

Support and

Empathy for people with

Eating

Disorders

Charity No 1108405

NEWSLETTER

It's all about you!

Throughout this Newsletter I will be sharing some of the wonderful comments and compliments people have written about SEED



Issue 25



SEED

EATING DISORDER SUPPORT SERVICES.

Things happen in life that we reflect on and although difficult at the time, there is always a positive if we looked hard enough. Ours was that without Gemma developing an eating disorder at the age of 10 there would not be the SEED Services we have today. Our struggles were not in vain as we saw our daughter develop into a beautiful person inside and out, leaving her troubles and tournament of an eating disorder to start a new life in London as an actress.

We are so proud and passionate about our Charity and without the strong team that head the Trustees and the wonderful volunteers there would not be a SEED at all.

Thank you all from the bottom of my heart for being loyal, for your hard work and commitment to making SEED what it is today !

WE DO MAKE A DIFFERENCE !

*SEED Eating Disorder Support Services – The Resource Room, Wilberforce Health Centre,
6 – 10 Story Street, Hull HU1 3SA*

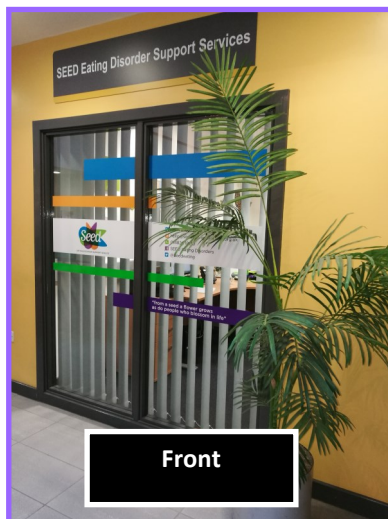
Admin (01482) 344084 Helpline (01482) 718130 Charity No 1108405

Email hello@seedeatingdisorders.org.uk Website www.seedeatingdisorders.org.uk

“There are no words to say how grateful I am for your precious time, and all this extremely helpful information and advice. Feeling more positive than I have felt for a long time. My reading for the foreseeable future. Thank you!”



Therapy Area



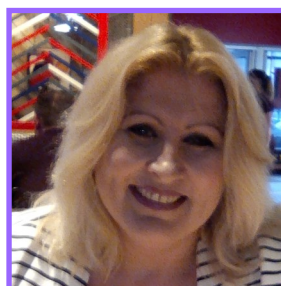
Front



Therapy Area



Meeting Area



Maria Mountford mans the Resource Room from 9.30 am to 2.30 pm. Monday to Friday.

Pop along to the 1st Floor of the Wilberforce Health Centre, 10 Story Street, Hull, HU1 3SA

Whether it is a book you want to borrow, information you need or just to rest your weary feet and a nice hot cup of coffee. We have it all.



Lounge Area



Admin Area



Liz's Library



Admin Area

"I'm really happy with my buddy, she's been very supportive and has signposted me towards some really interesting and informative articles etc. on eating disorders."

FUNDRAISER— WHAT A NIGHT!

£7,411.57



On the 29th May Gemma sang at the Hippodrome in London, Leicester Square.

With friends and colleague she pulled together one of the most amazing nights I have ever been too!

The Talents of people like Lee Mead, Julie Atherton, Kris Toff, Gabby Roslin, Lance Corporal Richard Jones, Dr Ranj, Max Bowden and many more.

For more pictures visit our Website Gallery [click here](#)



Every penny raised goes straight back to the sufferers and carers and the services and support that we offer. We have just one paid member of staff which allow us to 'buy' in services and develop others.

A Huge **THANK YOU** to everyone during 2017/18 who have raised money, or given donations. I cannot put into words how grateful we are. That £5.00 donation can buy a book so no matter how large or small we will utilise it! The money from the Gala will go towards marketing the Educational Toolkit for School. ([See Page 5](#))

"Thank you so much for your support, I really do appreciate it, and it makes a lot of difference speaking with someone who understands rather than trying to put it into words which I'm struggling to do at the moment. "



Summer Garden Party
raised £600.00



£1,122.00 raised by the "Swift" family in
memory of their beautiful daughter Lizzie

"You wouldn't believe the difference your experience and help has helped me, my family and boyfriend have noticed I am more positive lately so thank you again".



The Family Fun Day this year will be Sunday the 9th September if you have any unwanted gifts or a donation to the tombola that would be lovely—please let me know and I can collect or drop into the Resource Room. THANK YOU SO MUCH!

A huge thank you for all those who continue to fund-raise year in year out through Craft Fayres, the Hull Marathon, 10K runs, or via a Thank You Donation for the services we have offered themselves or their loved ones.



SEED where the chosen charity for M & S a huge thank you for their year long fund-raiser and £1,950.00 donated to SEED



£5,000 donation from Charities Trust following a speech given by Gemma

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

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



**EDUCATIONAL TOOLKIT FOR EATING DISORDERS IN
SCHOOLS/COLLEGES**



The Educational Toolkit for Eating Disorders in Schools
will be launched on the 1st October 2018

We have worked so hard in making sure this resource is right, that the content is acceptable and age appropriated and the pilots assessed.

We are so proud of this resource which is accompanied by a User Guide with Answer Sheets

With the Face to Camera work complete, the Voice Over Work Fine Tuned, the Animation in place we are ready to go!

The sessions are tailored over 3 lesson plans with a 4th creative option to produce a leaflet for the school, a collage or a flyer for display.

Take a look at the 'Trailer' by clicking on the link below. A special thank you to Gemma for her hard work, professionalism and commitment to make this resource

[Click here for a trailer](#)

Thank youso much to Berry Productions for their patience, hard work and support in producing the videos for the Education Toolkit! We have enjoyed working with them on many projects, this by far the biggest and most challenging!



www.berryproductions.co.uk

A huge thank you for the support of Kerry Whitfield, PSHE Co-ordinator, at Newland School for Girls. Kerry has allowed us to pilot the resource within Newland School for Girls and with different years groups, evaluating, fine tuning and monitoring outcomes of this fabulous resource. We will market locally initially and then further afield in order to bring revenue into SEED for additional sustainability for the future.

2018

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 AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA
Ample Car Parking on Site via Somerscale Street

1st AUGUST 2018
5th SEPTEMBER 2018
3rd OCTOBER 2018
7th NOVEMBER 2018
5th DECEMBER 2018

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

25TH JULY 2018
12TH SEPTEMBER 2018
26TH SEPTEMBER 2018
10TH OCTOBER 2018
24TH OCTOBER 2018
14TH NOVEMBER 2018
28TH NOVEMBER 2018

YOUTH SELF HELP GROUPS WITH LEIGHAH – RUN EVERY LAST TUESDAY OF THE MONTH – FOR YOUNG PEOPLE
UPTO THE AGE OF 18 – CARERS/PARENTS ARE MORE THAN WELCOME TO SIT IN ON THE SESSIONS

7PM TO 9PM AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

31ST JULY 2018	PROBLEM SOLVING
28 TH AUGUST 2018	DEALING WITH WEIGHT GAIN
25 TH SEPTEMBER 2018	DEPRESSION AND ANXIETY
30 TH OCTOBER 2018	BOUNDARIES
27 TH NOVEMBER 2018	MOTIVATION TO CHANGE AND RECOVERY
December 2018	THERE IS NO GROUP IN DECEMBER AS IT FALLS OVER THE CHRISTMAS PERIOD

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

13TH SEPTEMBER TO 29TH NOVEMBER 2018 (Gosh the last one for the 2018)

ONE OFF WORKSHOPS - FOR CARERS WALKING ON EGGSHELLS

Dates for these workshops are to be confirmed. The Walking on Eggshells Workshop is held on a Saturday from 9.00am to 4.00pm This is the workshop for carers based on the “Maudsley Method” click here for more details [click here](#) If you are interested in a workshop in Sept/Oct please send an expression of interest e mail to maria@seedeatingdisorders.org.uk - double click on this e mail address. (I will be setting the date soon)

ALL WORKSHOPS AND GROUPS REMAIN WITHIN THE MIND PREMISES—103 BEVERLEY ROAD, HULL HU3 1XA
MIND HAVE BEEN AN AMAZING CHARITY SUPPORTING US IN EVERY WAY POSSIBLE

Best Wishes to MIND—your staff and the amazing services that you offer!

MORE ABOUT YOUTH TEXT BUDDY SERVICES AND WALKING ON EGGSHELLS

YOUTH TEXT BUDDY SCHEME

We have Buddies waiting to take your text. Texting is one of the biggest social media options with young people. The Text Buddy Scheme means that you would have to download an app called KIK invite your buddy to link in with you using her user name and you can text and check in with her over a 6 month period. We are piloting and it is NOT counselling it is a way of motivational interaction, positivity and support to seek the answer to the way forward for you individually. You may feel you need to check in with your buddy more than once a day and that is fine. I feel it is a great way of dispelling isolation. [Click here](#) for more information.



Maria will source you a buddy—this will only take a couple of days and you are good to go once you have the app. Look forward to hearing from you. You don't have to live locally to access this service.

WALKING ON EGGSHELLS—What about the Carers?

An eating disorder has a profound psychological effect on any one who is part of the sufferer's life.

From experience we know what it is like to Walk on Eggshells around your loved one as you struggle to communicate and not argue.

The bottom line is that your Son/Daughter is still 'in there' you can reconnect with them and not be dragged into the 'eating disorder' environment.

The 'voice' that torments them day in day out! [Click Here](#) to see the video "The Enemy IN My MIND"

SEED facilitate workshops for carers and loved ones following the Maudsley Method pioneered by the amazing [Prof Janet Treasure](#) of the Royal College of Psychiatry and the Maudsley Eating Disorder Clinic, London.

I went to London on 3 weekends to learn the basics of this method and I have been rolling out workshops ever since.

This method gave us the skills to turn our lives around and 'rub' along as best we good taking into account our other 3 children and their needs.

Eating Disorders are renowned to split couples and cause marital problems the 'Maudsley' Method taught us the skills to look at how our behaviours impact on the person with the eating disorder and I have to say our approach was not the best but we would learn how to utilise what we have learnt. If one of us was 'down' the other one too the reins and vice versa. We never argued about the eating disorder because we knew this would destroy our relationship. It is not about the 'blame' game it is about 'working together' I will be setting the date for September/October very soon. If you are out of area why not come and visit our beautiful City and make a weekend of it. This workshop is for carers and loved ones.



YOUTH

What might **YOUR** “Stairway to Recovery” look like?

Youth Text Buddy Services

[Click here](#)

Living Life to The Full (Youth)

In the treatment of anxiety and depression [click here](#)

Youth Self Help

Monthly Meetings [click here](#)

Every 2nd Tuesday in the month—CARERS WELCOME

Support Group

For both Sufferers and Carers

Monthly Meetings every 1st Wednesday in the month

[Click here](#)

Library

Within The Resource Room

Resource Room

Open weekdays 9.30am to 2.30pm

Website

www.seedeatingdisorders.org.uk

[Click here](#)

Helpline

(01482) 718130

A Guide For Young People & Schools

[Click here](#)

Nutritional Support via

double click the e mail address below

nutrition@seedeatingdisorders.org.uk

Unacceptable Demands

[Click here](#)

Video and workbook to planning your journey into recovery

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

Are you ready for change?

This document may help you to recognise if you are Motivated To Change [click here](#)

Referral pathway into SEED Services is via a Primary Contact Information Form—which is **Strictly Confidential**.

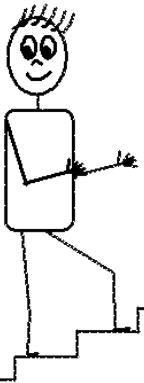
[Click here](#) for Primary Contact Information Form. E Mailing to marg@seedeatingdisorders.org.uk

Alternatively you can speak to someone via the Helpline (01482) 718130 or

Via the Contact Form within the website [Click here](#)

ADULTS

What services would your "Journey" involve?



Take a look at the Handy Guide and How Self Help Can Support You . [click here](#) and [here](#)

Helpline
(01482) 718130

Email Buddy Scheme

Facebook and Twitter Accounts

On Line Resources
Living Life to the Full Plus
and Mindfulness

Closed Therapy Groups
3 x 12 week blocks per year

Website

www.seedeatingdisorders.org.uk

Resource Room
Open weekdays 9.30am to 2.30pm

SEED Appointment Service System
(SASS)
One off Face to Face Consultation [Click here](#)

My Journey To Recovery
[Click here](#)
Video and workbook to planning your journey into recovery

*"It doesn't matter how
long it takes
It is the differences that
you make"*

Support Group
For both Sufferers and Carers
Monthly Meetings every 1st Wednesday in the month

Dance Movement & Body Confidence
[Click here](#)

Walking on Eggshells
For Carers 3 workshops per year

Bon Appetite - Recipes Ideas
and Shopping Lists [Click Here](#)

MIND
01482 240200

Holiday Buddy Scheme

Nutritional Support via
nutrition@seedeatingdisorders.org.uk

NHS SERVICES –CAMHS, EVOLVE,
LET'S TALK, SINGLE POINT OF ACCESS
[Click here](#)

Awareness Raising and Training for Education Health , Vol
Organisation, Public Services

Referral pathway into SEED Services is via a Primary Contact Information Form—which is Strictly Confidential.

[Click here](#) for Primary Contact Information Form. E Mailing to marg@seedeatingdisorders.org.uk

Alternatively you can speak to someone via the Helpline (01482) 718130 or

Via the Contact Form within the website www.seedeatingdisorders.org.uk



RESOURCES YOU MAY FIND HELPFUL



[Keeping Safe and
Medical Risk in Eating Disorders](#)

[Click here](#) [Click Here](#)

[Book Recommendations](#)

[Click here](#)

[Body image](#)

[Click here](#)

[Fitness To Drive](#)

[Click here](#)

[IDENTIFICATION CHECKLIST](#)

[Click Here](#)

[Blogs and Inspiration](#)

[Click here](#)

[10 WAYS TO BE LESS SELF CRITICAL](#)

[Click here](#)

[Handy Guide to Services](#)

[Click here](#)

[Patient Treatment Log](#)

When your head is a shed
Let this document take all that worry about who
what where and when?

[Click here](#)

[OCD
Leaflet and information](#)

[Click here](#)

[Points to Consider for your Assessment](#)

[Click here](#)

[What Do We Mean by a Self Help
Support Network?](#)

[Click here](#)

[Going on Holiday and Eating Disorders](#)

[Click here](#)

[Carers Information Support Services](#)

Tel: (01482) 222220

plus

[Empowering the Expert Patient](#)

(E: Nicole.wild1@nhs.net)

[Seeking Support in Hull, East Riding and the North York Wolds Area](#)

<http://www.seedeatingdisorders.org.uk/pdfs/user/44EA4D0F-50A2-7FA0-3758-6CC280CAF2AC.pdf> extensive over-
view of services for Hull and East Riding

[Click here](#)

VOLUNTEERING

Goodbye and Good Luck to Sophie

Thank you **Sophie Windle** for your continued support and services over the years you have been involved with SEED. You will be missed and we wish you the very best of luck for your future career.



Hello and Welcome to:-

Gemma Trathan who started her trainee counselling placement with us in January

Vicki Palmer was our first placement delivering 100 hours of counselling to clients of SEED. I am pleased to say she is continuing to volunteer with SEED. Thank you so much.

Same Rosehill—officially our first volunteer living out of area to complete training and delivery services of Twitter, Face Book and E Mail Buddy. Welcome and thank you Sam for all your hard work.

Welcome also to 6 new recruits **Alexandra Poole**, **Chloe Fletcher**, **Abbie Hughes**, **Paulina Chodak**, **Leanne Hancock**, **Natalie Yates** and **Isobel Brown** some of whom are supporting the Youth via Text Buddy Schemes. They have all completed their training programme—welcome aboard girls! Looking forward to working with you all in the future.

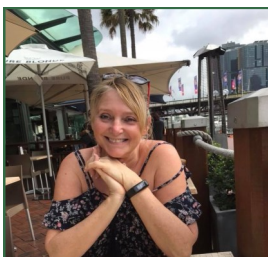
SEED APPOINTMENT SYSTEM SERVICE(SASS) is back!

This time under the guidance from Clare Marney. The SASS is back to support you!

Clare will spend 1 hour face to face with her client helping decide their options and signposting to various services.

If you would like to know more about this service please contact Marg or Maria for more details.

marg@seedeatingdisorders.org.uk or maria@seedeatingdisorders.org.uk



A special thank you goes to **Denise Greendale** who volunteers for us and from the onset did her training and delivered workshops in Hull. She now lives in Spain and returns home for Hull City Games (really?) Denise supports FB sufferers and alongside **Emma** and **Leighah** delivers nutritional support also. Denise used to be a teacher at Cottingham Schools before retiring to glorious Spain. I did many an awareness raising session for her pupils and always enjoyed going into Cottingham High. Keep smiling Denise.

We could be abroad—having a heatwave in Hull too!

Tally Up!

We have **1 Patron**, **4 Trustees**, **1 Psychotherapist/Nutritionist**, **1 Admin Assistant**, and **28 Volunteers** committing to SEED Eating Disorder Support Services.

We also 'buy in' 80 sessions per annum of a clinical psychologist

Your services are what make SEED the wonderful Charity it is today!

THANK YOU ALL SO MUCH!



Thank
You!!!

GDPR—Data Protection

Maria has worked extensively contacting people and removing personal data in line with GDPR requirements. If there are still people not wishing to have their details, including e mail information, on records please let me know as soon as possible.

I have completed my part of the task contacting everyone on my distribution lists and people have been really understanding and responded immediately if they wished to be removed.

At anytime people who do not wish to receive information and updates please let me know and they will be removed immediately. Thank you x

Helpline Cover

During the Summer months and covering for holiday periods the phone is switched between Marg and Maria—this decision was made in order to sustain the service and the service being more manageable. Outside of this the phone will be on answer phone I always ring back but cant unless people leave me a message,

E Mail, Contact Support Forms

All e mails are checked regularly and responded to on the same day where possible.

If you would like to speak with someone—the other option is to go to ‘Contact Us’ complete the form and these are picked up throughout the day also.

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 303810

“Flowers don’t compete, they stand beside each other and bloom”!



“Many thanks also for all your help & support . Our daughter is finding the Group Therapy sessions on a Thursday night very useful & is really benefiting from contact with her email buddy.”



There are three ways to deal with things in life:-

GIVE UP

GIVE IN

OR

GIVE IT ALL YOU'VE GOT!

On the 2nd May 2018 I was wheeled into theatre for yet another back operation. Apart from shrinking a couple of inches and I am getting there. Still a struggle at times but I am always positive despite many hurdles.

For all those people out there struggling with eating disorders or caring for someone with an eating disorder think of Gemma's words above!

GIVE EVERYTHING ALL YOU'VE GOT. No one can ask any more of you!

You have one life—LIVE IT, LOVE IT AND BE HEALTHY!



Signposting and Support

I have made this Newsletter all about services and signposting to all the great work that we do and that of Evolve, Carers Information Support Services, MIND, Empowering Perfect Patient Services and more! I focus of what options there are available and suggestions about what your 'pathway' may look like—I hope you have found this useful.

Eating disorders have no barrier when it comes to age or gender and we are seeing young people aged 8/9 coming through the services. It is heart breaking to think.

When so young, weight restoration may be the primary focus until such time as they are able to embark on therapy.

There may be a need to have a network of support in place. You won't need everything on this chart but you may need more than one. [click here](#)

Points to Consider for Your Assessment [click here](#)

Patient Treatment Log [click here](#)— When you are up and running with a support network of services it is easy to keep a record of Who What Where and When using our Patient Treatment Log

DON'T FORGET—YOUR GP SHOULD BE AN INTEGRAL PART OF YOUR SUPPORT NETWORK IN ORDER TO MAKE SURE YOU ARE NOT MEDICALLY AT RISK! [Click Here](#)

Keep Safe Always [click here](#)

"You wouldn't believe the difference your experience and help has helped me , my family and boy-friend have noticed I am more positive lately so thankyou again"

Partnership Working



SEED have forged links and partnerships with the following, some currently in place but others more recent.

- **Evolve Hull Eating Disorder Day Services** Calvert Lane Health Centre, 110A Calvert Lane, Hull HU4 6BH (01482) 344083 [click here](#)
- **CISS—Carers Information and Support Services**, Calvert Lane Health Centre 110A Calvert Lane, Hull HU4 6BH (01482) 222220 [click here](#)
- **Nicole Wild—Expert Patient Programme (EPP) Coordinator** , Calvert Lane Health Centre 110A Calvert Lane, Hull HU4 6BH (01482) 222220—We are in the process of organising a six week course for both Sufferers and Carers. More information to follow.
- **Catherine Pepper**, Head Start Hull Catherine.Pepper@hullcc.gov.uk [click here](#)
- **Karen Hall**, Partnership and Stakeholder Engagement Manager ExE Programme c/o Remploy Ltd [18c Meridian East](#), Meridian Business Park, Leicester LE19 1WZ
Email: karen.hall@remploy.co.uk
- **Physis Arts and Therapies—Leighah** works for SEED but this is another aspect of the work that she does. Leighah writes blogs, films videos and invites member to FB forums. Her work is proving a massive hit with our clients. [Click here](#)
- **Matthews Hub—Regent House**, Ferensway, Hull A support service for people with high-functioning autism and Asperger's Syndrome [click here](#)
- **SMASH TEAM— Tavistock Primary School**
- **Schools, Colleges, Youth Services**, Beverley Grammar, Beverley High, University of Hull Newland Schools for Girls, Cottingham High School, Archbp. Sentamu MIND Youth Hull MIND Youth Beverley, Kelvin High School, Health and Fitness Haltemprice Sports
- **Hull Tenant Liaison - Community Health Partnership—Lucy Robinson**
- **City Health Care Partnership**
- **South Hunsley—Youth and Family Support**
- **Goole High School**
- **We are lucky to enjoy extensive media coverage** via BBC Radio Humberside, Television & Radio, Viking Radio, KCFM Radio, Lorraine Show ITV, Kingston Radio, Calendar TV, Estuary TV Goole