

Support and
Empathy for people with
Eating
Disorders



Issue 26
 January 2019



EVOLVE AND SEED HAVE DONE IT!

“Got the contract for Eating Disorder Services in Hull”

In August 2018 we were told the tender for the Hull Eating Disorder Day Service was up for renewal. Evolve and SEED have successfully won that tender and will continue to deliver their individual services and working in partnership in areas of need to deliver a ‘joined’ up service for Hull to be proud of.

Footnote:-

There are no specific services for Eating Disorders for the people of East Riding. On a positive SEED have spoken to Commissioners from the East Riding and they assure us that Eating Disorders are a priority for 2019. This needs to happen. How amazing would it be to have Services in the both ‘camps’ with SEED working in partnership across BOTH. Excuse me while I do my letter to Father Christmas!



The Educational Toolkit for Eating Disorders in Schools

was launched on the 1st October 2018

[Click here for a trailer](#)

We have had a small set back with setting up the payment system but pleased to say this has been rectified and we will be good to go from the 2nd January 2019. We will be offering the licenses for £295.00 with an opening offer to Schools in Hull and East Riding at a discount price of £245.00 after which we will open this to regions far and wide!

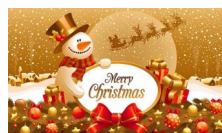
EXCITING !!!!



Thank you so much to Berry Productions for making the video, Gemma for her time and patience in working with her mum and making me laugh when I shouldn't have been. To Kevin and Luke for marketing and working hard behind the scenes to pull together all the technical stuff that I don't understand. Thank you to Kerry Whitfield from Newland School and her amazing 'girls' who have helped pilot this resource—for their honesty and their passion in getting this 'right', and last but not least Dennis, Gill and Maria for their help in bringing this project to a close. LET THE FUN BEGIN!!



We have been in Wilberforce Health Centre for just a year. We had a blank canvas and have made it our own—it is beautiful, non clinical, warm and welcoming. It is manned from 9.30am to 2.30pm week days by Maria. We have a well stocked library with lots of excellent books for loan. Pop along—we have resources to share and kettle is always boiling!



2019

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

2nd JANUARY 2019
6th FEBRUARY 2019
6th MARCH 2019
3rd APRIL 2019
1st MAY 2019
5th JUNE 2019
3rd JULY 2019
7th AUGUST 2019
4th SEPTEMBER 2019
2nd OCTOBER 2019
7th NOVEMBER 2019
5th DECEMBER 2019



“So inspiring to hear how much Seed has helped others and what the charity has achieved”.

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

9th JANUARY 2019
23rd JANUARY 2019
13th February 2019
27th February 2019
13th March 2019
27th March 2019
8th May 2019
22nd May 2019
12th June 2019
26th June 2019
10th July 2019
24th July 2019
11th September 2019
25th September 2019
9th October 2019
23rd October 2019
13th November 2019
27th November 2019
31ST DECEMBER 2019

“Thanks for your help. I have enjoyed the website you have.”.



“Thank you so much. I really believe your group is going to make a massive difference, I already feel more positive about things just after tonight. Thanks again and I’ll see you soon.”



NO GROUP

“Just to say thanks for being on the end of the phone and ready with such useful info when I last needed help “

**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**

29th JANUARY 2019	NUTRITION
26 th FEBRUARY 2019	BODY IMAGE
26th MARCH 2019	SCHOOL AND EXAMS
30 th APRIL 2019	RELATIONSHIPS AND PEER GROUPS
28 th MAY 2019	CONFIDENCE BUILDING
25 th JUNE 2019	SOCIALISING
30th JULY 2019	PROBLEM SOLVING
27th AUGUST 2019	DEALING WITH WEIGHT GAIN
24 th SEPTEMBER 2019	DEPRESSION AND ANXIETY
29th OCTOBER 2019	BOUNDARIES
26 th NOVEMBER 2019	MOTIVATION TO CHANGE AND RECOVERY



EATING DISORDERS AWARENESS WEEK

25TH FEBRUARY 2019 TO THE 3RD MARCH 2019

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

DATES OF THESE WORKSHOPS ARE TO BE CONFIRMED.

SELF HELP WORKSHOPS AND WALKING ON EGGSHELLS

DATES OF 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**

10TH JANUARY TO 28TH MARCH 2019

2nd MAY TO 18TH JULY 2019

12TH SEPTEMBER TO 28TH NOVEMBER 2019

**PROF MARIE REID – THERAPY SESSIONS – IN THE PHILLIP LARKIN ROOM ON THE
FIRST FLOOR OF THE MIND PREMISES, WELLINGTON HOUSE, BEVERLEY ROAD
HULL HU3 1XA**

ROOM BOOKING TO BE CONFIRMED BY MARIE.



Christmas Closure

The Resource Room will be closed to the public from Friday 21st December 2018 reopening on Wednesday 2nd January 2019

"I really appreciate your kindness and compassion. I've emailed a few other places, and they have been less helpful".

"So inspiring to hear how much Seed has helped others and what the charity has achieved".





Hi lovelies.

"Well I'm busy doing PANTO in London but not too busy to wish you all Happy Christmas and Health and Happiness for 2019. Don't let anyone dull your sparkle" Do your best by yourself and by others and no one can ask for more. Stand up for what you believe in and don't forget it's ok NOT to be okay. Live Life, Love Life and Be Happy and Healthy"

Love and Hugs Gem and Ruby Tuesday xxxxx

Next Year I am coming to Hull to do a Gala Night with Friends and Local Talent as a fundraiser for SEED—so excited!

VOLUNTEERING

A Warm Welcome to Sue Baker who has come on board as a Trustee.

We are excited to have Sue make important decision in the best interest of our members. Sue has a background as a Carer of someone with an Eating Disorder and already proving a much valued member of our Team

Goodbye and Good Luck to Gemma Trathan who started her trainee counselling placement with us in January.

We have decided not to recruit new volunteering in the masses this year and are focusing on recruiting just 2 volunteers who will go through their paces with myself and Leighah. Recruiting is a lengthy process taking a lot of administration hours and training hours we want

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 Number 01482

718130 . An Answer Phone Service will be in operation but if calls are urgent and the phone is on answer phone service we always ring back. Contact Form via the website will be in operation and I will be checking e mails and I will respond asap.



Whilst SEED will not be taking calls on Christmas Day or Boxing 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





"Well as we come to the close of 2018 and I reflect on the year and on a personal level I think have obviously upset a fairy in my former life!! Major surgery in May is now complete and although the rod screws and goodness knows what else in there is all fusing and fixing in the way it is supposed too I feel my surgeon has bent me a little too much as I feel more bent on going straight than ever! But onwards and upwards looking forward to taking SEED to new levels in partnership working with Evolve and the University of Hull and developing the ever increasing services for young people. For every person suffering from this devastating illness there is a family struggling to cope. We continue to do our very best for others and continue to meet the needs of many. Thank you my Norm (Dennis) for his continued support always and may we both wish you all a very Happy Christmas and a Healthy, Prosperous 2019. Wishing You All You Wish Yourselves. Marg n Den xxxxx

FUNDRAISING

SEED are forever grateful to those people who fundraise in our honour.

Each year the 'Swift' family host a family fun day this year they raised £925.00

Newland Schools have 4 'houses' who have named SEED as their chosen Charity. We have had chats as to what they may like to do but do you know it doesn't matter the main thing is they should feel proud with anything they raise because every penny goes straight back to the sufferers and carers effected by this devastating illness.

Thank you to Charley Frazer who raised £60.00 selling mums buns at school.

Thank you lovely. You're a ★

Thank you also to Stacey who will be running the Hull 10 k in the Summer

We have also had £243 donated through Virgin Money via our website

www.seedeatigdisorders.org.uk



[Click here](#) if you wish to donate to SEED and help us continue the amazing services that we offer.

