



EATING DISORDER SUPPORT SERVICE

HOW SELF HELP WILL SUPPORT YOU

SEED

(**S**upport and **E**mpathy for people with **E**ating **D**isorders)



**Groups are Held at
The Mind Premises, Wellington House
108 Beverley Road, Hull, HU3 1XA**

Mission Statement

“SEED’s mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery”

Dates 2018	Session—Support Group Meetings
Every 1st Wednesday in the month	7.00pm to 9.00pm at the MIND Premises
3rd January 2018	Support Group (Sufferers and Carers)
7th February 2018	Support Group (Sufferers and Carers)
7th March 2018	Support Group (Sufferers and Carers)
4th April 2018	Support Group (Sufferers and Carers)
2nd May 2018	Support Group (Sufferers and Carers)
6th June 2018	Support Group (Sufferers and Carers)
July 2018	No Group (due to holiday commitment)
1st August 2018	Support Group (Sufferers and Carers)
5th September 2018	Support Group (Sufferers and Carers)
3rd October 2018	Support Group (Sufferers and Carers)
7th November 2018	Support Group (Sufferers and Carers)
5th December 2018	Support Group (Sufferers and Carers)

Dates 2018	YOUTH SELF HELP SUPPORT
Every Last Tuesday in the Month	7.00pm to 9.00pm at the MIND Premises
30th January 2018	NUTRITION
27th February 2018	BODY IMAGE
27th March 2018	SCHOOL AND EXAMS
24th April 2018	RELATIONSHIPS AND PEER GROUPS
29th May 2018	CONFIDENCE BUILDING
26th June 2018	SOCIALISING
31st July 2018	PROBLEM SOLVING
28th August 2018	DEALING WITH WEIGHT GAIN
25th September 2018	DEPRESSION AND ANXIETY
30th October 2018	BOUNDARIES
27TH November 2018	MOTIVATION TO CHANGE AND RECOVERY
25th December 2018	NO GROUP—MERRY CHRISTMAS TO EVERYONE!

Dates 2018	Dance Therapy and Body Confidence
Block 1	6.30pm to 8.00 pm at the MIND premises
10th January 2018	
24th January 2018	
14th February 2018	
28th February 2018	
14th March 2018	
28th March 2018	
Block 2	
9th May 2018	
23rd May 2018	
13th June 2018	
27th June 2018	
11th July 2018	
25th July 2018	
Block 3	
12th September 2018	
26th September 2018	
10th October 2018	
24th October 2018	
14th November 2018	
28th November 2018	

THE ROAD LESS TRAVELLED (TRLT) For upto 10 people per block	12 WEEK BLOCKS OF GROUP THERAPY HELD AT THE MIND PREMISES 7.00 TO 9.00PM
BLOCK 1	11th January 2018 to the 29th March 2018
BLOCK 2	3rd May 2018 to the 19th July 2018
BLOCK 3	13th September 2018 to the 29th November 2018
EATING DISORDER AWARENESS WEEK DROP IN AT THE NEW RESOURCE ROOM 10.00AM TO 2.00PM	Week Beg: 27th February to the 5th March The Wilberforce Health Centre Ground Floor 6—10 Storey Street Hull HU1 3SA
SELF HELP WORKSHOP Places must be booked maria@seedeatingdisorders.org.uk	WEDNESDAY 21ST March 2018 at the MIND Premises 7.00pm to 9.00pm

Daily Food and Behaviours Diary

By recording your food intake and behaviours you may be able to identify a pattern emerging connecting the two. This is for your personal use and you will never be asked to share this with anyone, but it may help you to identify when and why problems occur. If you require more Food Diary Sheets simply Print 'current page' (Provided by the Eating Disorder Consultation Team).

Day of the Week	Time	Food & Drink consumed	Binging Yes/No	Vomiting Yes/No	Laxatives Yes/No	Exercise Yes/No	What was happening before and after you ate/ drank?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

EMERGENCY TELEPHONE NUMBERS

Samaritans	0845 9090 90
Crisis Resolution Team	01482 328541
Hull Royal Infirmary	01482 328541
Rape Crisis	01482 329990
Saneline (Self Harm)	0845 767 8000



ROUTINE TELEPHONE NUMBERS

SEED Eating Disorder Support Services	01482 718130
SEED Resource Room	01482 344084
B-eat (B-eating Eating Disorders)	
Adults Line	0845 634 1414
Youth Help Line	0845 634 7650
EVOLVE—Eating Disorder Day Service	01482 344083



WEBSITES

www.seedeatingdisorders.org.uk

www.b-eat.co.uk

www.rapecrisis.org.uk

www.mindhey.co.uk

www.sane.org.uk



E MAILS

admin@seedeatingdisorders.co.uk

info@seedeatingdisorders.co.uk

Adults: help@b-eat.co.uk

Youth: FYP@b-eat.co.uk



Footnote:

Visit www.seedeatingdisorders.org.uk for comprehensive information about eating disorders and for services that we offer.

SEED are here to help you!

