



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 2016

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 20

December 2015

RESOURCE ROOM

"Warm Welcome Waiting"

Maria mans the room Monday to Friday 9.30am to 12.30pm she makes a mean cup of coffee and will make you very welcome.

We have a well stocked Library covering all aspects of eating disorders ranging from young people to adults, from Anorexia to Compulsive Eating Disorders.

We are based at 267 Beverley Road, Hull HU5 2ST and have a room on the ground floor, Tel: (01482) 344084

We are not key holders and therefore we cannot open late or at a weekend.



Coping With Christmas/

Christmas can be a difficult time for those suffering from an eating disorder and for their carers and loved ones.

SEED have produced a booklet available to download from the "Coping Outside of Your Comfort Zone" section on the website—or open the hyperlink below www.seedeatingdisorders.org.uk

Whilst SEED operate a helpline 24/7 throughout the year I 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

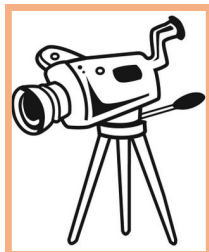
*"Recovery is about
enjoying the things I
couldn't do when I was
ill"*

Leigh Wilson-Hawley



My Journey To Recovery

Callum and Jo from Serene Scenes are nearing the end of the final draft of our new resource called "My Journey to Recovery" The aim is to give sufferers the tools to plan their own recovery using Self Soothe, Distraction and Crisis Planning to name a few. SEED are proud to be working in partnership with Leigh Wilson-Hawley. Three years ago it was a very different story as Leigh fought for her life in her battle with Anorexia. She will openly share that everyday is a struggle but she uses the skills she has learnt in her recovery process to overcome this devastating illness. The video will be accompanied by worksheets and self help forms from www.getselfhelp.co.uk and Leigh explains how to use the forms and gives examples encouraging others to do the same. The resource will be circulated as soon as possible—be put on the website and officially launched for Eating Disorder Awareness Week 21st February to the 28th February 2016



"I am beginning to measure myself in strength, not pounds. Sometimes in smiles."

WEBSITE

A huge thank you to Kev, Luke, and Kara from umbercreative for the development of our website in 2014.

Since then they have kept this upto date for us—adding, linking and downloading new resources throughout the year to help thousands of people from all over the world.

The new website is proving a massive hit with followers and we are the 2nd most visited site for eating disorders. Thank you 'team' umber!!

Do check out the 'Events' Page it gives a comprehensive overview of all services for 2016

www.seedeatingdisorders.org.uk



LEAFLETS AND LITERATURE



'Team Umbercreative' are working with SEED to streamline leaflets and literature . 2016 will see some of the present leaflets and booklets combined into more appropriate categories.



"Life shrinks or expands in proportion to one's courage."



WELCOME to Supporters of SEED Lisa Sutherland and Matty Waudby

Lisa and Matty are going through their recruitment process at the moment. We are hoping to have them up and running early in the New Year.

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.

Inductions for Lisa and Matty will be very soon and any Volunteers with any outstanding elements of the training will be given the opportunity to attend the induction.

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 2016!



Gemma Oaten is the Patron of SEED and continues to support us with her blogs and tweets and generally giving her time to those people who need help. Gemma lives in London and

works tirelessly for the Princess Diana Anti Bullying Campaign and speaks eloquently and passionately about her journey. Gemma didn't open a magazine and decide to have an eating disorder. It is an illness that can affect anyone at anytime and has no barriers when it comes to age or gender. Her illness has made her who she is today. A strong woman with a huge heart!

People are overwhelmed by her generosity and warmth as she takes to time to respond to messages.

Thank you so much for your involvement and support since taking on your role as Patron.



FACE BOOK AND TWITTER

Thank you to [Beck Shepherd](#) our Young Ambassador and to [Megan Mennell](#) for overseeing the Face Book Account and Twitter Accounts



At my age 21 x 3 Twitter and Face Book are pretty alien to me—although I do try, but more often than not I write on someone else's' wall by mistake—hence I try and recruit younger people for this role!

I can't tell you the problems I had when someone sent a form via facebook! WHAT! Luckily she was a lovely lady and forgave me having explained my inexperience.

But I am really getting to grips now with how powerful FB can be and if channelled in the right direction can be beneficial to many.

[Leighah Beadle-Darcy](#) has set up a Secret FB Account in SEED's name and this is only accessible by invite.

It is not therapy or counselling but a way of bringing people together and dispelling isolation.

Leighah acts as 'Supervisor' of this Account and checks entries at all times for improper use of social media. **Thank you girls!**

MEDICAL RISK AND HOSPITALISATION

I am passionate about Medical Risk in Eating Disorders!

My heart goes out to the people confused and frightened as they are thrust into the care of healthcare professional not wanting to lose 'CONTROL' as others fight to save their lives.

We have a new resource called [Time to Heal](#) which is aimed at supporting young people who may be hospitalised due to their medical condition.

When someone is very low in weight—their medical needs become the **priority** over their psychological needs.

It is not enough that someone is being cared for via the Mental Health Services—this needs to be combined with GP oversight who have a duty of care to make sure someone is medically safe.

We already work tirelessly educating sufferers and carers of the dangers of Medical Risk in Eating Disorders and will continue to do so reaching more people far and wide! Below is a hyperlink to Medical Risk in Eating Disorders a paper written by Prof Janet Treasure in 2009

<http://www.seedeatingdisorders.org.uk/pdfs/user/0F560B9D-7500-CB04-2D7B-83919CA28F32.pdf>

A supporting document we have produced is [Unacceptable Demands](#) highlighting pressure on young people through, media, modelling, celebrities, dance and retail. Why not share with young people you are supporting.



AWARENESS RAISING IN SCHOOLS

An Eating Disorder has the highest mortality rate of any other mental health illness with a staggering 20% of people dying every year as a direct result of their illness of through suicide.

We are on track with the Schools Package. Developing Awareness Raising, age appropriated Information, Lesson Plans and Worksheets for Academic Years 7 to 12 incorporating Key Stages of the National Curriculum. The message need to be far reaching We have completed the first draft of worksheets and lesson plans we now need to co-ordinate the filming giving younger people more of an insight into Eating Disorders and what a devastating illness this is.

We want the programme to be fun and interactive and this will span 4 lessons within of the academic year. SEED would like to see all schools adopting a policy for Eating Disorders in Schools.—click here for more details and a Policy Template [Resource](#).

We are looking at 'training the trainer' delivering the skills to education personnel who will then have the confidence to deliver the Schools Package in Eating Disorders.

Exciting times ahead!



"Learn from yesterday, live for today, hope for tomorrow"

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



To download the full document click on the hyperlink below

[Seeking Services in Hull and East Riding for Eating Disorders.](#)

After many hours recruiting people of the East Riding to attend Meetings etc. ERED (East Riding Eating Disorders) did a good job in steering this group to the benefit of those living in the East Riding suffering from an Eating Disorder. Healthwatch took on board the concerns and wrote a [Report](#) for Eating Disorder Services in the East Riding. Our understanding is that it is going to be 2017 before consideration can be given for funding of any appropriate services. In the meantime SEED will continue to do everything they can to support those people failing to receive appropriate treatment.

On a positive note SEED are in talks with East Riding IAPT (Improving Access to Psychological Therapies) with a view to working in partnership and developing future services.

www.bodygossip.org

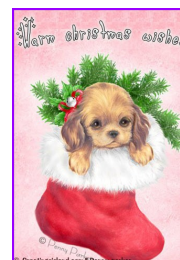
The brain child of Gok Wan—**Body Gossip** is an inspirational website that campaigns through Arts and Education to empower every body to be the best version of themselves and rock their own brand of gorgeous. Well worth a visit for all ages! **Let Gok help you find your inner gorgeousness !**



Forget what hurt you in the past. But never forget what it taught you.



*"It doesn't matter how slowly you go,
so long as you don't stop"*



SEED continue to work alongside EVOLVE—Hull Eating Disorder Day Services. We are pleased to announce we have been given an extension of 3 years on the Contract with the City Health Care Partnership from the 1st January 2016 to 1st January 2019. To say we are over the moon is an understatement. We are committed and passionate about making a difference to and inspire change in others.

2016

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

SUPPORT GROUPS WITH MARG AND DEN AND VAL - 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

6th JANUARY 2016
3rd FEBRUARY 2016
2nd MARCH 2016
6th APRIL 2016
4TH MAY 2016
1st JUNE 2016
6th JULY 2016
3rd AUGUST 2016
7th SEPTEMBER 2016
5th OCTOBER 2016
2nd NOVEMBER 2016
7th DECEMBER 2016



The purpose of the Support Groups are about information sharing, advice, support and signposting

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

12TH JANUARY 2016 – NEW BEGINNINGS
9^H FEBRUARY 2016 – EMOTIONS, MOODS AND CONTROLS
8TH MARCH 2016 – DECISION MAKING
12TH APRIL 2016 – MOTIVATION AND DETERMINATION
10TH MAY 2016 – NUTRITION
14TH JUNE 2016 – BODY IMAGE
12^H JULY 2016 – CONFIDENCE BUILDING
9TH AUGUST 2016- SOCIALISING
13TH SEPTEMBER 2016 – BOUNDARIES AND PROBLEM SOLVING
11TH OCTOBER 2016 – TAKING RISKS
18TH NOVEMBER 2016– RECOVERY AND RELAPSE PLANNING
13TH DECEMBER 2016 – COPING WITH CHRISTMAS



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

MONDAY 18TH JANUARY 2016—JOURNEY INTO RECOVERY—LEIGH WILSON-HAWLEY

MONDAY 4TH APRIL 2016—DEPRESSION WORKSHOP—LEIGHAH BEADLE-DARCY

Monday 24th OCTOBER 2016—SELF SOOTHE—LEIGH WILSON-HAWLEY

The Dates and Events for 2016 will also be posted on the Website

SELF HELP WORKSHOPS AND WALKING ON EGGSHHELLS

Dates for these workshop are to be confirmed.

I am facing surgery on my spine in the New Year and as yet do not know when! But as soon as I am able I will be 'back!' !!!!



CLOSED THERAPY GROUPS – THE ROAD LESS TRAVELLED WITH LEIGHAH - FOR SUFFERERS ONLY- 7PM TO 9PM IN THE BOARD ROOM OF THE MIND PREMISES EACH THURSDAY—BY APPLICATION ONLY (See [Information Below](#))

21st January 2016 to the 7th April 2016

12th May 2016 to the 28th July 2016

8th September 2016 to the 24th November 2016

Applicants must commit for the 12 week programme



WHAT IS— A CLOSED THERAPY GROUP?

CLOSED THERAPY GROUPS 2015

THE ROAD LESS TRAVELLED

A 12 week Group Therapy Experience for Sufferers

**Delivered by Therapist Leighah Darcy-Beadle Dip CPC, Dip Dance Therapy,
BA (hons), NCS (accred), BACP**

The 'Closed' Therapy Groups are facilitated by Leighah Darcy-Beadle and supported by Eleanor and volunteers.

The Road Less Travelled is based on the poem by Robert Frost and talks about paths in life that may be narrower and making choices between those two paths. Which path would you choose? The one less travelled? Regardless of issues, the group will focus on identifying the road to grow and change, make choices and new decisions where the old ones are damaging, and discover the path to wellness and wholeness.

SEED will continue to work in partnership with Prof Marie Reid from the Hull University offering face to face therapy. Referrals are via Marg and Marie finalises her own appointment system. She uses the Philip Larkin Room at the MIND premises, Wellington House, Hull HU3 1XA.



**EATING DISORDERS
AWARENESS WEEK**

22 - 28 February 2016



SEED will hold a Drop In within this week and will launch the new resource

"My Journey Into Recovery".

The Drop In will be held at the Resource Room 267 Beverley Road Hull HU5 2ST from 10.00am to 2.00pm The date is to be confirmed

As in previous years we are very lucky we get lots of media coverage for this event linking in with Radio, Television, Magazine and the Hull Daily Mail.

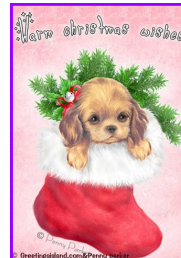
In addition Leigh Wilson Hawley has booked the Church Hall in Hessle for a Craft Fayre and SEED will man a stand for the day if anyone wishes to seek support for eating disorder problems.



Single Storey Theatre Company

are in talks with SEED to work on a project taking a play about eating disorders in Primary Schools.

We are sourcing funding opportunities at the moment and 2016 will bring something into schools that has never been done before in this area. Our meeting with Mark Reece was exciting and we are all very passionate about the project.



Fundraising 2015

Another huge big THANK YOU to Leigh Wilson-Hawley who has recently held Craft Fayres to raise money for SEED—in Summer she did a lone walk from Hessele to Filleigh raising an incredible £1,000.00. Once done she ploughed straight into preparing for the Craft Events and a Christmas Raffle and raised a further £260. —she is an inspiration to many and has a heart as big as a frying pan!!!! Leigh also makes cards and there are some in the Resource Room for sale.



Chris Charles (Son) will be running the London Marathon in April 2016 as the Charity have a Silver Bond place every 5 years.

Chris ran the Marathon in 2011 and it was an emotional day watching him amongst a sea of colour, and tributes in memory of people who are no longer with us and the fun runners in fancy dress—plus the weather was gorgeous!

Running the London Marathon is a very prestigious event and one I know Chris will give 100% as he has done throughout his professional rugby career, when he played and Captained his beloved Hull Kingston Rovers Team over a 10 years span.



THANK YOU TO

ABBIGAIL ATKIN who ran the Hull Marathon on behalf of SEED. We arrived to support her thinking we had plenty of time but we just saw the stragglers and then the road was opened. Disappointed to have messed up we ventured into East Park to see a marathon running still walking round the duck pond! He didn't look well at all!! - I can only imagine what it is like to run 26 miles—even in my fit days I still couldn't imagine it!!! But Good on you ABBI and a Huge THANKYOU from all at SEED!!!



The New Year will see us promoting the event and generating sponsorship and donations via Virgin Money Giving on our website. www.seedeatingdisorders.org.uk

Go Forest!!!!



"It will all turn out fine in the end. If it's not fine, it's not the end."