

SEED Eating Disorder Support Services

Handy Reference Guide to Services



Where we are based

Resource Room: The Resource Room is based on the ground floor of 267 Beverley Road (Opposite Beverley Road Baths HU5 2ST. It is presently manned daily 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. On-line resources—with provision of supervision if needed to get set up. 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 someone to chat too. The Resource Room is opening to Hull, East Riding and Out of Area and for sufferers, carers, and education and healthcare professionals.

Our current Services include:-

Helpline: Helpline on **01482 718130**. Please note that at times an answer phone may be in operation. Alternatively you can ring the Admin line 01482 344084 between 9.30am and 2.30pm. The Helpline will not operate over the weekend and closes at 6.30pm weekdays

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

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 (New for 2017) for young people 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.

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.

Walking on Eggshells—These workshops are 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 3 times a year.

Closed Group Therapy Sessions: A 12 week programme available to sufferers on a weekly basis and held at the Hull & E., Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. . Booking is essential 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.

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

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.

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 by e mail on nutrition@seedeatingdisorders.org.uk

Bon Appetite: Is a new 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.

Private Facebook Account—By application and monitored—**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.

Holiday Buddies - if you find you are struggling because your carers are having a break or away on holiday you can always sign up 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.

On Line Resources

On-line services warrant a donation to the Charity of £10.00 which is onset against the licence fee to SEED— this can be via Virgin Money Giving

Living Life to the Full (Plus) — An On line resource concentrating on anxiety and depression available free to both Sufferers and Carers.

Be Mindful On Line—An on line resource for mindfulness on line suitable for both Sufferers and Carers.

All on line Resource 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!

I-pods—are available for those people wishing to relax in the Resource Room.