wilberforce Health Centre, 6 -10 Story Street, Hull, HU1 3SA. It is presently manned by Maria (Administration) daily Monday to Friday from 9.30am to 2.30pm. Not weekends. The purpose of the room is to dispel isolation by offering a selection of books from the Library, where books can be loans on a monthly basis. We offer Leaflets and Information regarding Seed's services and can signpost you to other relevant services that may help you. We have on-line resources, with provision of supervision if needed to get set up. There is a lounge area where someone is able to 'curl' up in one of our comfortable chairs and wrap themselves in a throw to keep warm. A place where there is a friendly person to chat to. The Resource Room is open to Hull, East Riding and Out of Area and is for Sufferers, Carers, Education and Healthcare professionals. We also now have a lovely counselling/therapy room alongside the Resource Room which can be used by Healthcare professionals. I Pods are also available for those people wishing to relax in the Resource Room.

**Helpline:** The Helpline number is **01482 718130** which is in operation from 9.30am to 5.00pm during the normal working week Monday to Friday. At times the answer phone may be in operation, please leave a message we will get back to you. The helpline will not normally be answered at the weekend. Alternatively you can ring the Admin line 01482 344084 between 9.30am and 2.30pm.

**Website:** Our website offers comprehensive information about all aspects of eating disorders together with support information and leaflets that you are able to download for free. Please visit [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)

**Support Group:** For both Sufferers and Carers. We meet every 1st Wednesday in the month at Hull & E., Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. The meeting starts at 7.00pm and finish at 9.00pm this group is open forum, advice giving and signposting. No appointment necessary. Entry via Somerscale Street Side Entrance. On site car parking available. No appointment necessary.

**Youth Self Help Group:** For young people up to the age of 18 years old, every last Tuesday in the month. This group offers a rolling programme with topics such as School and Exams, Relationships and Peers Groups, Problem Solving, Body Image and Confidence Building to name a few. Again we meet at the Hull & E., Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. 7.00pm to 9.00pm. Entry via Somerscale Street Side Entrance—on site parking available. No appointment necessary.

**Closed Therapy Group:** This is a 12 week programme available to sufferers only on a weekly basis and held at the Hull & E., Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. Booking is essential for this course and you must complete a screening document in advance. You must also be willing to commit to the full 12 weeks and participate in in-depth group therapy work.

**Dance Movement and Body Confidence Group:** Offering 6 weekly sessions in blocks of 3 per year equating to 18 sessions per annum. No dance training necessary, it is fun, relaxing, and low impact. Booking is essential for this course and you must complete a screening document in advance

**Walking on Eggshells Workshop:** This workshop is for carers or loved ones and take place at the Hull & E., Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. In Hull. They run for a full day on a Saturday (lunch provided) and we can offer up to 12 people the opportunity of attending. We run these 2/3 times a year.

**Self Help Workshops and One Off Workshops:** These are open to both sufferer and carers and in some cases healthcare professional and education professionals. We change the workshops each year and dates are available on request or via our website [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)

**SEED Services Appointment System (SSAS):** This is a one off, face to face Consultation Service offering support, advice and information about services and suitable options. Clare is available to offer a consultation for sufferers and carers needing advice, support and signposting. Referrals to this service is via Secretary (Marg) or Administrator (Maria) your contact details. This will then be sent to Clare who will arrange a suitable appointment. Consultations will take place in the Resource Room.

**E-mail Buddy Scheme:** Available to sufferers weekly via an E mail Buddy for up to 6 months. Monitoring and review systems are in place together with an exit plan involving support e mails. Please note Email Buddies are all Volunteers who have an understanding of Eating Disorders and give their time to support others. They undergo training to develop skills to support the sufferer in seeking decisions in the best interest of their wellbeing.

**Youth Texting Buddy Scheme:** For young people up to the age of 18 offering support via texting.

**On Line Resources:** **Living Life to the Full** is an on line resource concentrating on anxiety and depression available free to both Sufferers and Carers. **Be Mindful on Line** is an on line resource for mindfulness on line suitable for both Sufferers and Carers. Please note that the Be Mindful on-line service warrants a donation to the Charity of £10.00 which is onset against the licence fee to SEED— this can be via Virgin Money Giving. Both on line Resources are available to use via the computers in the Resource Room, just in case you don't have a computer or are nervous of getting started. Once the donation has been received your username and password will be issued and you will be ready to go!

**Private Facebook Account:** By application only and is monitored, it is extremely **Private and Secure.** We have a Sufferers Private Face Book Account and also a Carers Private Face Book Account, this dispels isolation and puts people in touch with each other who know first-hand the problems faced when enduring this devastating illness.

**Awareness Raising Within Schools:** Raising Awareness within schools, Colleges and University in both Hull and East Riding incorporating self-esteem, body image, media influence, and much more. We are currently producing a Resource to use in schools and this should be ready to market by the end of 2017

**Training of Healthcare Professionals and Education Professionals:** Raising awareness of Eating Disorders giving basics understanding of signs and symptoms emotionally and psychologically, identifying medical risk in eating disorders, signposting and information giving.

**Nutritional Support:** Emma is our Nutritional Advisor and available to contact via by e mail on [nutrition@seedeatingdisorders.org.uk](mailto:nutrition@seedeatingdisorders.org.uk)

**Bon Appetite:** This is a service providing 5 recipes per week to download. Bon Appetite provide suggestions for one meal per day in addition to the method of cooking and the shopping list. Put the fun back into meal times! You are in control by taking responsibility for your nutritional wellbeing enabling you to do the things you enjoy in life.

**Holiday Buddies:** if you find you are struggling because your carers are having a break or away on holiday you can always signup for a Holiday Buddy who will be available for the duration of their break. Checking in with you by text, phone or e mail. You are never alone help is always there.