

NUTRITION AND EATING DISORDERS

Emma has been with us for almost 3 years and in that time has helped with nutritional advice and has developed literature for the group to help people have a better understanding of nutrition and eating disorders. Now Emma is available on a help line every Monday evening between the hours of 6.30 pm and 7.30 pm The number is 01482 574892. alternatively you can contact her on e mail:-



nutrition@seedeatingdisorders.co.uk

Walking on

Eggshells are workshops

for carers to help them deal with and live with an eating disorder. An eating disorder has a profound affect on anyone who is part of the sufferers life. Our next workshop is scheduled for



Saturday 20th September 2008 in the McAully Suite at the Endsleigh Centre, 481 Beverley High Road HU6 7LJ 9.30am to 4.30pm. For more details ring Marg on 01482 718130 to book a place. Open to carers, friends and family. Limited places available so be sure to book your place.

Change of Website Address

www.seedeatingdisorders.co.uk

We are very excited at the development of our new website The new site is much more interactive and the pdf formatted files are now available for downloading. As ever we strive to meet the needs of others and as and when new leaflets and documentation is developed this will be added to the site. Why not take a look!

For help and support check out the e mail response form via our website or contact:-
info@seedeatingdisorders.co.uk

S.E.E.D. VISION



We now have an office and are in the process of setting up equipment and organising files and installing our new database. This is another step forward towards reaching our vision of a Support Centre, The office telephone number is 01482 211593 at the moment we have not established set hours for manning the office but as we recruit more volunteers and employ staff we will have office opening hours in place. Calls will still come through 01482 718130 and at times may be transferred to the office.



Exercise and Well Being Classes are now up and running and being piloted by Claire who is a Fitness Instructor.

They are held every 3rd Wednesday in the month at Centre 88 Saner Street, Anlaby Road, Hull HU3 2TR 6.30pm to 8.30pm They are fun and informative and classes are free and open to both Sufferers and Carers. Don't feel self-conscious it is not like going to a gym—wear what you want—as long as you are comfortable. The classes are well structured and very gentle in there approach but most of all they are fun and you will be guaranteed to leave with a smile! No need to book! But if you would like to know more e mail:- Claire on skatersfitness@yahoo.co.uk