



Website: [www.seedeatingdisorders.co.uk](http://www.seedeatingdisorders.co.uk)

Issue 7

September 2009

Group Membership

Membership (FREE)

- Having taken advice from Hull CVS it is a Charity requirement that we must have a membership.
- Previous members have been given the opportunity of re-registering new members encouraged to sign up.
- As a member you will be invited to future meetings including the AGM. You will receive notification of any new services and receive newsletters bi-annually.
- More importantly your views matter when it comes to service development.

For more information contact:-

[admin@seedeatingdisorders.co.uk](mailto:admin@seedeatingdisorders.co.uk)

Or telephone the helpline on


01482 718130

Accept and Respect Yourself



**PROPERTY** if you know of premises for a Centre in a central, accessible location for the people of both Hull and East Riding, then please get in touch. The premises need to have at least one large meeting room, 1/2 multipurpose rooms, 1 x office, and a reception area. Kitchen facilities would allow future service development. All suggestions will be considered.

**Walking on Eggshells—Workshops for Carers**  
 The next workshop for carers will be on **Saturday 10th October 2009 9.15am** finishing approximately 4.00pm Venue **The Endsleigh Centre in the McAully Suite**. The workshops are very popular please **book to secure a place!** e mail [admin@seedeatingdisorders.co.uk](mailto:admin@seedeatingdisorders.co.uk) or **01482 718130**.

Support  and Empathy for people with Eating Disorders

Dates

*Support Group 7.30 to 9.30 Monthly Every 1st Wednesday*  
 4th March  
 7th October  
 4th November  
 2nd December  
 At the Late Night Pharmacy  
 124—127 Witham Hull HU9 1AT

*Self Help Group 7.00 to 9.00 Monthly Every 2nd Tuesday*  
 13th October  
 10th November  
 8th December  
 At the Late Night Pharmacy  
 124—127 Witham Hull HU9 1AT

**Walking on Eggshells Workshops for Carers**  
**Saturday 10th October 2009**  
**@ the Endsleigh Centre Hull in The McAully Suite**  
**9.15am to 4.00pm approximately**

Please book a place with Marg

01482 718130 or [admin@seedeatingdisorders.co.uk](mailto:admin@seedeatingdisorders.co.uk)

Volunteers



A warm welcome to **Elizabeth Shaw** and **Sara Appleyard** and **Alison Middleton** who have joined us as Telephone and E Mail Buddies. Also welcome to **Rochelle Crawford**.

**Rochelle Crawford** facilitates the Self Help Group and is doing a fantastic job. Group attendance has risen and Rochelle is delivering a wide range of topics from motivation to change to confidence building and problem solving to name a few.

Thank you also to **Alison Middleton** who has kindly covered for holiday leave and is working with

Rochelle to plan future sessions. Thank you also to **Linda Mihkelson** for admin support and help line cover during the holiday season.

Volunteers are valued and supported and we are always looking to recruit more volunteers in all areas. To learn more and get involved e mail:- [info@seedeatingdisorders.co.uk](mailto:info@seedeatingdisorders.co.uk)

## Trustee Talk Time

### S.E.E.D. Eating Disorders Support Services

It is with disappointment that we have to inform people we were not successful in our Big Lottery Bid. Whilst the feedback from BIG Lottery was that our bid was very passionate they felt that other portfolio's would serve a 'wider' community. We will not give up on our dream to open our own Support Centre, it means that we go down other routes to make this happen. Already the Trustees are planning for that to happen. We have worked so hard on the bid and were very proud of our professional approach. This will not be wasted we will go forward from here. Thank you so much for the support of all trustees.

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The Board are meeting to discuss where SEED goes from here. It is the general view that SEED need to obtain a building fit for purpose and for this to be our 'Centre' This is paramount to our future growth and development. It means that present group meetings and activities can operate under one roof and that we are more accessible to the general public. The Board will decide the steps to make a Centre 'operational'. Nothing changes, we still continue to deliver services in the same way it just means that we take the 'scenic route' to develop future services and not speed down the motorway. We are passionate to deliver services for eating disorders. SEED are the only voluntary organisation within Hull and East Riding who deliver support and advice to sufferers and carers in relation to eating disorders. Our future is to work in partnership with the NHS to help develop and deliver a comprehensive service to be proud of.

### S.E.E.D. Eating Disorders Support Services Charity No 1108405

### [www.seedeatingdisorders.co.uk](http://www.seedeatingdisorders.co.uk)

Check out our website. It is informative and there is something for everyone. If you need specific information then navigate to Group Publications and download information sheets in pdf format. In addition you can link in with B-eat by clicking on their logo and downloading their information leaflets also. Don't forget you can request support via our e mail support system on line.

#### Help Line 01482 718130

SEED help line 01482 718130 is accessible to all ages, any gender. There may be occasions that the answer phone may be in operation. Don't be deterred someone will ring you back. All calls are in strict confidence.

#### Confidence Building Workshops

Would you be interested in FUN workshops to help improve your self esteems?

Where:-

- eating disorders are not mentioned
  - you have fun
  - you feel good about yourself
  - you laugh if things go wrong and not feel a failure
  - you learn to like who you are
  - You can bring a carer or a friend for support
  - SEED are looking to pilot these workshops
- Interest generated will promote more sessions.

Visit our website for more information.

### Raising Awareness of Eating Disorders Within Schools & Colleges



If you would like to find out more about raising awareness within schools and colleges then ring Marg on 01482 718130 or e mail [info@seedeatingdisorders.co.uk](mailto:info@seedeatingdisorders.co.uk) Presentations incorporate PSHE Citizenship at Key Stage 3 and 4 of which body image and eating disorders are included. An eating disorder is a devastating illness that affects everyone who is part of the sufferer's life. It has the highest mortality rate of any other mental health illness with a staggering 20% of sufferers dying every year as a consequence of their illness or from suicide. Raising awareness within schools and educational establishments, highlighting the long terms consequences of both anorexia nervosa and bulimia nervosa and encouraging early intervention can help sufferers move forward and seek the professional help they need.

### Raising Awareness Amongst Healthcare Professionals

If you would like SEED to deliver a presentation within your workplace or organisation then contact Marg on 01482 718130 or e mail [info@seedeatingdisorders.co.uk](mailto:info@seedeatingdisorders.co.uk) for more details. Please give as much notice as possible to avoid disappointment.

#### The OFFICE

SEED acquired an office in July 2008 as a stepping stone to future development. Since establishing our services in 2000 the majority of work has been home based—It was time to move on! The office is within the excellent and well structured premises at Centre 88 Saner Street. It provides and well equipped environment for administrative duties, meetings and a base for volunteers to be involved in the running of the Charity. SEED see this as another step towards our **VISION!**