

Telephone Buddy Scheme

Are you in need of more
support?

Are you facing lengthy waiting
lists?

Are you feeling isolated?

Would you benefit from
speaking to someone once a
week?

Ring Marg on (01482) 718130

For more details about the ser-
vice that we offer

All calls are in strict
confidence!



www.b-eat.co.uk

Postal Address:-

Beat

Wensum House

103 Prince of Wales Road

Norwich

Norfolk

NR1 1DW

Youth line 0845 634 7650

Mon—Fri 16.30 — 20.30

Sat 13.00 — 16.30

E Mail FYP@b-eat.co.uk

Adult Line 0845 634 1414

Mon—Fri 10.30 - 20.30

Sat 13.00 - 16.30

E Mail help@b-eat.co.uk

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

Charity No 1108405

c/o 207 Lambwath Road
Hull
HU8 0HS

Phone: 01482 718130
Fax: 01482 718130
E-mail: info@seedeatingdisorders.co.uk

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

Charity No 1108405



Telephone Buddy Scheme



Help Line
(01482) 718130

www.seedeatingdisorders.co.uk

We formed in 2000 and we have developed a voluntary service to be proud of. We have a small but committed team, who are passionate about helping those who suffer from an eating disorder not forgetting their family and friends.

We operate a strict Confidentiality Policy so please don't worry—all calls are in the strictest of confidence.

You would be asked to be a member to benefit from this service. The fee is just £1.00 per person per annum. All the necessary paperwork will be organised for you.

You will also be asked to acknowledge the Terms and Conditions of this service. Again this is very simple and will be organised by our secretary.

If you think this scheme is for you just contact the group secretary Marg, she will organise everything on your behalf and the Telephone Buddy will then contact you direct.

For a complete information pack pick up that phone **today!**

info@seedeatingdisorders.co.uk

Help Line 01482 718130

In our experience we recognised that those people who do not have a 'network' of support around them are the ones that struggle. They feel isolated and that they are not worthy of help and support.

Don't let this happen to you. Let a Telephone Buddy become part of that 'network' Just knowing someone is there for you is a comfort in itself!



Why not visit our website and find out about the other services we offer.

www.seedeatingdisorders.co.uk

We are here to help **YOU!**

The role of the telephone buddy is to offer emotional support, dispel any feeling of isolation and offer warmth and empathy in an attempt to support sufferers through this difficult time.

**Help Line
(01482) 718130**

**Telephone Buddy Scheme
General Response Form**

I would like to register for the telephone buddy scheme

Name.....

Address.....

.....

.....

E mail address (please print)

.....

Date of Birth.....

Telephone No:.....

**Mo-
bile**.....