



Support

and

Empathy

for people with

Eating

Disorders

Charity No 1108405



Coping With Christmas/ Outside of your Com- fort Zone

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 www.seedeatingdisorders.org.uk

If you are alone at Christmas and would like some support we have Holiday Buddies willing to support you over the Christmas Festivities

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 2015

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

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



Issue 18

December 2014

RESOURCE ROOM

"Warm Welcome Waiting"

Since Opening on the 10th October last year we have seen a steady flow of people using the Resource Room

Maria mans the room Monday Tuesday a Thursday and Friday 9.30am to 1.30pm makes a mean cup of coffee and will make you most 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.

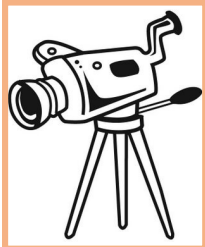
We are based at 267 Beverley Road, Hull HU5 2ST and have a room on the ground floor, Tel: (01482) 344084

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

[Feedback has been amazing!](#)

AWARENESS RAISING

Callum and Jo from Serene Scenes will be videoing footage on the 2nd December as we prepare to produce awareness raising videos for 2015. The aim is to take the Self Help Workshop Presentations and break them down into short videos that will be posted on the website giving more



people accessibility to information about eating disorders. As our service progresses we are reaching more and more people from all over the country—some travelling miles to attend workshops. What better way to make our services more accessible. In addition a follow on from that will be producing Training Videos for Volunteers—allowing more Volunteers from Out of Area to become involved in SEED.

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 or through suicide.

Our project for 2015 is to develop Awareness Raising Packages for use within schools. Developing Awareness Raising, Age Appropriated Information, Lesson Plans and Worksheets for Academic Years 7 to 12 incorporation Key Stages of the National Curriculum. The message needs to be far reaching giving younger people the insight into Eating Disorders and what a devastating illness this is.



Statistics indicated that more and more young people are using vomiting, laxatives or over exercise as a way of controlling body weight and shape. More often than not peer groups are indicating to me that they have not had breakfast or in fact eaten over a 12/14 hour period—more must be done to educate them of the dangers.

SEED would like to see all schools adopting a policy for Eating Disorders in Schools.—Check out the Young People's category on our website for a template.



BRAND NEW WEBSITE

"UMBER CREATIVES" have devised our new website for 2014!

The new website is proving a massive hit with followers and we are the 3rd most visited site for eating disorders despite **not** having paid a premium to move us higher in the 'pecking order'. Our thanks to Kev, Luke and Kara of Umbrcreative for their continued support and patience as we are updating everything for 2015.

Do check out the 'Events' Page give a comprehensive overview of all services for 2015





WELCOME TO ANGIE MASON

A massive welcome to Angie Mason (former Humber Foundation Mental Health Services) who signed up to SEED as a Trustee recently. Angie has been committed from the onset and we are so pleased to have her expertise on the Board as we take SEED into 2015

NEWBIES

Welcome also to 4 newbies who are going through their recruitment process at the moment. We are hoping to have them up and running early in the New Year.

VOLUNTEERING

In 2013/4 SEED recruited 8 new volunteers many of whom have moved forward as active volunteers and doing a brilliant job for us. This year we have taken on 4 and we are finding this much more manageable in terms of training and recruitment. As part of our project for producing short films for the website—it is our plan to produce the training videos for the Volunteers and that way they are not waiting for months for the next Workshop to complete a specific section of the training.

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 who plays a big part in the recruitment process advising as to whether or not a volunteer is ready to become actively involved.



Gemma Oaten is the Patron of SEED and doing a brilliant job for us—she is so proud of the services that we offer. One of the things Gem has done for us is write Blogs for the website—there is another ready for Dec 2014 called Coping with Christmas and

this will be available at the beginning of December and posted on line.

She is also an avid Tweeter and has 72,000 followers to date. She is overseeing the SEED Twitter Account and not only signposts messages to SEED but signposting to the services that we offer.

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

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



“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says ‘I’ll try again tomorrow.’”

-Mary Anne Radmacher

BusinessTips.Ph

FACE BOOK AND TWITTER

Thank you to Becks our Young Ambassador, for overseeing the Face Book Account and she will be helped very soon by one of our new recruits.



I can just about post a message on Face Book but to the increased amusement of Gem as I tend to post what’s on my mind on someone else’s wall!!

But I am really getting to grips now with how powerful FB can be and if challenged in the right way how beneficial this can be to others.

Leighah 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 in a supportive way dispelling isolation.

Leighah is acting as ‘Supervisor’ of this Account and regularly checks entries for improper use of social media.

MEDICAL RISK AND HOSPITALISATION



More and more young people are being admitted to Hull Royal Infirmary at critical level as Anorexia takes its toll on their frail bodies. Why hasn't this child been assessed for medical risk in time to prevent this happening? Where does that responsibility lie? Well it lies with everyone—Carers, Schools, GP's, Mental Health Services, and Healthcare professionals have a duty of care to make sure responsibility is taken for their wellbeing.

On a personal level our daughter would not be alive today without the continued care and monitored by our GP. We have been at the end of the line when she was facing death and vital organs compromised. We knew nothing about the dangers of an eating disorder and 20 years ago, although her needs were being met emotionally, medically we had no idea of the danger she was in!

My heart goes out to the young 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.

SEED would like to produce a document to run along side the existing documents for Young People and Eating Disorders, aimed at helping them understand what may happen to their bodies if they continue to not eat, helping them understand that this is not the right way to deal with their problems and that they don't have to evaluate themselves through body weight and shape to be accepted and what may happen and what to expect during their stay in hospital. To take this forward we need to work in partnership with the Children's Wards at the local hospital, and educate pastoral staff within schools and colleges to identify signs and symptoms before that young person needs hospitalisation.

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!

EVOLVE—HULL EATING DISORDER DAY SERVICE



It was a proud day for the City and for Service Development of Eating Disorders when Gemma Oaten (former Emmerdale Actress) cut the ribbon at the opening of EVOLVE Hull Eating Disorder Day Services. EVOLVE take referrals from people living in Hull with a Hull GP or living in the East Riding with a Hull GP! (See changes to the Hull Adult Referral Pathway on the next page). Sadly one of the down side was the departure of Nicky Guilfoyle (Specialist Eating Disorder



Practitioner) who left Hull for Australia 2 months ago. Nicky and Marg Oaten go back 14 years, well before any service development for Eating Disorders, as they fought for what was needed for the City.

We wish Nicky our very best wishes for her new and exciting life in Australia!

WHAT ABOUT SERVICE DEVELOPMENT FOR THE EAST RIDING?

There is a focus group developed called ERED (East Riding Eating Disorders) who are pioneering for service development for Eating Disorders in the East Riding. There are no specific services for Eating Disorders and often patients are facing 18 month waiting lists for Psychotherapy, and sadly not an awful lot else is offered in the interim!

If you would like to add any personal experience to the Report that is to be published early in the New Year please get in touch with Chris Cherry, HWERY Delivery Manager (ccherry@healthwatcheastridingofyorkshire.co.uk), 01482 665684 from Healthwatch East Riding.

Our understanding is that once the report is finalised and the Clinical Commission Groups are aware of this then it will go to 'press'. After which Health watch have the powers to make things happen. Watch This Space!!!!

16th October 2014



**CHANGES TO THE REFERRAL SYSTEM FOR ADULT MENTAL HEALTH
IF YOU LIVE IN THE HULL AREA OR ARE REGISTERED WITH A HULL GP**

"Improving Access into Secondary Mental Health Services"

Secondary Mental Health is for people suffering from severe or chronic depression, severe anxiety, deliberate self-harm, suicidal thoughts, bi-polar and alcohol misuse and is seriously affecting you on a day to day basis. This service is also for people experiencing psychosis including hallucinations and delusions.

Open Referral: There is an open referral system and people can contact this service directly. The team work with CRISIS resolution and Home Treatment Services, and are based at Miranda House

The Assessment: Involves current difficulties, previous mental health problems, family history and any other relevant health problems. At the end of the assessment the clinician will talk to you about the options for further treatment and support.

After the Assessment options -

No further treatment required – person discharged back to the care of their GP

Out-patient appointment with Psychiatrist

Referral to Depression and Anxiety Services in Hull (DASH)

Referral to a Community Treatment Team

Referral to Addiction Services

Referral to Trauma Services

Referral to Perinatal Services

A decision is made jointly with service providers to determine what is in your best interest.

Mental Health Cluster Tool & Referrals

Secondary Mental Health cluster as illustrated above is a Cluster 5+

Depression and Anxiety Services Hull (DASH) are Clusters 1 to 4

Referral for Cluster 5 is via telephone on 01482 336161 or in writing preferably by (Fax 01482 617590).

For Depression and Anxiety Services Hull (Clusters 1-4) referral is via "Let's Talk" a new telephone booking service operated by the City Health Care Partnership (CHCP) on (01482) 247111.

Older Adults (65 years plus) should still be referred for assessment through existing arrangements on (01482) 617519

**PLEASE NOTE ALL
REFERRALS INTO
EAST RIDING ADULT
MENTAL HEALTH
SERVICES ARE VIA
SINGLE POINT OF
ACCESS (SPA)
(01482) 617560**



2015

DATES FOR GROUPS AND WORKSHOPS AT THE ENDSLEIGH CENTRE, 481 BEVERLEY ROAD, HULL, HU6 7LJ

SELF HELP GROUPS WITH LEIGHAH - RUN EVERY SECOND TUESDAY OF THE MONTH – FOR SUFFERERS ONLY – 7PM TO 9PM IN THE GARDEN ROOM

13TH JANUARY 2015 – NEW BEGINNINGS
10TH FEBRUARY 2015 – EMOTIONS, MOODS AND CONTROLS
10TH MARCH 2015 – DECISION MAKING
14TH APRIL 2015 – MOTIVATION AND DETERMINATION
12TH MAY 2015 – NUTRITION
9TH JUNE 2015 – BODY IMAGE
14TH JULY 2015 – CONFIDENCE BUILDING
11th AUGUST 2015 - SOCIALISING
8TH SEPTEMBER 2015 – BOUNDARIES AND PROBLEM SOLVING
13TH OCTOBER 2015 – TAKING RISKS
10TH NOVEMBER 2015 – RECOVERY AND RELAPSE PLANNING
8TH DECEMBER 2015 – COPING WITH CHRISTMAS



SUPPORT GROUPS WITH MARG AND DEN AND VAL - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR SUFFERERS AND CARERS – 7PM TO 9PM IN THE GARDEN ROOM APART FROM MARKED WITH B FOR BRIDGE ROOM

7TH JANUARY 2015
4TH FEBRUARY 2015
4TH MARCH 2015
1st APRIL 2015
6TH MAY 2015
3rd JUNE 2015 (B)
1st JULY 2015
5TH AUGUST 2015
2nd SEPTEMBER 2015
7th OCTOBER 2015
4th NOVEMBER 201
2nd DECEMBER 2015



ONE OFF WORKSHOPS - FOR SUFFERERS AND CARERS – 7PM TO 9PM IN THE GARDEN ROOM

22nd APRIL 2015 – DEPRESSION AND PERSONALITY TYPE WORKSHOP
17th JULY 2015—WELLBEING AND CONFIDENCE BUILDING

The Dates and Events for 2015 will be posted on the Website in December

WE HAVE A GUEST SPEAKER LEIGHAH WILSON HAWLEY—WHO WILL BE SPEAKING ABOUT HER JOURNEY INTO RECOVERY FROM AN EATING DISORDER ON WEDNESDAY THE 3RD DECEMBER AS PART OF THE SUPPORT GROUP - AS A ONE OFF PLACES MUST BE BOOKED FOR THIS EVENT. BOOKING FORMS WILL BE RE-CIRCULATED

As normal we meet at 7.00pm to 9.00pm in the Garden Room at the Endsleigh Centre. HU6 7LJ

CLOSED THERAPY GROUPS – THE ROAD LESS TRAVELLED WITH LEIGHAH - FOR SUFFERERS ONLY- 7PM TO 9PM IN THE GARDEN ROOM EACH THURSDAY—BY APPLICATION ONLY (See Information Below)

22ND JANUARY 2015 TO 9TH APRIL 2015

14TH MAY 2015 TO 30TH JULY 2015

3RD SEPTEMBER 2015 TO 19TH NOVEMBER 2015

SELF HELP WORKSHOPS - SELF HELP AND AWARENESS RAISING WITH MARG – FOR SUFFERERS, CARERS AND HEALTHCARE, EDUCATION AND THIRD SECTOR – 7PM TO 9PM IN THE BRIDGE ROOM—PLACES MUST BE BOOKED

28TH JANUARY 2015

22ND JULY 2015

21ST OCTOBER 2015

WALKING ON EGGHELLS WORKSHOPS WITH MARG – FOR CARERS ONLY- 9.30AM TO 4.00PM IN THE FUNCTION ROOM PLACES MUST BE BOOKED

7TH FEBRUARY 2015

23RD MAY 2015

22ND AUGUST 2015

14TH NOVEMBER 2015

"We all come from our own little plants.

That's what makes us different

And that's what makes life interesting"

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, facilitated by Leighah Beadle and supported by a volunteer. 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.

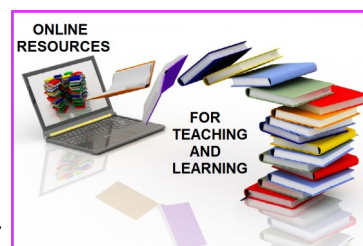


ON LINE RESOURCES

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.



*"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"*



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! **Let Gok help you find your inner gorgeousness !**

BODY Gossip
tell everybody...

New for 2015—Holiday Buddy Scheme

We have piloted the above scheme and have found this to be most beneficial to people finding themselves isolated when carers or loved ones go on holiday.



We are extending this scheme to cover support over the Christmas period !

We have various Holiday Buddies giving their time to support others. The Holiday Buddy does not have to have formal training they just need to be warm friendly and committed to making themselves available for the duration of the Holiday whether that be days, a week or two weeks.



I think first and foremost they have to have an excellent understanding of eating disorders and ideally having supported someone in their care. If you need to engage in this service simply ask Marg or Maria and you will be matched with a Buddy. marg@seedeatingdisorders.org.uk or maria@seedeatingdisorders.org.uk or (01482) 344084

DON'T FORGET THE HELPLINE IF YOU NEED SUPPORT AT ANY TIME (01482) 718130

Face to Face Appointments

We are in discussion with Laura to set up consultations, support and signposting, to run on an appointment basis system for those people wishing to speak to someone on a one to one. This will not be therapy but merely an opportunity to speak with someone who has an excellent understanding of an eating disorder. We are meeting to discuss what this may look like and how to go forward with this service.

FUNDRAISING EVENTS

I WOULD LIKE TO THANK ALL THOSE PEOPLE WHO HAVE DONATED TO SEED THROUGHOUT 2014

TO NIKKI FOR THE MANCHESTER CYCLE RACE - WELL DONE TO DAD WHO SUPPORTED HER THROUGHOUT THE RACE. BOTH A LITTLE STIFF AT THE END OF THE RACE BUT FABULOUS EFFORT!

TO BERNARD AND SHEILA FOR THE RACE NIGHT WHICH SEEMS TO BE A SOCIAL EVENT BOOKED IN PEOPLES CALENDARS A YEAR IN ADVANCE.

WE HAVE BEEN GOING FOR 2 YEARS NOW AND I HAVE TO SAY THEY REALLY ARE WELL ORGANISED AND FUN!

THE TOMBOLA IS £2.00 A TICKET AND A PRIZE EVERYTIME—NO WONDER THERE IS A STAMPEDE—THE PRIZES ARE BRILLIANT!

TO GEMMA WHO AUCTIONED MEMORABILIA FROM HER RACHEL CHARACTER IN EMMERDALE SELLING OFF HER TRACKY BOTTOMS AND HER ENGAGEMENT RING AMONGST OTHER THINGS! AND THANK YOU TO THE LOVELY PETER WHO BID £500 TO HAVE LUNCH WITH HER AT THE MAYFAIR HOTEL IN LONDON

ALSO TO THE MANY PEOPLE WHO HAVE DONATED TO THE CHARITY AS A WAY OF THANKING SEED FOR THEIR SERVICES.



BLOGS POEMS AND STORIES

THANK YOU SO MUCH TO THOSE PEOPLE WHO HAVE WRITTEN BLOGS, STORIES AND POEMS FOR OUR NEW WEBSITE— THEY HAVE GIVEN PEOPLE INSPIRATION THAT THERE IS LIGHT AT THE END OF THE TUNNEL—KEEP THEM COMING!

**HAVE A WONDERFUL CHRISTMAS AND MAKE 2015
YOUR YEAR TO OVERCOME YOUR EATING DIFFICULTIES**



USEFUL TELEPHONE NUMBERS AND WEBSITES

RR15

Samaritans	08457 90 90 90
Crisis Resolution Team	01482 335790
Hull Royal Infirmary	01482 328541
Rape Crisis	01482 329990
Saneline (Self Harm)	0845 767 8000



ROUTINE TELEPHONE NUMBERS

SEED (Help line)	01482 718130
SEED Resource Room	01482 344084
SEED Nutrition Advice via Emma	
Wed 6.30pm to 7.30pm	01482 561856
B-eat (Beating Eating Disorders)	
Adults Line	0845 634 1414
Youth Help Line	0845 634 7650
Single Point of Access (East Riding)	01482 617560
PALS—Patient Advice & Liaison Services	01482 347627
Evolve Hull Eating Disorder Day Service	01482 344083
CAMHS (HULL)	01482 303688
CAMHS (ER—BEVERLEY)	01482 702083
CAMHS (DRIFFIELD)	01377 208280
PYSHER (Psychosis)	01482 336786



WEBSITES

www.seedeatingdisorders.org.uk

www.b-eat.co.uk

www.rapecrisis.org.uk

www.mindhey.co.uk

www.sane.org.uk

E MAILS

hello@seedeatingdisorders.org.uk

marg@seedeatingdisorders.org.uk

Youth: FYP@b-eat.co.uk

Footnote:

Visit www.seedeatingdisorders.org.uk for comprehensive for information about eating disorders and for services that we offer.

SEED are here to help you!

DON'T SUFFER IN ISOLATION!

