



NEWSLETTER

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Charity No 1108405

SEED are a team—we work together to provide a service to both sufferers and carers, to provide support in a non-judgemental environment, with care, compassion, and sensitivity.

SEED now need your help to fundraise and give the certainty to enable us to continue supporting YOU!

SEED EATING DISORDER SUPPORT SERVICES. TIMES THEY ARE A CHANGING



**Goodbyes and Hellos
New Trustees
New Manager
Exciting Times Ahead**



*SEED Eating Disorder Support Services – The Resource Room, Wilberforce Health Centre,
6 – 10 Story Street, Hull HU1 3SA*

Admin (01482) 344084 - Helpline (01482) 718130

**Email hello@seed.charity - Website <http://www.seed.charity>
www.seedeatingdisorders.org.uk**

Just wanted to send an email back just to say thank you. Thank you for creating a safe space for me to go when sometimes I felt at my lowest."



Welcome to New Trustees and a Restructuring of The Board

Carly Bilsborough Due to work and embarking on her Masters Degree Carly is stepping down as the Chairperson but remains on the Board to give her support and decision making to SEED for the coming year. Good luck with your dissertation Carly you work so hard to give your all to everything you do.



Stuart Abrahams has stepped down as a Trustee due to Charity Commission legislation and is now the Operational Manager taking the Charity to new levels as a CIO (Charitable Incorporated Organisation). A Charitable Incorporated Organisation (CIO) is a corporate form of business designed for (and only available to) charitable organisations in the United Kingdom. I am sure Stuart will join me in thanking Pippa from the North Bank Forum for her help and assistance in ensuring the governance is spot on for this to happen.

Michela Peters Farewell Michela as a Trustee as she stepped down to pursue a new job. We will miss you lovely. Michela is also buying a new hat for her daughter's wedding in August. It was the support we gave to her daughter and the family that lead to Michela becoming a volunteer and Trustee of SEED. Love to you all and your beautiful daughter, Nicola. Thank you for all your hard work.



Sue Baker Farewell to Sue as she steps down as a Trustee but remains with us as a volunteer. Sue is spending more time with her husband Mike and gorgeous grand-daughter Emily.



Gemma Oaten has been in post since November 2020 as the Charity Manager initially to relieve me of a lot of the things I do, although her role has taken her down a completely different pathway. Her work ethic has been exceptional as she networks and forges working partnerships with Tigers Trust, HEY Mind and Goldsmiths Charity Company to name a few. When we were staring down the barrel in October 2020, she rolled her sleeves up and launched a crowd funding appeal to raise funds for SEED, she has networked with Education to promote the amazing Toolkit, initiated by me 4 years ago only to be taken forward by Stuart from TWP Marketing launching this in both primary and secondary schools. There is not another resource like it to raise

awareness and education people about the important issues around food and food issues. The toolkit comes with a training video and could not be easier. [Click here](#)

Gemma does not stop there as she works hard with Stuart, TWP Marketing, Hen McEwan and Michael Hill to promote the up-and-coming Gala in October for a fundraising evening at the Goldsmiths, providing a "Goldsmith Experience" attracting top names from the industry. For information contact hen@seed.charity I would like to give a 'shout out' for Lesley Bradley, Gemma's PA who keeps Gemma on track and oversees anything and everything Gemma throws at her. Thank you so much lovely.

"just wanted to send a quick email as I just watched you both, and Gemma, on BBC Breakfast. I feel like a broken record, but I felt the need to say yet again, that you are all amazing and I can't thank you enough for everything you do for us Seedlings. You really are a lifeline and mean so much to all of us"

Marg Oaten MBE



"What can I say I'm tired and I'm grey, my days are getting shorter

I lose my list of duties and forget the place I ought a!

I'll still be in the background answering the phone and such

Only I hope that very soon I won't have to do so much!

It's been 21 years of laughter or tears and graft

My days of keeping going are frankly chuffing daft!

So I'll end this little ditty with a twinkle in my eye

I'll shut the door and say goodbye and have a little cry!

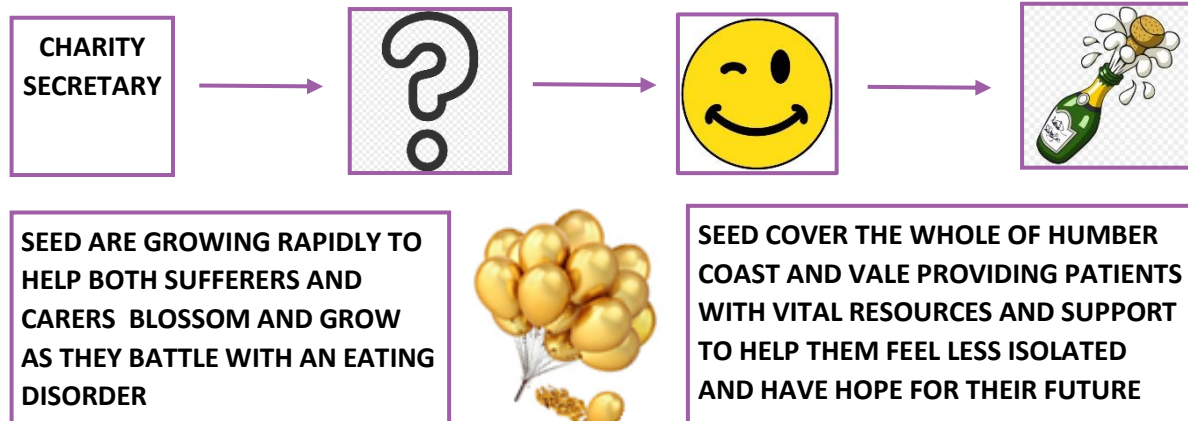


Maria Mountford Now is a good time to say a huge thank you to Maria, who has worked for the Charity for almost 7 years. Maria has in recent month stepped up and taken away so much work from me as I have struggled with my health. It has been a partnership working with Leighah Darcy Beadle who works tirelessly, despite personal illness, to the benefit of our Seedlings, delivering Closed Group Therapy, Nutritional Self Help and Volunteer Recruit. A huge thank you to you both!



Ian Smith (Trustee) Ian will be overseeing funding events and developing funding packs and be signposting people who would like to fundraise for SEED

All Others Apologies if I haven't written about all the changes but we would like to welcome Jack Gallagher (Promotions and social media) Steve Baines (TWP Technical Support) Hen MacEwen (website updates), Sarah Mulindwa Nurse (Ambassador for Health), Presenter & Specialist, Rachel Downie (SEED Ambassador))



Educational Toolkit

Well after many years of blood sweat and tears, we are there with this amazing resource providing the only educational toolkit of its kind in the UK raising awareness and understanding of eating disorders within primary and secondary schools.

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 led 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

Kerry took up a different job at Sirius West and continues to use a modified toolkit so her new pupils can benefit from this fantastic resource.

We are looking to filming an add-on to the toolkit covering Weight versus State and this will alert both staff and pupils about the importance of recognising Medical Risk in Eating Disorders and could possibly save a life.

A word from our New Charity Manager



“Taking on the role of Charity Manager has been no easy task that’s for sure! But losing SEED was never an option for me and I can’t thank all those who have helped us push forward and survive. I often get asked, “Don’t you miss acting?!” And of course I do, but my industry is at a loss right now, I am positive work will happen again in the future, but in all honesty, SEED is my heart and passion, and whatever opportunities come my way, remains my priority.

This is a journey and another step in my own personal ‘Recovery after the recovery’ and although it’s hard work with such a tiny team and low resource, we push on and it is so rewarding. I can’t thank all the team enough for all they do. The future is bright. And to our Seedlings, you matter, and you inspire us here at SEED too. What’s next is more BBC Breakfast

work, more structuring of the charity, more celebrations, more partnerships, and I hope...more time for Mum and Dad to have a rest! They inspire me daily and it’s their time to step back for them...my work at SEED is carry on their legacy, their amazing lifesaving legacy. Love to all”

Gemma x

Social Media—It is with a lot of consideration we have decided to close down the Sufferers Only (by invite only) **Facebook** Account—that ran for many years as a supportive place to go, dispelling isolation within a safe environment. Sadly that safe place was causing a lot of problems triggering anorexic thoughts and feelings for some. Also causing the ‘administrator’ many hours monitoring and supporting sufferers affected by comments. We have done the right thing in the interest of all those concerned. Thank you for your understanding.

Marg and Leighah x



FUNDRAISING

A huge thank you to all those people giving their time to raise money for SEED
every penny raised goes back to the members of our Charity

SEED NEEDS YOU CAN YOU HELP?

We are always looking for people to raise funds for SEED
Ian is knocking out the funding packs as we speak, he now
needs people to bring those packs to life!

Could it be YOU?



The
GOLDSMITHS'
Company Charity



Here is a list of the people
who have either Sponsored
SEED or Donated to SEED:

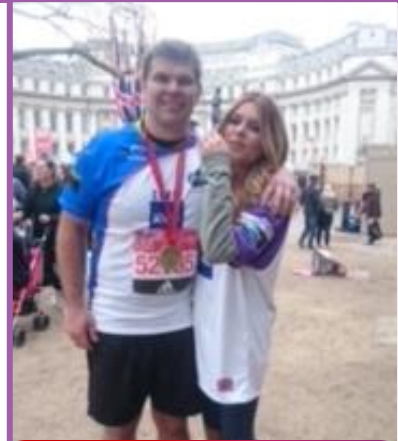
Tigers Trust
Nottingham FC Community
Trust
Post Code Lottery
Goldsmiths Charity
Company
Two Ridings Foundation
The Swifts in Memory of Liz
Club Doncaster Foundation
Hull City Council
OSA Healthcare
The Money Group
Peter Jones (Jones Digital)
Hesslewood Trust
Philip Evans Solicitors
Hull City Council
Interlock Adhesives
Graham and Rosen
Revolution Beauty
Surbiton College
Sea Sanctuary
Ronnie Maylon
Christine Shields
Power of 8
Grace and Olive Home Ltd

We have one place for the
Marathon taking place on the
3rd October 2021 every 5
years! YES, every 5 Years!!
How do you compete with the
National Charities?

We all struggled during Covid,
and we know more than most
how we struggled.

Please get behind Chris and
sponsor him via [Virgin Money
Giving | Seed Eating Disorders
Support Services](#)

Here is Chris with sister Gemma
in 2015 running for SEED. I
honestly can't think he will run
another??? Am I right Chris???



Make a donation »

SHOUT OUT! We had a place for a runner in the 2021
Marathon this year, given it is our only place in a 5 year cycle
our son Chris Charles is giving it his last shot as he turns 45
years old. Go Charlie!

*"I cannot thank you enough for the support I have received for
the past 6 months. The service you are providing is honestly
amazing"*

*"Everyone at SEED is amazing. I keep saying it, but I can't say it
enough. You've all already helped me so much and I feel so
cared for and supported, so thank you"*



WEBSITE - 2021

SEED have a fantastic record for 'hits' - we are the 2nd most visited website for eating disorders in the country. Thank you to Paul Cowlshaw at Vidar who have funded our new website built by the brilliant Craig Hamilton at Creative Presentations Our new website is <http://www.seed.charity>

SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7PM TO 9PM VIA ZOOM AND THIS WILL CONTINUE

THE OPTION OF FACE-TO-FACE SUPPORT GROUP IS FOR CONSIDERATION PLEASE LET ME KNOW IF YOU ARE INTERESTED IN A FACE-TO-FACE SESSION ON AN EVENING AT MIND?

4th AUGUST 2021
6th OCTOBER 2021
1st DECEMBER 2021

1st SEPTEMBER 2021
3rd NOVEMBER 2021
5TH JANUARY 2022

NUTRITIONAL SELF HELP GROUPS WILL RUN EVERY LAST TUESDAY IN THE MONTH

31ST AUGUST 2021
28TH SEPTEMBER 2021
26TH OCTOBER 2021
30TH NOVEMBER 2021

DANCE THERAPY GROUPS WITH LEIGHAH WILL RUN EVERY SECOND AND FOURTH WEDNESDAY OF THE MONTH AND FOR NOW WILL CONTINUE VIA ZOOM

8th SEPTEMBER 2021
22nd SEPTEMBER 2021
13th OCTOBER 2021
27th OCTOBER 2021
10th NOVEMBER 2021
24th NOVEMBER 2021

ONE OFF WORKSHOPS

ALL POSTS WILL BE ON THE WEBSITE

Dates or these workshops are to be confirmed.

The Dates and Events for 2021 will also be posted on the Website

SELF HELP WORKSHOPS AND WALKING ON EGGSHELLS

"The buddy scheme is particularly good, and I can't begin to express my gratitude for the support and correspondence I get."

DATES FOR MEETINGS

AND

WORKSHOPS 2021

Support Group conducted via Zoom will continue for out of area sufferers and carers as well as local people.

We are talking also about offering face to face group for Hull, East Riding and Easy Travel and these will be held at MIND premises Please let Marg know on marg@seed.charity if this is for you!

"I follow your YouTube channel and regularly use your wonderful SEED site for help, guidance and support though silently. Thank you so much you, your lovely mum and dad. It means so much. I for one don't feel so alone with this terrible battle. You take good care of you and stay safe"

CLOSED THERAPY GROUP THURSDAYS WITH LEIGHAH 7PM TO 9PM

9TH SEPTEMBER TO 25TH NOVEMBER 2021

We are offering two groups again for the last sessions of 2021

2.00PM TO 4.00PM
DAYTIME SESSION
7.00PM TO 9.00PM
EVENING SESSION

You must commit to the full 12-week programme



ADVICE LINE and E MAIL BUDDIES

SEED are working in partnership with MIND who are taking the calls via the advice line 24/7

We are then sent the PCI's (Primary Contact Information) with information to set up support for that person based on the information shared. The advice line is **01482 718130** this is automatically transferred to MIND Caller Handlers



The scheme is working really well, and I would like to thank Team MIND for their support in this also we have taken on 6 MIND volunteers to act as Email Buddy's

MEDICAL RISK IN EATING DISORDERS

It wouldn't be me or our Newsletter if I didn't mention the importance of Medical Risk in Eating Disorders. I WILL CONTINUE TO DO THIS EVERY MONTH YEAR IN YEAR OUT! - WHY?

BECAUSE...

AN EATING DISORDER HAS THE HIGHEST MORTALITY RATE OF ANY OTHER MENTAL HEALTH ILLNESS

Our referrals are through the roof since the passing of Nicky Grahame in April and it was so sad, but we will never let Nicky's passing be in vain and will do anything and ever thing to raise awareness of medical risk in eating disorders [click here](#) in all probability this document could save a life.

The Role of the GP is to make sure you are safe medically—they have a duty of care to do this! It is not good enough that they make a referral and wave you goodbye without a follow up appointment. Ask the question "When would you like to see me again" Explain you are worried and your understanding it is important medical needs are addressed.

Waiting times for accessing NHS Mental Health Services can be lengthy. Once you start to understand your needs you can start to build a network of support around you. The GP should be a part of that network.

I know when our daughter was poorly sometimes, he saw her 2 and 3 times a week—without that care she would not be alive today! Check out the links below! Keeping a Patient Record Log is also a good idea saves a lot of confusion.

Medical Risk in Eating Disorders [click here](#) take advantage of important information within this page on the website!

My daughter is under CAMHS already and struggling but the information that I have found on your website and what you have now sent me far exceeds any other information I have been given. *Thank you.*



New taster session



THE ART OF SELF-LOVE

A creative wellbeing course with Sketch Appeal!

We have a taster Session on the 10th August

All places are now fully booked

Taster session:

TUESDAY 10TH AUGUST

6.30pm to 7.30pm

If this is successful, we will be rolling this out to groups throughout the year

Emotional Eating Support Programme

We are nearing the end of the pilot ending in October having piloted this over a series of months

We are hopeful this will be rolled out fortnightly in weeks to come

All information will be made available once evaluated

RECOVERY AFTER RECOVERY

This is the brain child of Gemma and Leighah and they are working behind the scenes looking at how to roll this out and pilot.

The programme will look at what recovery means and how do people cope with the recovery process exploring how the illness has affected them or may affect them in later life. Have you developed other issues in recovery?

We are really excited to see how this pans out watch this space.

EVOLVE HULL EATING DISORDER DAY SERVICE

SEED have a joint working partnership with EVOLVE the Hull Eating Disorder Day Service, who are based at the Calvert Lane Health Centre Hull HU5 area.

SEED are based at the Wilberforce Health Centre, Story Street, Hull HU1 3SA and have a beautiful Resource Room offering a warm welcome, information and support. The Resource is manned from 9.30am to 2.30pm weekdays. SEED are self-referral, and this is via the Advice Line **(01482) 718130** or Admin **(01482) 344084** or via the Contact Form on the website [click here](#)



EVOLVE are a clinical service offering day care for clients based on person centred approach. Evolve are based at Calvert Lane Medical Centre [HU4 6BH](#)

Previously you were referred via Let's Talk but now you are able to self-refer via **(01482) 344083**

Evolve take referrals from those people suffering from an Eating Disorder, Anorexia or Bulimia also Binge Eating living in the Hull area with a Hull GP. Alternatively you can live in East Riding but **must** have a Hull GP to be accepted for their services.

Some good news in recent weeks the East Riding have funded 30 places for support via Evolve. This is excellent and if for any reason you are unable to benefit from this SEED are there for support should you need it.

DON'T SUFFER IN ISOLATION –SEED are there for YOU!



REFERRAL SYSTEM FOR ADULT MENTAL HEALTH (Self-Referral Accepted)

IF YOU LIVE IN THE HULL AREA and ARE REGISTERED WITH A HULL GP

You would need to ring Let's Talk **(01482) 247111**

Alternatively **EVOLVE THE HULL EATING DISORDER DAY SERVICE ARE TAKING SELF REFERRAL ON (01482) 344083**

If you have an East Riding GP, you will need to ring **Single Point of Access (01482) 301701**

East Riding are investing in Evolve to take some of their patients. For clarity on this you would need to ring Evolve on **(01482) 344083**.

Sorry I can't be more specific but there is a steering group working on how best to go forward with services within the Hull, East Riding and Vale of York

REFERRAL SYSTEM FOR CHILDREN'S MENTAL HEALTH SERVICES (Self-Referral Accepted)

CAMHS HULL Point of Contact 01482 303688

CAMHS EAST RIDING Contact Point 01482 303810

Covid has decimated livelihoods, workforces, charities and more, all over the world. SEED were no different and quite frankly we were staring down the barrel in October not knowing if we would survive. Gemma came in as Charity Manager and Stuart as Operations Manager and formed a partnership to turn SEED around.



Huge thank you to both of them in strengthening the Charity beyond belief we can't believe the donations, the sponsored events and the crowdfunding that has kept our charity, services, and existence intact, not to mention Jack overseeing social media. In fact the people are too numerous to mention, and we are so grateful!!

"ANOTHER BLOOMING NIGHT" WITH GEMMA AND FRIENDS

The SEED Gala is the brainchild of Gemma, and we are pleased to announce she has secured one of the UK bestselling singer /songwriters...watch this space (Clue...he's a Hull lad!) We are buzzing because whoever buys a table will not only see a star-studded evening of talent but the Goldsmith Experience. It truly is a beautiful venue. Goldsmiths have also been instrumental in providing funding for us 2020 and 2021 to get the Educational Toolkit into schools across the country.



SEED—Happy 21st Anniversary

Little did we know when we opened the doors on the 1st September 2000, we would be celebrating our 21st year of service. I still remember our first meeting, we had one member called Jean an oversized table with a few scrappy bits of paper—we had our group. The second month 12 people piled in, Den like a headless chicken, making drinks, me thinking—please no more people come. We have never looked back since. Identifying the gaps—and there were many, doing our best with very little money. It was a whole new world of funding applications, Drop in's to raise awareness –going into schools, putting on training events for both healthcare and educational professionals. Not to mention answering the helpline 24/7—my goodness what were we thinking ??? Never did we dream of being where we are now and that turned round when Gill Emerton (nee Poole) joining to support us in going forward. Following in her footsteps were Gemma, and Stuart Abraham (Operations Manager) taking us even further into becoming a CIO (Charity Incorporated Institution). We will be celebrating this year bringing together old and new, the past and the present. **Watch this space!**

*"Without SEED I wouldn't have had the guidance to what would help my recovery. Without SEED I would have lost my sense of humour!
Without SEED I wouldn't have met and helped other sufferers and carers.
The reality is, without SEED I wouldn't be here today."*

“REACH FOR THE MOON AND IF YOU FALL SHORT YOU WILL LAND ON A STAR!”

The Voices

*The voice in my head makes me feel like such a failure
But every day when I wake up, I can't help but just obey her
I can't help but just listen when it tells me things that seem so wrong,
But it tells me, yes it tells me,
That if I obey, I'll be so strong.*

*Nothing really matters but the pride and the glory,
Yet this voice inside my head won't let me live to tell the story.
It puts me down each second of each day,
It shouts at me – oh the things it says.*

*I obey this loud voice till I can obey no more,
I pace up and down till I'm tired and sore.
I reach my goal weight, but it's still not enough.
Each day it gets worse, and each minute is tough.*

*I wake up one day to find mum looking sad,
I ask her what's wrong 'cuz it looks pretty bad.
She looks at me sat there, then looks at the phone.
She says "Phoebe, my darling, you can't do this on your own."*

*I ask her what she means,
Because to me I feel fine.
She says "Phoebe – you're ill;
We can't waste any more time."*

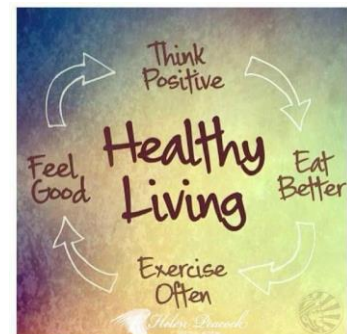
*Sooner than ever I was sat there alone,
My mum next door, talking on the phone.
I knew who she was taking to,
I knew it 'wasn't fair'.
But it's got to be done, else my body will tear.*

*In what seems like a day, I'm packing my bag,
But hospital surely couldn't be that bad?
Again, I was wrong, and at such a young age,
I was away from my home, yet anorexia was not fazed.*

*He did not care that I felt so distressed,
That I just felt so worthless, and my mind was a mess.
He did not care that I was there to get better –
But the nurses did, so I wrote them a letter –*

*'I feel so down, and sad all the time.
To help you understand, I wrote you this rhyme.
It goes a bit like this:
The voices in my head make me feel like such a failure.....*

Phoebe





EATING DISORDER SUPPORT SERVICE

"from a seed a flower grows as do people who blossom in life"

COMMENTS AND COMPLIMENTS 2021

Here are a snap shot of some of the wonderful comments and compliment we have received

To say we are proud is an understatement

SEED are a TEAM without that TEAM we would not have a SEED

Thanks for the email. Honestly, after tonight's news I went straight to panic. Reached out to the private group and immediately help was there! There is nothing local and this charity really is a lifesaver. Thank you.

The buddy scheme is particularly good, and I can't begin to express my gratitude for the support and correspondence I get.

"I would be lost without SEED, it's an amazing charity. All staff are truly incredible, I'm forever grateful for the support I have received since the start of lockdown, especially from Leighah, who's continuous support is keeping me on track, and I would be lost without it"

I read a lot on your site and that alone gives me so much hope

Your mum is the kindest person I have come across in a very long time, she welcomed me back immediately with such warmth, I cried so hard-through relief that you are there and through just a few positive words. , I just want to say thank you. I hope you are well and are managing to take care and stay safe in these terrible times. Thank you so much for being here, Karen xx

I just wanted to say again how thankful I am for you sending me all these resources and having me on the call with the support group recently.

Finding your organisation has been a blessing. I've been struggling for years and feeling so alone because we don't have anything like this in Dubai.

Thank you for all the information you have given me and the help you have provided.

Thank you again for all your support, you have been a god send to us both.

The validation I received from your words is more than I've received from anyone so thank you ever so much

After talking to you I feel less anxious as you were so sensible and calm in your advice, how I react does impact on how Ben and his mother respond so we have a new plan of action

If you hadn't continually stressed the importance of medical risk to us, I don't know where we would have been today. Luckily, we had a good GP who listened and acted on the information from SEED we shared with her.