

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 26



SEED

EATING DISORDER SUPPORT SERVICES.

THANK YOU FOR THE BOTTOM OF MY HEART FOR THE HARD WORK AND COMMITMENT AND SUPPORT THAT 'TEAM ' SEED GIVE UNCONDITIONALLY.

What matters is that people pull together when it is needed and offer help and support beyond anything every expected of them as we continue

TO MAKE A DIFFERENCE

Throughout this newsletter I will be sharing some of the heart warming comments we receive

*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

"I know Abby firmly believes, as do I, that we probably wouldn't be where we are now if it wasn't for all the help and support of SEED - so a big thank you from us!"



LEIGHAH BEADLE-DARCY Our Love Prayers and Best Wishes go to Leighah our Consultant Therapist as she undergoes treatment for Breast Cancer. Leighah has worked so hard to make sure her clients and 'SEEDLINGS' as she calls them, are catered for during her recovery period. The website has been updated with which groups have been cancelled and Leighah and Maria have personally written to people making sure they are clear on what is to happen in her absence. Leighah has written programme for Body Image and Self Care Programmes in order that people are supported in her absence. If you need anything at all please contact Marg or Maria via email or the helpline (01482) 718130

marg@seedeatingdisorders.org.uk

or

maria@seedeatingdisorders.org.uk



As you all know Den has prostate cancer and until last year was doing well. Sadly it came back and he was put on a chemo drug called Abiraterone and his PSA is back down and he is responding well to treatment. On Saturday 29th June in temperature of 30 degrees Den and some of the family Marched for Men at Roundhay Park in Leeds in aid of Prostate Cancer UK who researched this drug and worked hard to get it passed for public use. Likewise the trial he was on initially Stampede was again via funding from Prostate Cancer UK—we owe his life to them and to the amazing care of Oncology at the Queens Department Castle Hill Hospital. Early Intervention is key. High mortality statistics must not continue. **SO LADIES OUT THERE MARCH YOUR MEN TO THE DOCTORS IF YOU THINK THERE IS A PROBLEM**—a **SIMPLE** blood test is all it takes to spot the signs of prostate cancer. [Click here](#) for those symptoms.

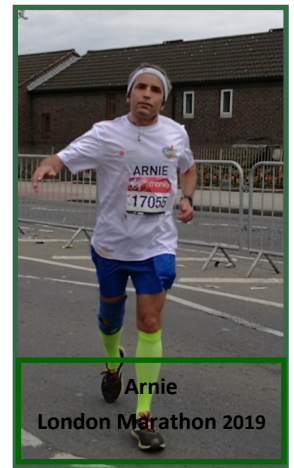


OATEN'S MOTTO IN LIFE—LOVE LOTS LAUGH ALWAYS WORRY WHEN WE NEED TO!!

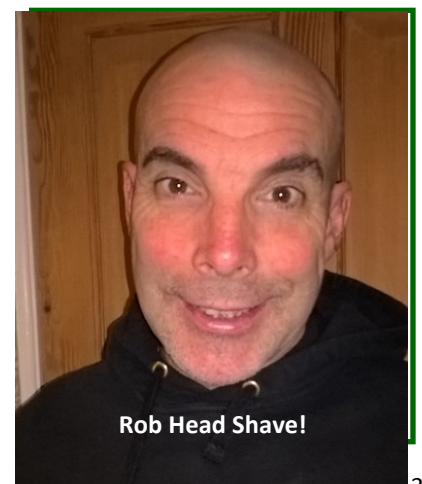
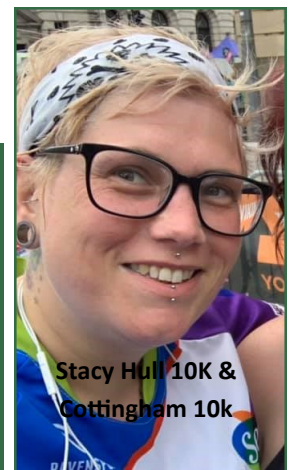
FUNDRAISERS

A huge thank you to all those people giving their time to raised money for SEED every penny raised goes back to the members of our Charity

On the 16th October 2019 Gemma is organising a Gala Fundraiser in London in support of SEED
If this is anything like the last one it will be a fabulous night with a host of very special guests giving their time for free for a worthy Charity



Swift Family Fun Day in memory of the Beautiful Liz





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

GIVE UP

GIVE IN

OR

GIVE IT ALL YOU'VE GOT!

Still Bent on going straight—and facing more MRI's and CT Scans this month.

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

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

You have one life—**LIVE IT, LOVE IT AND TRY TO BE AS HEALTHY AS YOU POSSIBLY CAN!**



VOLUNTEERING

Bye Bye and Good Luck to Claira Fitzpatrick who has left us to work with OCD Support. Thank you for all your hard work Claira you will be missed! Good luck with your new venture and we look forward to working in partnership with you in the future. We have a workshop for OCD and Eating Disorders on the 16th October and this will be advertised soon.

Hello and Welcome—**Sue Baker** and **Michaela Peters** who have joined us on the Board of Trustees—they have both settled in very well and we are looking forward to working together in the future. They have already proved to be very committed and dedicated to their role and supporting Dennis and I in the Support Group Monthly Meetings.

We currently have 27 volunteering in total each and every one giving their time for free.

SEED would not be a charity without YOU! —THANK YOU SO MUCH !

WEBSITE

Next to the National Charity BEAT—SEED are the second most visited website in the country.—When we get comments like this below we know we are making a difference. Sincere thanks to 'Team' umbercreative for designing and keeping our website current and informative. [Click here](#)



"Two years ago I came to your website for help and I can't even explain how much it helped me and the work you do is incredible. I have never actually been in contact with anyone at SEED (I have never had the confidence) but quietly in the background I used your website for guidance, meal plans and even just to get an understanding of what was going on with my body. I honestly believe I would not be where I am today without my daily help from this website!"

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



The Educational Toolkit for Eating Disorders in Schools IS NOW READY !

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 in making this resource

[Click here for a trailer](#)

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. We will market locally initially and then further afield in order to bring revenue into SEED for additional sustainability for the future.

Statement from Kerry Whitfield – Head of House and Teacher of Health and Social Care and Child Development for Newland Schools for Girls.

'I highly recommend this resource. I have used this for Years 9, 10 and 11. All pupils and myself found the package to be very educational. The pupils were very positive and it lead to lots of discussion. It depicted the subjects of Anorexia Nervosa and Bulimia Nervosa in an informative and straightforward way that the pupils could understand. Well done to Marg, Gemma and the team for making such a powerful resource



Introductory Letter

“from a seed flower grows as do people who blossom in life”

Date:

Named Person:

School:-

My name is Gemma Oaten and I am Patron of SEED (Support & Empathy for people with Eating Disorders) which is a charity supporting those people who suffer from or caring for someone with an Eating Disorder.

I wanted to share some exciting news. SEED have produced a Toolkit to Educate and Raise Awareness of Eating Disorders in schools and I would ask that you consider this for your own school. Using our toolkit will help schools evidence base their commitment and actions to OFSTED to ensure wellbeing within their organisation.

We have received an informative and fantastic review of our Toolkit from Teacher of Sci, that gives you everything you need to know... <https://teacherofsci.com/pshe-scheme-of-work/>

In addition The Newland Girls School in Hull have also written an encouraging account of how they found the resource.

Statement from Kerry Whitfield – Head of House and Teacher of Health and Social Care and Child Development for Newland Schools for Girls.

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Eating disorders have the highest mortality rate of any other mental health illness with 20% of people dying every year as a direct result of their illness or through suicide. Mental Health in Schools is high profile and with one in four people developing eating disorders, schools must take this seriously.

I know the pain of this illness all too well as I battled for 13 years from anorexia at the age of 10 years old. Early intervention is key, this toolkit could make a difference and save lives.

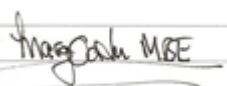
I would be delighted to talk further.

SEED are offering an introductory price of £245.00 a saving of £50.00 on the full cost of the resource for schools within Hull and East Riding.

To learn more register your interest via <https://toolkit.seedeatingdisorders.org.uk/>

I very much look forward to hearing from you,

Kind regards


pp

Gemma Oaten

Patron of SEED Eating Disorder Support Services

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

3rd JULY 2019

7TH AUGUST 2019

4th SEPTEMBER 2019 No Group Due to Holiday Commitments

2ND OCTOBER 2019

6th NOVEMBER 2019

4th DECEMBER 2019

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

10TH JULY 2019 Canceled

24TH JULY 2019 Canceled

11TH SEPTEMBER 2019—To be Reviewed and Notification Circulated from this date forward

25TH SEPTEMBER 2019

9TH OCTOBER 2019

23rd OCTOBER 2019

13TH NOVEMBER 2019

27TH NOVEMBER 2019

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

30th JULY 2019 – PROBLEM SOLVING no group due to holidays but I am running a group for young people and carers on Wednesday 24th July 2019 [click here for booking form](#)

27TH AUGUST 2019 – DEALING WITH BODY CHANGES

24TH SEPTEMBER 2019 – BOUNDARIES INCLUDING BEHAVIOURS, FOOD, PEER GROUPS, FAMILY AND SCHOOL

29TH OCTOBER 2019 – DEPRESSION AND ANXIETY

26TH NOVEMBER 2019 – MOTIVATION TO CHANGE AND RECOVERY

25TH DECEMBER 2019 – NO GROUP – MERRY CHRISTMAS

SELF HELP WORKSHOPS AND WALKING ON EGGSHELLS

DATES OR THESE WORKSHOPS ARE TO BE CONFIRMED. I am looking to organise one for late Sept/October

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 SEPTEMBER TO 28TH NOVEMBER 2019 No group for this block but Leighah will be fitting in 4 sessions throughout these dates for the people not being able to complete their 2nd May to the 18th July 2019 block

WE WILL BE CO-ORDINATING ROOMS FOR 2020 AROUND November time

PLEASE CHECK THE WEBSITE IF YOU ARE UNSURE OF GROUPS ETC. WE KEEP THIS UPDATED AT ALL TIMES.

“Thank you for your amazing desire to continue to help others.”

WALKING ON EGGSHELLS

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 to 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.

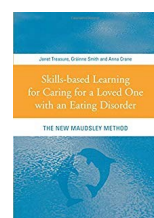
This method gave us the skills to turn our lives around and 'rub' along as best we could taking into account our other 3 children and their needs.

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 took 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.



In addition I am running workshops for carers and loved ones called Scenario Workshops, using video scenarios as a way of supporting people to deal with a difficult situations, defusing what could potentially become a war zone and recognising sometimes that our first reaction is not always the most productive and may actually undermined the sufferer into feeling less worthy than they already do. These are based on the Maudsley Method following protocol written, tried and tested by Prof Janet Treasure. The Scenario Workshops will be based at the MIND premises for a 2 hour one off session 7 .00pm to 9.00pm. As soon as I have had time to organised this I will be posting notices on the website and sending out invitation to attend. Places will be free but must be booked.

WATCH THIS SPACE!



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](#)

A Guide For Young People & Schools

[Click here](#)

Helpline

(01482) 718130

Time restrictions in place

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**.

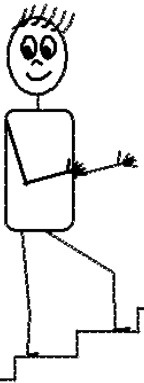
[Click here](#) for Primary Contact Information Form. E Mailing to marg@seedeatingdisorders.org.uk

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 SEED Guide to Services . [click here](#) and [here](#)

Helpline
(01482) 718130—time restrictions apply

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 – 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

MEDICAL RISK IN EATING DISORDERS AND KEEPING SAFE!

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 .

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

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!

GP INVOLVEMENT IN YOUR CARE

Despite years of awareness raising and battling to help people understand the medical risk side of eating disorders, we are still getting clients experiencing adverse negativity via their GP. With comments like—“there is nothing I can do—go back to your Eating Disorder Team!” **NO!**

They have a duty of care to make sure you are safe!!

Hyperlinks below give you the documents needed to make sure you are not medically at risk and if needed print off and take to your GP—this is what they should be monitoring— it is basics, blood pressure, core body

temperature, pulse rate, checking for dehydration! **FULL BLOODS**—At the very least! An eating disorder has the highest mortality rate of any other mental health illness. A staggering 20% of people die each year as a result of their illness or through suicide! If your GP is not willing to help and you feel poorly—go directly to A & E.

If you understand what is happening then you are half way there to making sure you are not medically in danger.

Keep Safe Always [click here](#)

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

Presentation on Medical Risk in Eating Disorders [click here](#)

“Thank you again for your kind phone call this morning and all the information you have sent me “

South London and Maudsley
NHS Foundation Trust

KING'S
College
LONDON

www.eatingresearch.com
from the Section of Eating Disorders
at the Institute of Psychiatry and
the Eating Disorders Unit at SLAM

A GUIDE TO THE MEDICAL RISK ASSESSMENT FOR EATING DISORDERS by Professor Janet Treasure (2009)

designed for use with patients with eating disorders:
outpatients in primary and secondary care, medical inpatients, general psychiatric inpatients and
eating disorder inpatients.

People with eating disorders, in particular those with anorexia nervosa, are at high risk
in terms of their own health and safety. They have the highest mortality of any psychiatric
illness. Both their physical state and suicidal behaviors contribute to this risk. Risk to
others is less of a concern.

The factors involved in the assessment of risk in people with eating disorders include:

- medical risk
- psychological risk
- psychosocial risk
- insight/capacity and motivation.

Helpline/Support Line Cover

We are having a few problems with the helpline and are seriously thinking of naming this the Support Line. As we have said in the past we have had to think seriously how to monitor this and to make it sustainable and in doing so decided to reduce the hours the Support Line is available. I don't mind in the least taking calls but when I am getting someone ringing 7/8 continuously at 10.30 at night leaving no message and withholding their number there is very little I can do to support that person. Also someone ringing at 2.30 in the morning to say they can't sleep is not what we are about! Likewise ringing when intoxicated is not a good fit either. We can't be tied to the phone 24/7 but please people leave a message and I will always ring back! That's a promise! And please don't ring if you have had a drink wait for a clear head in the morning it is much more helpful to us all. Cheers!

E Mail, Contact Support Forms - This comes via the website.

All e-mails via the contact form are checked regularly and responded to on the same day. If you would like to speak with someone—the other option is to go to 'Contact Us' complete the form

Even a simple—*"please ring me"* leave a number and I will—nothing is too much trouble if I know who is needing support.

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 **Sadly there are still no services for Eating Disorders in East Riding. This must change for the good of the people! For every one sufferer there is a family struggling to cope too.**

REFERRAL SYSTEM FOR CHILDREN'S MENTAL HEALTH SERVICES

(Self Referral Accepted)

CAMHS HULL	Contact Point of Contact	01482 303688
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CAMHS EAST RIDING	Contact Point	01482 303810
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"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."

- *"You do such an amazing job."*
- *"Thank you for your amazing desire to continue to help others."*
- *"I wish you every success for the future and thank you again for setting me on the right path."*

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 5 Trustees in total and 27 volunteering. And just one paid member of staff. 19 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 [click here](#) for their information.

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.

Evolve are no longer funded to support people with Binge Eating or Emotional Eating Problems.

EATING DISORDERS AND PREGNANCY

Firstly congratulations to Roger Dalby Shaw and his wife Abbey on the forthcoming arrival of their baby! Due on the 8th November 2019. Take care Abbey so proud of you another little 'seedling' for cuddles and hugs.

This lead me to think about other people who may be pregnant. [Click here](#) for information

EATING DISORDERS AND TRAVELLING ABROAD AND EATING DISORDERS AND FITNESS TO DRIVE

Travelling Abroad [click here](#)

Fitness to Driving [click here](#)

"Thank you for so much help and support ♥️🌟🌟xx"

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](#)
- **Kelly Stanford—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