



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 the Wilberforce Health Centre HU1 3SA. 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 and a comfortable lounge area where you can relax with a cup of tea and a bit of Tlc. The room offers leaflets and literature for information purposes and signposting. The Resource Room is open to Hull, East Riding and Out of Area and for sufferers, carers, education and healthcare professionals. **Please ring 01482 344084 to arrange a visit or email Maria on maria@seedeatingdisorders.org.uk to make sure the room is not being used for a meeting.**

What Do Our Services Involve?

Advice Line: Advice 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 Texting Buddy Scheme: for young people up to the age of 18 offering support via texting. This support is for up to 6 months for any one person The Text Buddy Service is via What's App.

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. This is not therapy it is support through motivation and inspiration.

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.

Dance Movement and Body Confidence A This two hour classes will cover a combination of: Body Conditioning, Body Image, Body Confidence, Body Care, Movement/Dance Therapy, Nutrition and Relaxation. For a maximum of 6/8 people at a time and is for Sufferers only. People must commit to the 6 weeks and no dance experience is necessary as it suits all abilities. Comfortable Clothing a Large Towel or Yoga Mat is advisable. **Booking essential.**

Nutritional Self Help Group From June the 30th 2020 we will be piloting a **Nutritional Self Help Group**. The groups will run from June to November 2020 every last Tuesday in the month and held at the Hull & E. Yorks MIND, Wellington House, 108 Beverley Road HU3 1XA. There will be various topics e.g. Nutrition, Food and Mood, Input and Energy Output, Nutrition and Depression.

Bon Appetite: Is 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. Bon Appetite has been devised by a Dietician specialising in eating disorders. It gives around 500 calories per meal not enough to improve weight but enough to sustain nutritional intake of food. This is available via the website www.seedeatingdisorders.org.uk

On Line Resources: are also available to use in the privacy of your own home and completely confidential. We can help you get set up via a telephone call or pop into the Resource Room for support if you are struggling to get started. We have 3 on line resource:-

- Living Life to the Full for Adults in the treatment of Anxiety and Depression (free for 1 year license) both sufferers and carers
- Living Life to the Full for Youth in the treatment of Anxiety and Depression (free for 1 year license)
- Mindfulness—an on line resource in general wellbeing. The licenses for this this resource are more expensive to SEED and we ask for a donation of £10.00 via Virgin Money Giving

SSAS (SEED Services Appointment System): This is a one off, face to face consultation service offering support, advice and information about services and suitable options. Clare is now trained and available to offer a offer consultation for sufferers and carers needing advice support and signposting. Referral system is via marg@seedeatingdisorders.org.uk or maria@seedeatingdisordersd.org.uk Clare will arrange a suitable appointment and consultations will take place in the Resource Room.

Walking on Eggshells: WOES is based on the Maudsley Method and pioneered by Prof Janet Treasure OBE from the South London and Maudsley Clinic. The workshops are for carers or loved ones and teach the skills to be able to support the sufferers more fully whilst looking after themselves too. The workshops 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 from 9.30am to 4.00pm. and we offer up to 10 people the opportunity of attending and we run these up to 4 times per year.

Social Media SEED are pro-active on Face Book, Twitter, Instagram and LinkedIn. We have Private Face Book Accounts for Sufferers which are invaluable in dispelling isolation. Administrators oversee the accounts and monitor messages and any inappropriate comments.

The Sufferers only group is Private and Secure.

Workshops: Are open to both sufferer and carers and in some cases healthcare professional and education professionals. Self Help Workshops Raising Awareness run 3 times a year WOES run up to 4 times a year. All other workshops and events are advertised accordingly via our website www.seedeatingdisorders.org.uk

Workshops will not be run unless there are 10 places pre-booked.

Educational Toolkit for Raising Awareness within Schools for more information visit <https://toolkit.seedeatingdisorders.org.uk/>

Statement from Kerry Whitfield – Head of House and Teacher of Health and Social Care and Child Development for Newland Schools for Girls.

‘I highly recommend this resource. I have used this for Years 9, 10 and 11. All pupils and myself found the package to be very educational. The pupils were very positive and it lead to lots of discussion. It depicted the subjects of Anorexia Nervosa and Bulimia Nervosa in an informative and straightforward way that the pupils could understand. Well done to Marg, Gemma and the team for making such a powerful resource

We are raising awareness in schools via the power resource we have produced. Not only does it plan the lessons, provide answer sheets it is accompanied by a User Guide. In addition we will train the trainer in their understanding and development working towards improving confidence in delivering this powerful resource.

Eating Disorder Awareness Week 2020

This year the EDAW is 1st March to the 8th March 2020

**Marg Oaten MBE
December 2019**

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