



RR21

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 2021

XXXXXXXXXXXX

*May you be granted the serenity
To accept the things you cannot
change*

*The Courage to change the things
you can and the wisdom to
know the difference!*

Issue No : 30

JANUARY 2021

RESOURCE ROOM

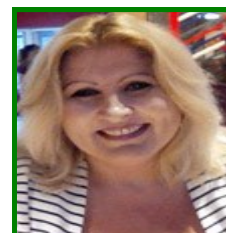
"Warm Welcome Waiting"

Maria mans the room Monday to Friday 9.30am to 2.30pm she makes a lovely cuppa 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 in the Wilberforce Health Centre,
6—10 Story Street,
Hull HU1 3SA
Tel: (01482) 344084

We are not key holders and therefore we cannot open late or at a weekend. Please ring for an appointment in case there is a meeting or therapy taking place. Social Distancing applies and masks must be worn.



Support and
Empathy for people with
Eating
Disorders
Charity No 1108405

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 and 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 website click on this hyperlink ["Coping With Christmas"](#)

Communication and planning will take the stress out of those few days of the year that are horrendous for sufferers and carers alike.



*Remember at times it is "OKAY NOT TO BE OKAY "
DON'T let a bad day turn into a bad week!*

WEBSITE - 2021

Seed has a fantastic record for 'hits' - we are the 2nd most visited website for eating disorders in the country. Quite some achievement!

SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7PM TO 9PM VIA ZOOM ROOM

6th JANUARY 2021
3rd FEBRUARY 2021
3rd MARCH 2021
7th APRIL 2021
5th MAY 2021
2nd JUNE 2021
7th JULY 2021
4th AUGUST 2021
1st SEPTEMBER 2021
6th OCTOBER 2021
3rd NOVEMBER 2021
1st DECEMBER 2021



NUTRITIONAL SELF HELP GROUPS WILL RUN EVERY LAST TUESDAY IN THE MONTH

26th JANUARY 2021
23rd FEBRUARY 2021
30th MARCH 2021
27th APRIL 2021
25th MAY 2021
29th JUNE 2021
27th JULY 2021
31st AUGUST 2021
28th SEPTEMBER 2021
26th OCTOBER 2021
30th NOVEMBER 2021

DANCE THERAPY GROUPS WITH LEIGHAH WILL RUN EVERY SECOND AND FOURTH WEDNESDAY OF THE MONTH

13th JANUARY 2021
27th JANUARY 2021
10th FEBRUARY 2021
24th FEBRUARY 2021
10th MARCH 2021
24th MARCH 2021
12th MAY 2021
26th MAY 2021
9th JUNE 2021
23rd JUNE 2021
7th JULY 2021
21st JULY 2021
8th SEPTEMBER 2021
22nd SEPTEMBER 2021
13th OCTOBER 2021
27th OCTOBER 2021
10th NOVEMBER 2021
24th NOVEMBER 2021



2021

DATES FOR MEETINGS AND WORKSHOPS

All Groups and Workshops will be conducted via Zoom Room due to Covid 19 and Government Restrictions. As soon as these are lifted and it is safe to do so, we will be then holding them at the Mind Premises as usual



EATING DISORDERS

AWARENESS WEEK

1st MARCH 2021 TO THE 7th MARCH 2021



CLOSED THERAPY GROUP THURSDAY EVENINGS WITH LEIGHAH 7PM TO 9PM

7TH JANUARY TO 25TH MARCH 2021

6TH MAY TO 22ND JULY 2021

9TH SEPTEMBER TO 25TH NOVEMBER 2021



ONE OFF WORKSHOPS - ARE ORGANISED THROUGHOUT THE YEAR

Dates of these workshops are to be confirmed.

The Dates and Events for 2021 will also be posted on the Website

SELF HELP WORKSHOPS AND WALKING ON EGGSHELLS

ALL POSTS WILL BE ON THE WEBSITE



NUTRITIONAL SELF HELP

This service has proved very well supported and beneficial to those people accessing via Zoom.

Because we are conducting all our meetings via Zoom this has opened the service up to more people in the wider geographical areas. Thank you to Leighah and her assistants for making this service accessible with a wealth of information and advice.

The Nutritional Self Help run every last Tuesday in the month from 6.30pm to 8.30pm

No appointment necessary notification with log on and password is made available a few days prior to the meeting.



SSAS (SEED SUPPORT APPOINTMENT SYSTEM)

CLAIRE MARNEY OVERSEES THE ONE TO ONE 1 HOUR SESSIONS discussing services and support available. Claire organises her own appoints and the meetings take place via Zoom. This scheme offers support in looking at your various options for a network of support around you. If interested please contact Admin (01482) 344084 for more information. Thank you Claire we have great feedback for those seeking your support.



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 just recruited a further 8 Volunteers in 2020 and we recruit once a year and start the recruitment process around September/October time 2021

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 2021



FUNDING VIA GOLDSMITHS , PARTNERSHIP WORKING AND TIGERS TRUST



The
GOLDSMITHS'
Company Charity

We announced last year that Goldsmiths have been supporting Seed . Sadly the Seed Gala to be held in the Goldsmiths beautiful Hall has had to be postponed until government guidelines deem social events can go ahead!

Gemma and her team worked so hard organising the event but all that hard work will not go to waste and we are all looking forward to enjoying the event next year.

Simon Hutchinson, MBE (Deputy Clerk of Goldsmiths') commented:

"The Goldsmiths' Company Charity is extremely proud of its relationship with Seed Eating Disorders and is looking forward to help tackle and hopefully prevent eating disorders, which present extremely challenging and debilitating mental

health issues. Through the delivery of the educational toolkit we hope to not only educate people about eating disorders but also help develop an understanding and awareness of triggers, empowering individuals to be in control in the fight

against mental illness. The Goldsmiths' Company Charity builds partnerships with other charitable organisations that work with young people, prisoner reintegration, an ageing population, education and culture. Its mission is to make a positive and lasting impact on society, giving people better access to opportunities that improve their life chances, including access to education."

Gemma added: *"I am so grateful to the Goldsmiths' Company Charity for their support and understanding of the necessity of this project. I constantly speak to parents who are at a loss to help their children's suffering so I know that the ability to get SEED toolkits into schools will save lives"*

TIGERS TRUST CHARITY FOUNDATION

Seeing our work in practise in schools in Hull being delivered by the Tigers Trust as our partners is something I am so so proud of. This is just the beginning of our journey with the team at Tigers Trust and also a very exciting for the next chapter in the journey of our eating disorders educational toolkit. Seeing tweets like this make all the hard work worth while!





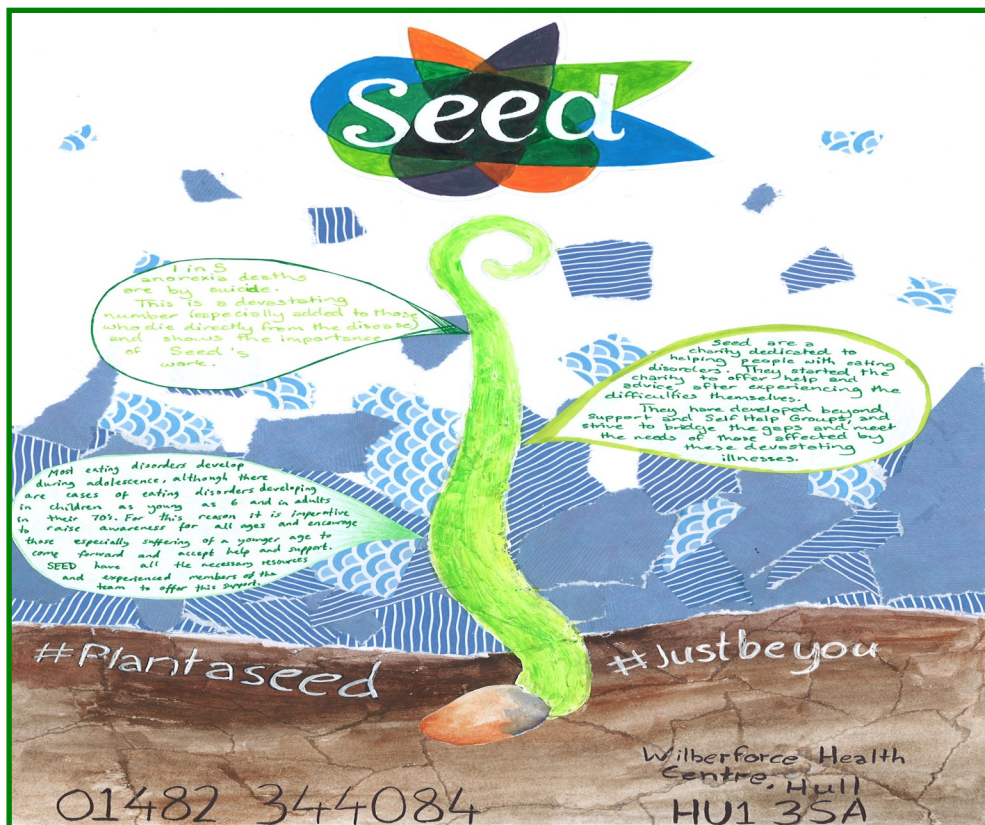
THE EDUCATIONAL TOOLKIT HAS BEEN UNDATED AND NOW AVAILABLE FOR BOTH PRIMARY AND SECONDARY SCHOOLS.

Toolkit trailer [click here](#)

Gemma write:-

"What a year to try and get an educational toolkit into schools...when the schools all closed! However, that didn't stop us, we used our time during lockdown to revive and refresh our eating disorders educational toolkit and that hard work is paying off! We refilmed segments of the resource, created a primary school toolkit to go alongside the secondary and we filmed a training video?! Now it is starting to reach schools far and wide and a lot of this is because of the team behind the scenes. Former teacher Antony Wootten has been integral in linking our Toolkit to be bang up to date and in line with PHSE, RSE and National curriculum. His work has taken us to the next level and we can't thank him enough for going above and beyond. As has Stuart Abrahams and his amazing team at The Wisdom Partnership, who have steered us to launch nationwide. Their work has been a game changer for us and we are so excited for the future with them! Another thank you of massive proportions to Joseph and Callum at Berry Productions too for filming all and helping us edit and bring to life the new re-freshed toolkit. We love you boys!!!

This coming year this resource is needed more than ever, sadly as we see the effects of lockdown on so many children. This resource will save lives and we are so proud. "



THANK YOU SO MUCH! -SEED ARE OVERWHELMED BY THE GENEROUS DONATIONS AND SPONSORED EVENTS OF 2020 THANK YOU ALL THOSE PEOPLE WHO HAVE SUPPORTED SEED TO CONTINUE TO PROVIDE THE SERVICES WE DELIVER TO BOTH SUFFERERS AND CARERS—NOT FORGETTING WORKING TIRELESSLY TO RAISE AWARENESS OF EATING DISORDERS WITHIN SCHOOLS AND EDUCATIONAL ESTABLISHMENTS THROUGHOUT THE COUNTRY. However.....



Liz's Afternoon of Fun

Prize Every Time Tombola Hot and Cold Drinks

Cakes Children's Crafts

Children's Tombola Games: Disney Hunt, Buzzer, Roll a coin, Whisky toss

Race your own horse Nearly New

SUNDAY 7TH JULY, 2-4PM
MARIST CHURCH HALL, COTTINGHAM ROAD
ALL MONEY RAISED WILL BE DONATED TO SEED

When I say Seed were in in trouble financially I don't say that lightly due to Covid-19 all fundraising events have been cancelled for 2020 and we have seen our funds decimated as a result. Watch This Space for May 6 2021, Goldsmiths Hall a SEED Gala Event. Gemma set up a 'Go fund Me' page on behalf of Seed

I HAVE TO SAY A HUGE THANK YOU TO THOSE PEOPLE FAR AND WIDE WHO HAVE DONATED THROUGH VIRGIN [click here](#) OR GO FUND ME [click here](#)

We have just one full time member of staff the rest of the money goes to developing and paying for services and goes

The Swifts in memory of Liz –looking forward to our annual event. Always lovely to meet the friends and family of the Swifts, remember Liz and enjoy a brilliant afternoon



This was our Son Chris Charles running over the finishing line in 2017– such an emotional and proud moment after months of training and blood sweat and tears it came to fruition . At the ripe old age of 45 he is having one last attempt as we are awarded our one place every 5 years! **LET MAKE THE MOST OF THIS—HOPE IT GOES AHEAD AND WE WILL BE CHEERING HIM ALL THE WAY HOME! GO CHARLIE!!!**



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



COVID AND EATING DISORDERS

Without doubt Covid and lockdowns have had a massive impact on the mental health of so many people in particular we have seen dramatic increases in the number of new referrals seeking support through Seed. We have done everything to support people and developed resources. Please see link below:

Seed—Covid and Eating Disorders [click here](#)

Keep Safe follow the guidelines and respect others.



CHRISTMAS AND EATING DISORDERS

Whilst this has been a difficult year, most people will be making plans for Christmas—No office parties this year, no getting together with friends and celebrating—often for younger people this is the highlight of their year as they put on their Christmas jumpers, and reindeer horns and set out to the local pub to enjoy the festivities.

For some however this is already becoming the dreaded time when food and drink is the focus and families (as much as possible get together to have fun) For a sufferer this is a nightmare—whether it is case of food avoidance or emotional eating where by someone finds it difficult to control the intake of food they eat, the heart-breaking reality is that this causes anxieties to heighten and emotions spill over. Please see the links below to help with planning your day. Communication is the key plan ahead, don't feel you have to sit there for the duration of the day—take yourself off to your room for some well earned rest have a nap just relax. De-stress in anyway that work for you! Let your loved ones help you to overcome anxieties and concerns, also open the hyperlinks below—resources shared by ABC Charity and Seed.

Seed—Coping with Christmas [click here](#)

SELF CARE RESOURCES

Here are some fabulous Self Care Resources devised and promoted via our Resident Therapist Leighah Beadle Darcy I am sure you will find them useful

Self Care Programmes—Coping with Anxiety, Body Image and Confidence Building [click here](#)

FACEBOOK AND TWITTER

SEED have a Facebook Page and also a Private Facebook Account for Sufferers WHICH IS SAFE AND SECURE and overseen by Administrators. Accessing this facility could not be simpler—e mail leighah@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. Welcome to Andy and Alex who are newly appointment administrators for this facility

DON'T SUFFER IN ISOLATION!



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. AND I WILL CONTINUE TO DO THIS YEAR IN YEAR OUT! - WHY? Because



AN EATING DISORDER HAS THE HIGHEST MORTALITY RATE OF ANY OTHER

MENTAL HEALTH ILLNESS. Please check in with your GP regularly if you have an eating disorders.

BMI is not a stand alone assessment for Medical Risk in Eating Disorders checking for hydration, peripheral circulation, core body temperature, are a few of the basics. The checking of Potassium levels if someone is suffering from Anorexia Binge Eating Type—when someone binges on huge quantities of food then rid themselves of that food through vomiting, laxatives, or over exercise.

The Role of the GP is to make sure you are safe medically—they have a duty of care to do this! **AN** 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.

Medical Risk In Eating Disorders [click here](#) take advantage of numerous important information within this page on the website!

EATING DISORDERS AWARENESS WEEK 2021

1st MARCH 2021 TO THE 7TH MARCH 2021

“Learn from yesterday, live for today, hope for tomorrow”



Seed are in transition with Gemma taking over as Acting Charity Manager she works tirelessly often fulltime Saturdays and Sundays as we plough through the coming months to see Seed Charity taken forward into being sustainable for the future. I personally am so proud of how Seed have pulled together in this difficult period. My health still fails me and on a different level we are midway to moving to a bungalow. So to say it is not easy would be an understatement. A huge thank you to all volunteers, without whom we would not have a service. To Gemma who has embraced her new role wholeheartedly, to Maria who has taken on more roles allowing me time to support Gemma in her new role. To Carly who has taken over from Gill Emerton as Chairperson. To Stuart, Jamie, Andrew, Jack, and Antony who have worked so hard to make the Educational Toolkit fit for purpose, putting in systems to prepare for the seamless transition from Seed to schools, both primary and secondary. May I welcome Sammy who will be elected Trustee at our next meeting together with Jamie who will be joining us in January.



I would like to thank Dennis for his hard work overseeing the accounts—looking after me and never complaining well not much! Seriously people don't realise the amount of work in the background keeping figures organised and reconciling the accounts.

May I wish , Seed Management , Volunteers and clients across all areas a very Happy Christmas and Health and Happiness for 2021—Please keep safe.

EVOLVE HULL EATING DISORDER DAY SERVICE

SEED have a joint working partnership with EVOLVE the Hull Eating Disorder Say Service.



SEED are a non clinical service governed by a Constitution and have a Board of 7 Trustees in total and 17 active volunteer. And just one paid member of staff. 20 years down the line as Co-founders Dennis and I have worked voluntarily.

SEED are based at the Wilberforce Health Centre, Story Street, Hull HU1 3SA and have a beautiful Resource Room offering a warm welcome, information and support. The Resource is manned from 9.30am to 2.30pm weekdays.

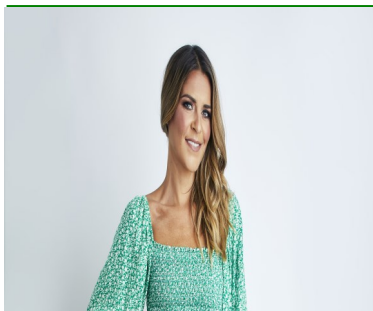
SEED are self-referral and this is via the Support Line (01482) 718130 or Admin (01482) 344084 or via the Contact Form on the website [click here](#)

EVOLVE are a clinical service offering day care for clients based on person centred approach. **Evolve** are based at Calvert Lane Medical Centre [HU4 6BH](#)

Previously you were referred via Let's Talk but now you are able to self –refer via (01482) 344083

Evolve take referrals from those people suffering from an Eating Disorder Anorexia or Bulimia living in the Hull area with a Hull GP. Alternatively you can live in East Riding but must have a Hull GP to be accepted for their services.

Occasionally if someone has been discharged from a Unit out of area and live in the East Riding the Commissioners will fund a small number of sessions with Evolve in the Transitional Stages back into the Community Environment. This is awarded on a case by case situation.



A word from Gemma Oaten - Patron of SEED - ACTING Charity Manager

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.

This year has been so hard and such a challenge for all. One minute I was on tour with my play, looking forward to public speaking engagements, and still running round shouting about SEED...and then it all ended overnight and I was home alone with my best buddy, my dog Ruby. One thing that carried on though, was shouting about SEED! And so the next chapter began and I used the time to help fight for SEED to survive...I must have done OK as the trustees then asked me to be manager!

It's a time of change, of growth and off sowing the SEEDs and watching them grow. It's been hard work, but my purpose and heart have kept me going. I can't thank you all enough for the amazing support. Please keep donating and supporting us, we need SEED to not just survive, but thrive. The kindness we have received has been overwhelming. Thank you to all our amazing volunteers and trustees, you're just incredible. And to our publicist Beth Morris for consistently holding my hand through so much of this year, for myself and for SEED. To Debby Giglio for becoming an angel I never saw coming and helping me in my new role. Also to Stuart Abrahams who has gone above and beyond for SEED and I can't even put into words how much we value him (I think he has the Uncle Stuart tag now too, poor thing! Haha!) Carly, steering our ship to new shores as our chair of trustees as we said goodbye to the wonderful Gill Poole, who has been the most wonderful support for us and without her we really wouldn't be here. And let's not forget Igor at IGS computers...anyone who knows Mum and I will know he has to help us with A LOT! Goldsmiths—Simon Hutchinson, Sandra Hutchinson, Robert Straker and Heidi Rowe...there are no words. Thank you.

Lastly to The amazing Ian Smith, Paul Lewis and the Power of 8 (we are so excited for next year!) Paul Cowlshaw, Peter Jones and Foyne Joynes digital. For choosing SEED as their charity partner up to March 2021...you have all helped take us to the next level and I am so grateful for your care and support. I could go on as there are so many foot soldiers and cheerleaders to thank...you know!

Of course—Mum and Dad. You inspire me, encourage me, support me and love me and for that I am the luckiest girl in the world. I love you more than life itself, you saved my life and you save so many others too. You are a gift to us all.

Merry Christmas Seedlings...we've got this!

Love Gem xxx

Christmas Closure

The Resource Room will be closed from Wednesday 23rd December 2020 to Monday the 4th January 2021

Advice Line 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 weekdays only

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. Also by completing the Contact form we will pick these up daily and respond quickly to

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 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 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

