



NEWSLETTER



Support and
Empathy for people with
Eating
Disorders
Charity No 1108405

ON BEHALF OF THE TRUSTEES

I WOULD LIKE TO
THANK OUR
VOLUNTEERS FOR
THEIR HARD WORK
AND COMMITMENT
IN MAKING SEED
WHAT IT IS TODAY!

AND
WISH OUR
MEMBERS
A HAPPY 2018

XXXXXXXXXXXX

*May you be granted the
serenity
To accept the thing you
cannot change
The Courage to change the
things you can and the
wisdom to
know the difference!*
Marg Oaten MBE

Issue 24
January 2018



*"Thanks Marg, your a great help and
support.
I'm really happy I phoned that day and
got to speak to you" X*

Coping With Christmas and a One Off Christmas Special Workshop

Wednesday 13TH DECEMBER 7.00pm to 9.00pm at MIND

I cannot believe where time goes and the speed of which Christmas is thrust upon us! Like it or Loathe it we are surrounded by merchandise the pleasures of Iceland from September onwards!

Christmas is notorious for being one of the most difficult times for both sufferers and loved ones if someone is suffering from an Eating Disorder.

SEED have produced a booklet available to download from the "Coping Outside of Your Comfort Zone" section on the website—or highlight and open the hyperlink [click here](#)

Marg and Leighah are facilitating a One Off Christmas Special for Coping With Christmas it is
Wednesday evening the 13th December 7 to 9 at the
MIND premises 108 Beverley Road
Hull HU3 1XAQ

CHRISTMAS JUMPERS OPTIONAL!



Admin



Admin



WE HAVE MOVED



Welcome to a tour of our gorgeous new Resource Room

Ground Floor, Wilberforce Health Centre,

6—10 Story Street Hull, HU1 3SA

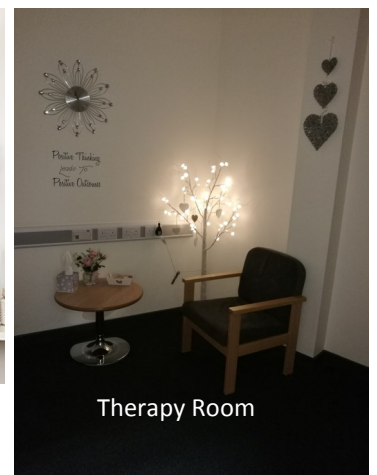
Tel: 01482 344084



Therapy



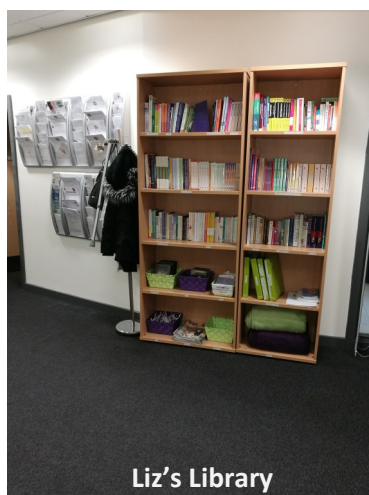
Let Us Help You on Your Stairway To Recovery



Therapy Room



Meeting Area



Liz's Library



Lounge Area

"Our students are very pleased to support wonderful work done by Seed. Money donated is not for any specific event and we are happy for Seed to allocate it to any projects as necessary. "

Craft Fayre

Cake Stall

Family Fun Day

Donations



Quiz Night

Summer Garden Party



THANK YOU SO MUCH !



"May I also thank you so much for the very informative information you have sent after your meetings, it is very much appreciated and has been most helpful to us."

Half Marathon

Bungee Jump

Mud Run



Funeral Collection

GRAND TOTAL FOR 2017

£3,800

Excluding Donations via Virgin Money

2018

DATES FOR GROUPS AND WORKSHOPS AT THE MIND PREMISES, 108 BEVERLEY ROAD HULL HU3 1XA

SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7PM TO 9PM IN THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA Ample Car Parking on Site via Somerscale Street

3rd JANUARY 2018
7th FEBRUARY 2018
7th MARCH 2018
4th APRIL 2018
2nd MAY 2018
6th JUNE 2018
4th JULY 2018
1st AUGUST 2018
5th SEPTEMBER 2018
3rd OCTOBER 2018
7th NOVEMBER 2018
5th DECEMBER 2018



“Thanks for listening and understanding , it is so difficult to know how to break the cycle and what to do for the best , particularly when the young person wants to get better but does not engage with the professionals”

DANCE THERAPY GROUPS WITH LEIGHAH - RUN EVERY SECOND AND FOURTH WEDNESDAY OF THE MONTH – FOR SUFFERERS ONLY – 6.30PM TO 8PM AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

10TH JANUARY 2018
24TH JANUARY 2018
14TH FEBRUARY 2018
28TH FEBRUARY 2018
14TH MARCH 2018
28TH MARCH 2018
9TH MAY 2018
23RD MAY 2018
13TH JUNE 2018
27TH JUNE 2018
11TH JULY 2018
25TH JULY 2018
12TH SEPTEMBER 2018
26TH SEPTEMBER 2018
10TH OCTOBER 2018
24TH OCTOBER 2018
14TH NOVEMBER 2018
28TH NOVEMBER 2018



*“Just thought I'd drop you a note to let you know that I've been able to watch your videos you sent me links to.
I can't tell you how hopeful they have made me feel!!!
I feel like we are gathering strength as we are gathering knowledge.”*

YOUTH SELF HELP GROUPS WITH LEIGHAH – RUN EVERY LAST TUESDAY OF THE MONTH – FOR SUFFERERS ONLY – 7PM TO 9PM AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

30TH JANUARY 2018	NUTRITION
27 TH FEBRUARY 2018 B	ODY IMAGE
27 TH MARCH 2018	SCHOOL AND EXAMS
24 TH APRIL 2018 –	RELATIONSHIPS AND PEER GROUPS
29 TH MAY 2018	CONFIDENCE BUILDING
26 TH JUNE 2018	SOCIALISING
31ST JULY 2018	PROBLEM SOLVING
28 TH AUGUST 2018	DEALING WITH WEIGHT GAIN
25 TH SEPTEMBER 2018	DEPRESSION AND ANXIETY
30 TH OCTOBER 2018	BOUNDARIES
27 TH NOVEMBER 2018	MOTIVATION TO CHANGE AND RECOVERY



Dates for 2018 Continued.....

EATING DISORDERS AWARENESS WEEK

27th February 2018 to the 5th March 2018—SEED will be welcoming you to a Drop In at their new premises. Times and final details tbc.



ONE OFF WORKSHOPS - FOR SUFFERERS AND CARERS – 7PM TO 9PM AT THE MIND PREMISES

Dates or these workshops are to be confirmed.

SELF HELP WORKSHOPS AND WALKING ON EGGSHELLS

Dates or these workshops are to be confirmed.

CLOSED THERAPY GROUP 7PM TO 9PM AT THE HULL AND EAST YORKSHIRE MIND – WELLINGTON HOUSE, BEVERLEY ROAD HULL HU3 1XA– IN THE BOARD ROOM ON THE FIRST FLOOR

11TH JANUARY TO 29TH MARCH 2018

3RD MAY TO 19TH JULY 2018

13TH SEPTEMBER TO 29TH NOVEMBER 2018

PROF MARIE REID – THERAPY SESSIONS – WIL NOW BE AT THE NEW RESOURCE

Room booking to be confirmed by Marie.



*“Your efforts really do make a difference .
Hearing it from you both is reassuring and hand on heart, a life
line.
Let the sun shine tomorrow and if it doesn't It will still be okay.*

ALL WORKSHOPS AND GROUPS REMAIN WITHIN THE MIND PREMISES—103 BEVERLEY ROAD, HULL HU3 1XA
MIND HAVE BEEN AN AMAZING CHARITY SUPPORTING US IN EVERY WAY POSSIBLE WHETHER THAT BE WHEN WE
RENT ROOMS—CAN'T GET THE FOBS TO WORK, LOCK UP PROPERLY OR CANT FIND THE LIGHT
SWITCHES!!!

Best Wishes to MIND—your staff and the amazing services that you offer!



*“We wanted to express our
thanks and gratitude for in-
viting us to your meeting yes-
terday. “*



*“The work that SEED does,
and the way spokesperson, Gem-
ma has spoken about the illness
has done so much to break the
stigma around eating disorder. We
would be so thrilled to have the
endorsement of SEED and Gem-
ma's support.”*

What would you "Stairway to Recovery" look like ?



[Email Buddy Scheme](#)



[On Line Resources](#)
Living Life to the Full Plus
and Mindfulness

[Facebook and Twitter Accounts](#)

[Website](#)
www.seedeatingdisorders.org.uk

[Helpline](#)
01482 718130

[Closed Therapy Groups](#)
3 x 12 week blocks per year

[SEED Appointment Service System](#)
(SASS)
One off Face to Face Consultation



[Resource Room](#)
Open weekdays 9.30am to 2.30pm



[Youth Self Help](#)
Monthly Meetings
Every 2nd Tuesday in the month



[Support Group](#)
For both Sufferers and Carers
Monthly Meetings every 1st Wednesday in the month



<http://www.seedeatingdisorders.org.uk/my-journey-to-recovery> -
Video and workbook to planning your journey into recovery

[Dance Movement & Body Confidence](#)



[Walking on Eggshells](#)
For Carers 3 workshops per year

[Bon Appetite](#) - Recipes Ideas
and Shopping Lists

MIND
01482 240200

[Nutritional Support via](#)
nutrition@seedeatingdisorders.org.uk

[NHS SERVICES](#) –CAMHS, EVOLVE,
LET'S TALK, SINGLE POINT OF ACCESS

[Holiday Buddy Scheme](#)



[Awareness Raising and Training for Education Health , Vol](#)
[Organisation, Public Services](#)

Referral pathway into SEED Services is via a Primary Contact Information Form—which is Strictly Confidential.

[Click here](#) for Primary Contact Information Form. E Mailing to marg@seedeatingdisorders.org.uk

Alternatively you can speak to someone via the Helpline (01482) 718130 or

Via the Contact Form within the website www.seedeatingdisorders.org.uk

VOLUNTEERING

Recruitment can be lengthy but it is worth it to make sure the volunteers are confident when taking on an active role within the organisation. Thank you to Leighah and Maria who play a big part in the recruitment process. Leighah for her advice and consultation Maria for keeping us both sane with her excellent organisational skills we put our trust in her to make sure the admin is updated and the volunteers supported.

Due to the move the new volunteers will have their interviews and inductions in January when we can start with our training regime moving people forward to becoming actively involved with SEED.

Finally a huge **Thank You** to all Volunteers and Supporters of SEED without you there would not be a Charity. Everyone brings something different to the table and no matter how large or small that may be we value your input 100%.

May We Wish You A Very Happy Christmas and a Healthy and Happy 2018!

Welcome to Gemma Trathan who will start her trainee counselling placement with us in the New Year. And farewell to Vicki Palmer who has completed 100 hours with SEED clients and is now looking forward to remaining within SEED as a Volunteer.

SEED APPOINTMENT SYSTEM SERVICE(SASS) is back!

This time under the guidance from Clare Maney. The SASS is back to support you!

Clare will spend 1 hour face to face with her client helping decide their options and signposting to various services.

If you would like to know more about this service please contact Marg or Maria for more details.

marg@seedeatingdisorders.org.uk or maria@seedeatingdisorders.org.uk



Well we are all but there with the Resource In Schools and very proud we are too.

I am in Newland Schools For Girls for the last time on Monday the 11th December to check out the final timings and make sure everything is spot on before we look to market this resource.

It has been a long time in the making but we want to get it right.

A huge thank you for the support of Kerry Whitfield, PHSE Co-ordinator, Newland School for Girls, who has allowed us to pilot this with Newland and with different years groups. Evaluating, fine tuning and monitoring outcomes of this fabulous resource. We will market locally initially and then further afield in order to bring revenue into SEED for additional sustainability for the future.

Christmas Closure



The Resource Room will be closed to the public from Thursday 21st December reopening on Tuesday 2nd January 2018

Helpline Cover

We will not be taking helpline calls on Christmas Day or Boxing Day but the helpline will be in operation at times during the day whilst the Resource Room is closed for Christmas.



The helpline was becoming unmanageable and difficult to sustain. We have found it necessary to reduce the 24/7 helpline people have benefitted from for years, spelling the calls between the Helpline Number 01482 718130 and the Resource Room 01482 344084.

An Answer Phone Service may be in operation but if calls are urgent and the phone is on answer phone service we always ring back. It is that we have had to draw the line at answering calls at unrealistic times.

E Mail, Contact Support Forms and Facebook Services

All e mails will be checked over the Christmas Period and for the closure of the Resource Room - we will still be able to support through e mail and social media.

Whilst SEED will not be taking calls on Christmas day.

However if you need support for a crisis situation please call

Samaritans 0845 790 9090

NHS Direct 111

Saneline 0300 304 7000

MIND Crisis Line 01482 335790

Crisis Res Hull 01482 336161

Crisis Res ER 01482 301701



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

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



REFERRAL SYSTEM FOR CHILDREN'S MENTAL HEALTH SERVICES

(Self Referral Accepted)

CAMHS HULL Contact Point of Contact 01482 303688

CAMHS EAST RIDING Contact Point 01482 702083





Maria would like to wish SEED clients old and new a Very Happy Christmas. Maria says *"I man our newly equipped Resource Room in the Wilberforce Health Centre. We have been made very welcome by staff and Stu the caretaker could not do enough to help get the room ready for opening. It is a gorgeous environment to work in and to welcome people to pop in for a chat, have a coffee, relax in our lounge area or look for a book from our well stocked library. I am there from 9.30am to 2.30pm Monday to Friday, pop along you will be made very welcome!"*

A word for your Patron Gemma Oaten —taken from a speech at the Frances Combes Academy.....

I want to end with a few thoughts and words of advice that have served me well...

"It's OK if you fall down and lose your spark. Just make sure that when you get back up, you rise as the whole damn fire!"

"The world is big and I am not, but I am still enough"

"If you think you are too small to make a difference, try sleeping with a mosquito"

"Give thanks for what you are now, and keep fighting for what you want to be tomorrow"

"With every roadblock, a detour is built. With every ending a new beginning is defined. Embracing a challenge makes life interesting, but overcoming it makes life meaningful."

"You have to be willing to fail, to be wrong, to start over again with lessons learned."

"Never suffer in silence"

"You have 3 choices in life: Give up, give in, or give it all you've got."

"Be the energy you want to attract"

"I survived because the fire inside me burned brighter than the fire around me."

"Never look down on somebody unless you are helping him up"

"It's not the will to win that matters. Everyone has that. It's the will to prepare to win that matters."

And so to end, well done for all you have achieved now, yesterday and all that's to come. In all seriousness, I hope there was one little piece you can take away and hold onto. You're all individual, you're all amazing, you're all YOU.



"Well—what can I say—I officially have a screw loose—following major spinal surgery part of the operation has turnout to be a 'failed fusion' so facing more surgery next year but it is what it is ! If I can get through 2017 I am sure I can face 2018 with gusto and enthusiasm. A Huge BIG THANK YOU TO everyone involved in SEED for the Support of my husband Dennis and Trustees Gill and Angie and Maria for keeping me sane! I look forward to 2018 with a fresh start in our NEW Resource Room, the development of new things to bridge the gaps , to partnership working within NHS services and going forward to continue to provide a service that is passionate about making a different to the lives of those people affected by eating disorders. My thanks also to Ann -Marie Moore, Jonathan Ramsey and Gill Bovill of the City Health Care Partnership for your help and support in making our transition to our new premises a smooth one. Finally, on behalf of Dennis and I may I wish everyone a



Very Happy Christmas
Love Health and Happiness Always.

Partnership Working



EVOLVE **Hull Eating Disorder Day Service**

May We Wish Evolve Best Wishes for 2018

Their New Premises Are

Calvert Lane Health Centre
Evolve – Hull Eating Disorder Service
The Calvert Centre
110A Calvert Lane
Hull
HU4 6BH

Tel: 01482 344083
Fax: 01482 345011

<http://evolve.chcpcic.org.uk/pages/who-we-are>

Referrals are only accepted via the Let's talk Team

Your GP can refer you to Let's talk team or you can call the self-referral line on 01482 247111. If you are under 18, your GP can refer you to Child and Adolescent Mental Health Service (CAMHS) for an initial assessment of your needs.

