



NEWSLETTER

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 2014

MAY YOU FOLLOW
YOUR DREAMS
AND
BE HEALTHY
MAY YOU LAUGH
AND
BE ALWAYS HAPPY !

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 Self Help section within downloads on the website

www.seedeatingdisorders.org.uk



*"Gold is not pure and
People are not perfect"*



Dennis, Gemma and Marg Oaten at the opening of EVOLVE 10th October 2013



Issue 16

December 2013

Support and

Empathy for people with

Eating



Disorders

RESOURCE ROOM

"Warm Welcome Waiting"

The New Eating Disorder Day Service (EVOLVE) officially opened on the 10th October 2013 and SEED too are now officially open for business!

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

The room is manned **9.30 am to 1.30pm** each day **except** Wednesday. Please pop in you will be made very welcome by Mandy.

Feedback has been amazing!



THE STAIRWAY TO RECOVERY

EVOLVE—HULL EATING DISORDER DAY SERVICE

Emmerdale Star Gemma Oaten proudly cut the ribbon at the opening of Evolve on the 10th October 2013. On the left is a lovely picture reflecting what a happy occasion it was as we posed on the central staircase. It really is a gorgeous 'House' and SEED are so proud of their Resource Room. We are now getting a steady flow of visitors to the room and we would like to promote the fact that we have a well stocked and varied Library. On Line Resource accessible via laptop computers, i pods and relaxation music. Throws to keep you warm while you relax in the all singing all dancing recliner chairs and a huge amount of leaflets and literature both on cd's and hardcopies is needed. The computers can be used to conduct your own search and if needed Mandy will support you. If it is just 'ME' you need Mandy will make you a hot drink and leave you to 'chill' without being disturbed.



BRAND NEW WEBSITE

"UMBER CREATIONS" have been devising a new website for 2014!

We are so excited as we plan our new website. What we want to achieve from the re-branding is a website that is more interactive that can grow with SEED and serve the clients we support. The website is by far the biggest way of 'reaching' the public with **156,598 hits** in 2011 and a massive **273,645 hits** in 2012. We are wanting to achieve a website that is much more interactive with training and awareness raising video's. Where you can navigate with a click of the button, and be transported technologically into a more streamlined route to search for the information you require. We propose that this will be ready for early 2014 and we are planning a presentation evening to launch the re - branding. We are also looking for stories of recovery and inspirational quotes that have helped you - if you would like to contribute please forward to Marg on admin@seedeatingdisorders.co.uk



Tank Texting

SEED will continue to offer this to both sufferers and carers who will receive a motivational text once a week. We offer this to clients over a 6 month period after which new referrals continue for the next 6 months.

If this is not for you just say and you will be removed from the list. Thank you to Mandy who has overseen this on our behalf!

"Very comforting I felt someone was watching over me and I was not alone"



Groups for 2014

SUPPORT GROUP - Both Sufferers and Carers

SEED continue to provide the Support Group and they are run every 1st Wednesday in the month. We use the Garden Room in the Endsleigh Centre for this purpose 7.00pm to 9.00pm . The Endsleigh Centre is 481 Beverley Road, Hull HU6 7LJ and the entrance is via the side staff entrance opposite the garages.

*Please Note the first meeting of 2014 will be **Wednesday 8th**

January due to the 1st Wednesday falling on New Years Day. Other dates are as follows:-



*8th January	5th February	5th March	2nd April
7th May	4th June	2nd July	6th August
3rd September	1st October	5th November	3rd December

SELF HELP GROUP—For Sufferers Only

The Self Help Group is for Sufferers only and they run the 2nd Tuesday in the month. We use the Garden Room in the Endsleigh Centre for this purpose 7.00pm to 9.00pm . The Endsleigh Centre is 481 Beverley Road, Hull HU6 7LJ and the entrance is via the side staff entrance opposite the garages. Below are the dates of the Self Help groups for 2014 and the topics for each session.

14th January <i>New Beginnings</i>	11th February <i>Emotions Mood and Control</i>	11th March <i>Decision Making</i>	8th April <i>Motivation/ Determination</i>
13th May <i>Nutrition</i>	10th June <i>Body Image</i>	8th July <i>Confidence Building</i>	12th August <i>Socialising</i>
9th September <i>Boundaries/Problem Solving</i>	14th October <i>Risk Taking</i>	11th November <i>Recovery and Risk Relapse Planning</i>	9th December <i>Coping With Christmas</i>



"We all come from our own little plants.

***That's what makes us different
And that's what makes life interesting"***





WALKING ON EGGSHELLS

Saturday 25th January 2014



SEED run workshops every quarter for carers and loved ones and the next one is on the

Saturday 25th January 2014 at the **Endsleigh Centre 481 Beverley Road Hull HU6 7LJ**. They start approximately 9.30am and finish at 4.00pm places are free but must be booked. **Confirmation and all paperwork will be finalised in the usual way one week prior to the event**

Every attendee is given handouts and a full compliment of literature together on a CD ROM and carers are given the book Skills Based Learning For Caring For Loved Ones With An Eating Disorder by Prof Janet Treasure OBE, on which the workshops are based. It is not too late to book your place

We also offer up to 4 places to people within healthcare or schools or third sector.

For more information contact Marg on admin@seedeatingdisorders.co.uk

Testimonials

'I attend a lot of training courses; this was by far one of the best. Hearing the perspective of people who have had direct involvement with a sufferer and can actually tell people about the reality of it is really effective'

TWO ROADS
DIVERGED IN A
WOOD, AND I-
I TOOK THE ONE
LESS TRAVELED BY,
AND THAT HAS
MADE ALL THE
DIFFERENCE.
(ROBERT FROST)

CLOSED THERAPY GROUPS 2014

THE ROAD LESS TRAVELLED

A 12 week Group Therapy Experience for Sufferers

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

**The Garden Room, Endsleigh Centre, Beverley Road, Hull, HU6 7LJ
on**

Thursday's from

7.00 pm to 9.00 pm

6th February 2014 to 24th April 2014

The 'Closed' Therapy Groups, facilitated by Roni Beadle and supported by Volunteer Paula Ferries, are proving beneficial to sufferers and the outcomes for the attendees very encouraging. 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.



The Road Less Travelled Continued.....

Please don't be disappointed if you have not been able to do the first therapy group you will have opportunities to apply for the other groups as stated below.....

SEED are offering 3 'closed' therapy groups for 2014 the other dates are

29th May 2014 to 14th August 2014

and the

18th September to the 4th December 2014

Flyers and Booking Forms will be circulated approximately 4/6 weeks prior to the groups starting

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WORKSHOPS FOR 2014 We will be offering the following workshops for 2014



Relaxation	19th February 2014 –sufferers and carers only
Self Help and Awareness Workshop	19th March 2014—open to all
Creativity	28th May—sufferers and carers only
Dealing With Depression	27th August 2014—suffers and carers only
Self Help and Awareness Raising	22nd October 2014—open to all

The **free** workshops are in addition to the groups and therapy groups we currently run.

Places are limited and must be booked in advance.



As with all workshops and groups notifications will be distribution 4 to 6 week prior to the event.

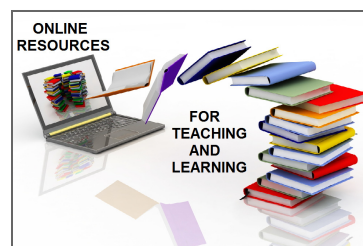
***"May the love hidden deep inside your heart find the love waiting for your dreams
May the laughter that you find tomorrow wipe away the pain you find in your yesterdays"***

ON LINE RESOURCES

SEED provide provision for on line services which are as follows.

Overcoming Anorexia on Line—Based on the Maudsley Method pioneered by Prof Janet Treasure	For carers
Overcoming Bulimia on Line (Has been piloted with someone suffering from Binge Eating and certain elements work well)	For sufferers only
Living Life To The Full Interactive	Both sufferers and carers—specialising in anxiety and depression
Bemindfulonline	Both Sufferers and Carers – following the present day trend for mindfulness and personal wellbeing

Licenses are purchased by SEED giving members maximum flexibility in accessing services. It is proving beneficial to those people living out of area and who are unable to benefit from attending support/self help groups or closed therapy groups. As with all our services the referral pathway is self referral and geographically there are no boundaries.

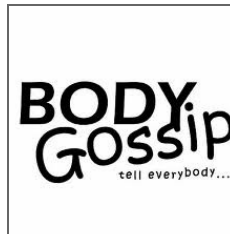


Recruitment of a Young Ambassador

SEED are looking to engage in supporting younger people and it has always been our aim to bridge the gap between adolescents and adults. We have pleasure in welcoming 17 year old Rebecca Shephard who is currently going through her recruitment process with SEED. Rebecca will bring a much needed younger element to our Volunteers and will be their 'Voice' in SEED developing its services to meet the needs of younger people. Love it or hate it social media and networking is a massive way of reaching the younger age groups. Provision will be made within our new Website to link in with adolescents, signposting appropriately and providing a service they can relate to. It is a policy of SEED to help all age groups but until recently adolescents were unable to engage in our services but were able to benefit from information and literature. We see this as a way of leading and empowering young people to increase participation and promote a healthier lifestyle. Welcome Aboard Rebecca!!

Link: 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!



V-O-L-U-N-T-E-E-R-S and T-R-A-I-N-I-N-G

All our volunteers should have their names in lights because they are what make SEED.

From the Trustees for their support and commitment to Roni who is our advisor and so much more. To Mandy for her admin skills and helping me keep sane. We are proud to have 4 Trustees, 1 Advisor/Consultant 11 fully trained volunteers and 18 supporters of SEED who are going through their recruitment process. Everyone brings something different and special to our organisation.

We have 8 fully trained E Mail Buddies

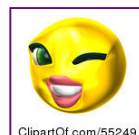
All volunteers have completed mandatory training Dealing with Emergencies and Boundaries, Empathy and Listening Skills and Basic Self Help and Understanding Eating Disorders.

Listening and Motivation Techniques and Confidence Building are to be completed within one year of engagement. All have Supervisors. And come with excellent references and all DBS checked.

Those wishing to support others through E Mail or Telephone will have a basic counselling qualification or equivalent.

We are developing more in-house training and 2014 will see the recruitment of more Telephone Buddies for SEED.

Mmmmmh!! Very Proud Even Though I Say It Myself!



University Placements

SEED will be working in partnership to offer placements to third year psychology students and are currently preparing options that will benefit SEED and enhance student understanding of eating disorders.

Prof Marie Reid continues to offer a total of 80 therapy sessions per annum. There may be an opportunity for Prof Reid to mentor a trainee clinical psychologist within the therapy she delivers for SEED.

We are waiting a full breakdown of Marie's clients and outcomes and confirm that she has done an amazing job with the clients who have been committed to change—she is professional warm and compassionate and is well respected by her clients. We look forward to more partnership working for 2014 .



PAMPERING

In this day and age stress can be the biggest contributing factor to not feeling good 'within'. SEED can help change that by offering pampering voucher to visit Bernie at Beauty Perfection on Chanterlands Avenue in Hull., where she will work her magic . If you are struggling and need a bit of 'ME' . If you are a sufferer or carer let SEED provide that little bit of pampering that can make the difference to your wellbeing and leave you feeling rejuvenated and ready to face the day!

FUNDRAISING

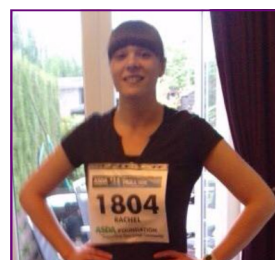
It is the policy of SEED that any money donated or fundraised for goes straight back for the benefit of sufferers and carers. That can be providing pampering vouchers, buying licences for on line resources and laptops for people to use in the Resource Room. Developing the website for the benefit of thousands of people, buying i pods for people to listen to relaxation music in the Resource Room, purchasing more and more books for our Library or providing a Self Help, Skills Based Learning book for every carer attending Walking on Eggshells workshops. . Funding more therapy sessions with Marie. The list goes on and we are proud to be able to offer services beyond our expectations due to the generosity of the public—some of whom may not have used our services but eating disorders are close to their hearts.



A BIG thank you to Yasmin Salt from Grimsby who donated £300 this year after making bracelets and selling them via her website. They really are gorgeous and Yasmin has gone on to make more of these bracelets and other designs in aid of SEED. You can purchase the bracelets and see other designs by visiting the link below:-

https://www.etsy.com/uk/listing/170047307/the-brolly-bracelet?ref=shop_home_active

RACHEL HARRISON—ran and walked the Jane Tomlinson 10 K this year and raised over £300 for SEED. Rachel's recovery has been truly inspirational. She has continued her nursing career in Peterborough with a well earned promotion—she is an inspiration to many and a credit to her profession. So proud of her. Well done Rach!!



RACE NIGHT—I would like to mention again and thank Bernard and Sheila Swift for donating over £720 to SEED having organised a Race Night in April 2013 in memory of their beautiful daughter Liz who died tragically in a road accident. Monies raised were split between MIND and SEED I was proud to thank everyone involved in the fundraising event and say that we

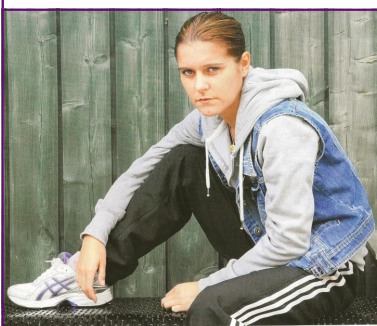
had a little bit of Liz in their hearts that would last forever. Liz was a beautiful person inside and out who had a twinkle in her eye and a wicked sense of humour. We used the money for books for our Library and SEED would like to buy a small plaque in memory of Liz and call the library "LIZ'S LIBRARY" - she would have loved that! Sheila vowed it was the last Race Night she was organising—but others thought differently and we will see another evening in 2014—They really are good fun especially if you are called Dennis and won 5 out of his 6 races. I will be attending if only to see if my dog is still running!



FUNDRAISING Continued.....

Our Daughter Gemma, who plays Rachel Breckle in Emmerdale was privileged to compete for her chosen Charity on Celebrity Family Fortunes, Emmerdale v Daybreak. Although they didn't win the generosity of ITV made the money up and SEED received over £800 as the money was split between 2 charities.

Gemma 'journey' has been inspirational and she will reflect on that, not with shame or guilt, but with a positive attitude that her eating disorder has made her who she is today, a strong character with a self assurance we never imagined possible. So proud of you Gem and thank you so much for your efforts to raise money for SEED. She also auctioned a Signed Script of the Live Episode in October 2013 raising over £620 in the final minutes of bidding, watching the bid on her computer and relaying a commentary to us on the phone as she saw the bids go from £200 to £600 in seconds! She also auctioned one of Jenni's outfits! For those people who watch Emmerdale Sian Reece Williams played the character Jenni who was 'killed off' as she was run off the road by Cameron! So guessing she won't be returning then!

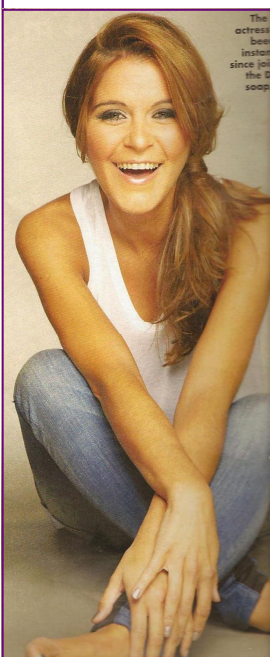


Gem has now left Emmerdale and there is a chance she may return in the future as there are a lot of Sam (Dingle) /Rachel fans who are devastated to see her go and the relationship end!

Here is Gem in her Rachel trackies. Watch this space you may see her scrunchie and plastic engagement ring on Ebay not to mention her hoodie!! When out of character even cast members fail to recognise her and at the Xmas Ball 3 people

asked who she was! "It's Gem you Div" she replied laughing - You can take the Girl out of Hull but never 'Ull out of the Girl!!

Good Luck Gem So Proud of You!



HAVE A WONDERFUL CHRISTMAS AND MAKE 2014 YOUR YEAR TO OVERCOME YOUR EATING DIFFICULTIES—THERE IS LIGHT AT THE END OF THE TUNNEL— HERE IS LIVING PROOF!! *(Love this photo)*



Finally –a Massive Massive GREAT BIG THANK YOU to all the people, who, throughout 2013 have donated money or pledge direct debits as their way of giving something back to the Charity.

We received heart felt thanks from hundred of people who say that without SEED they would have been so isolated. And what is special are those people who having been through our services—check in now and again to just say Hi!!!!

It fills us with PRIDE to know we DO MAKE A DIFFERENCE!

Help Line

E Mail

Walking on Eggshells

Self Help

PHEW!

On Line Resources



Workshops

Drop In's

Nutritional Support

TRAINING AND AWARENESS RAISING

Email Buddy

RESOURCE ROOM

Telephone Buddy



Support Group