



NEWSLETTER



RR17

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 2017

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 22

January 2017

RESOURCE ROOM

"Warm Welcome Waiting"

Maria mans the room Monday to Friday 9.30am to 2.30pm 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

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 www.seedeatingdisorders.org.uk

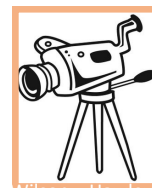


*"Recovery is about
enjoying the things you couldn't do when you were ill"*

"My Journey To Recovery"

It was in February 2016 that we launched "MY Journey to Recovery"

I am asked many times "Where do I start"? —"How can I go forward"?—"What can I do"?



Well if I had the answer to that question I would be a very wealthy woman!

I think what makes an Eating Disorder hard to treat is the complexity of the illness often a case of One Size Does **NOT** Fit All!

What I like about this resource compiled and based on the personal experience of Leigh Wilson-Hawley, is that a person can cherry pick what is applicable to them—if the Behavioural Thought Process is something you feel is somewhere to start then go for it—if completing a Food Diary or creating a 'Self Soothe Box' is for you then the decision is yours. You decide!

"Measure Yourself in your Strengths **NOT** by numbers on the scales.

Also the most important thing is that **YOU** are motivated to change and ready to move forward with your illness. **Do this for YOU!**

Let 2017 be the start of your year and the start of a new beginning

<http://www.seedeatingdisorders.org.uk/my-journey-to-recovery>

New For 2017

Youth Self Help Group

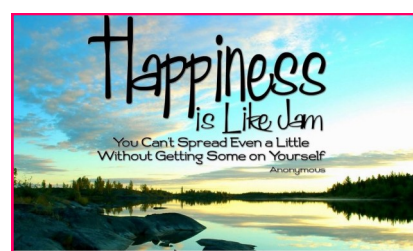
During December 2016 we had 4 referrals from carers of loved ones aged 14 to 17 suffering from Anorexia Nervosa. The carers were from both Hull and East Riding.

We decided that we would like to pilot a Self Help Group for younger people.

The group will take place every last Tuesday in the month incorporating topics on a rolling programme such as School and Exams, Peers Groups and Friendships, Socialising, Body Image and Confidence. Leighah Darcy-Beadle will facilitate the groups that will start at 7.00pm finishing at 9.00pm. The venue is the MIND premises, 108 Beverley Road Hull HU3 1XA

See page 3 for Dates

***"Life without Friends
Is like a garden without Flowers"***



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

24TH JANUARY 2017 – NUTRITION
 28TH FEBRUARY 2017 – BODY IMAGE
 28TH MARCH 2017 – SCHOOL AND EXAMS
 25TH APRIL 2017 – RELATIONSHIPS AND PEER GROUPS
 23RD MAY 2017 – CONFIDENCE BUILDING
 27TH JUNE 2017 – SOCIALISING
 25TH JULY 2017 – PROBLEM SOLVING
 2ND AUGUST 2017 – DEALING WITH WEIGHT GAIN
 26TH SEPTEMBER 2017 – DEPRESSION AND ANXIETY
 24TH OCTOBER 2017 – BOUNDARIES
 28TH NOVEMBER 2017 – MOTIVATION TO CHANGE AND RECOVER
 26TH DECEMBER 2017 – NO GROUP

2017

DATES FOR GROUPS AND WORKSHOPS AT THE MIND PREMISES, 108 BEVERLEY ROAD

HULL HU3 1XA

7.00PM TO 9.00PM

Car parking via

Somerscale Street at side of the building



SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7PM TO 9PM AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

4th JANUARY 2017
 1st FEBRUARY 2017
 1st MARCH 2017
 5th APRIL 2017
 3rd MAY 2017
 7th JUNE 2017

5th JULY 2017
 2nd AUGUST 2017
 6th SEPTEMBER 2017
 4th OCTOBER 2017
 1st NOVEMBER 2017
 6th DECEMBER 2017

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

10TH JANUARY 2017– NEW BEGINNINGS
 14TH FEBRUARY 2017– EMOTIONS, MOODS AND CONTROLS
 14TH MARCH 2017 – DECISION MAKING
 11TH APRIL 2017 – MOTIVATION AND DETERMINATION
 9TH MAY 2017 – NUTRITION
 13TH JUNE 2017 – BODY IMAGE
 11^H JULY 2017 – CONFIDENCE BUILDING
 8TH AUGUST 2017 - SOCIALISING
 12TH SEPTEMBER 2017 – BOUNDARIES AND PROBLEM SOLVING
 10TH OCTOBER 2017 – TAKING RISKS
 14TH NOVEMBER 2017 – RECOVERY AND RELAPSE PLANNING
 12TH DECEMBER 2017 – COPING WITH CHRISTMAS

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

12TH JANUARY TO 30TH MARCH 2017
 4TH MAY TO 20TH JULY 2017
 14TH SEPTEMBER TO 30TH NOVEMBER 2017

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

Dates of these workshops are to be confirmed.

The Dates and Events for 2017 will also be posted on the Website

SELF HELP WORKSHOPS AND WALKING ON EGG-SHELLS

Dates to be posted on the website



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.

We have volunteers going through there paces at the moment and we will have them in place and actively supporting others by early January/February!

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 2017!



Goodbye to Val !



I have always said there would never have been SEED without Val. It was Val who 16 years ago followed up people who had made an enquiry to the then Eating Disorder Association about forming a support group in Hull and East Riding. Whilst we dilly dallied around she was the one who was pro-active in bringing us all together to develop 'something'. We didn't actually know what the 'something' would look like but the passion and commitment from the Trustees and Volunteers has seen us grow into the professional third sector organisation we are today! A huge THANKYOU! Val may we wish you a very happy retirement with health and happiness always! Miss you and the laughs we had!!!

WEBSITE



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

A website is only as good as the webmasters—and that credit goes to team 'umbercreative'. Love working with you all.

Thank you so much—Health and Happiness for 2017

Dates for 2017



AWARENESS RAISING IN SCHOOLS



Our aims for 2016 was to develop a Schools Package

I am pleased to say Understanding Eating Disorders in Schools is on track and looking forward to piloting this in the New Year within a local school after which we will be looking at the best way to market and promote this essential resource.

The filming is complete, the voice overs finished, the workbook fine tuned and the animation is looking brilliant. Such an exciting project .

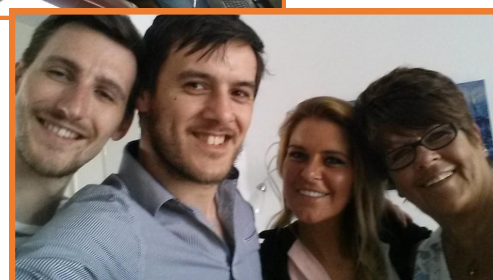
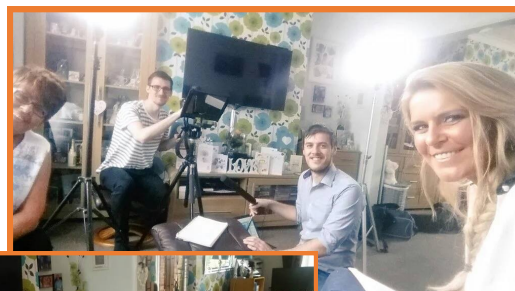
Fundraising Efforts

2016 has been a massive year for SEED

From Race Nights to the London Marathon to Charity of the Year for Marks and Spencer's Foods Anlaby, Craft Fayres, the Half Marathon and Hull Marathon and unexpected cash donations.

A massive thank you to everyone who has supported SEED and collectively raised thousands.

All funds go to benefit others and money generated this year will support our effort for the Understanding Eating Disorder in Schools Resource.



Filming with Callum, Joe, Gem and Yours Truly!!!
Amazing Day - Lots of Fun!

[A Guide for Young People and Schools.](#)

Click hyperlink here if you need more information

www.bodygossip.org - excellent site for young people



<http://uk.virginmoneygiving.com/charity-web/charity/finalCharityHome%20age.action?uniqueVm CharityUrl=seedeatingdisorders> [RIGHT CLICK HERE TO OPEN THE HYPERLINK](#)

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



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.



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.

[NHS—Services in Hull and East Riding](#)

[Support Network](#)

[Medical Risk in Eating Disorders \(2009\) Version](#)

[Patient Treatment Log](#)



IT IS WITH GREAT SADNESS that we say Goodbye and God Bless in the passing of Mary Codd at the age of 61 years. Mary sought support and treatment through SEED since 2003 and we had the pleasure of knowing her . As representatives of SEED we attended our first every Quaker Funeral , where we entered to peaceful and enchanting music. The large chapel was full to capacity and people stood up and spoke about Mary. My tribute to Mary was:-

“We had the pleasure of knowing Mary for 13 years. She was an eccentric wonderful lady who used words I didn't understand and laughed uncontrollably as I asked her to explain what they meant. She had a wicked sense of humour and had us in fits of giggles. Every group should have a Mary! May She Rest In Peace. God Bless Her Always x



FACEBOOK AND TWITTER

SEED have a Facebook Page and also a Private Facebook Account for Sufferers and one for Carers Accessing this facility could not be simpler—e mail marg@seedeatingdisorders.org.uk and ask to be invited.

Members can ask questions, check in if they are struggling and within minutes someone will be there to help motivate and support them. SEED also have a Twitter account and thank you to Lisa Ann Sutherland who kindly helps oversee this for us.

DON'T SUFFER IN ISOLATION!



EATING DISORDERS AWARENESS WEEK 2017



27TH FEBRUARY TO 5TH MARCH 2017

SEED will hold a Drop In within this week

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.



A word from Gemma Oaten - Patron of SEED - Here we are, that time of year that really scares many of you and is often seen as an unhappy time. I want to say this...Christmas is about being with those you love, about loving those you love with all your heart, whether they are there in person or not. Its about gratitude and kindness. Make all these things your focus, not the food or worry or any other negatives an eating disorder will try and bring into your life. This Christmas I set a wonderful challenge. BE YOU, BE TRUE, BE GRATEFUL. I know it's easier said than done, but we all have each other, and you have SEED to help and support you. You're never alone.

As we look into 2017 I am excited to be able to be working on a big charity night for SEED. I think Mum and Dad deserve it now more than ever with all they've been through recently re mums operation. Thank you for being so patient with them. I wish you all a loving and kind festive time and light and hope and happiness for 2017.

Love Gem xxx

As Secretary and Co-founder I would like to give you an update—on the 21st September I had major surgery on my spine—which is going to take a good year before I can be fully assessed the benefits this will give me. I have broken this time into quarters and at the moment I seem to go 1 step forward and 2 steps back but there are positives and I take each day as it comes—I think I have done amazing but then I would say that! Despite facilitating the November Support Group in my wheelchair and pyjamas I am having to moderate the hours I spend on SEED work.

Maria has taken on extra duties and I cant thank her enough for her level of commitment and the professionalism she has shown in dealing with and supporting others. So proud of her! After Christmas I will pick up

some helpline calls during the day and looking to do workshops in my 2nd quarter (Feb/March)

That will include Walking on Eggshells. Thank you so much to everyone for their good wishes and support. Lots of Love and Merry Christmas - May 2017 bring you Health and Happiness.



Christmas Closure

The Resource Room will be closed from Thursday 22nd December at 2.30pm to Tuesday 3rd January reopening at 9.30am

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.

This has worked much better and after Christmas we will be covering the calls from 9.30am to approximately 6.30pm.

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

