

Support and

Empathy for people with

Eating

Disorders

Charity No 1108405

NEWSLETTER

RR20

Seed are a team—we work together to provide a service to both sufferers and carers, to provide support in a non judgemental environment, with care, compassion and sensitivity. Seed now need your help to fundraise and give the sustainability to continue supporting YOU!



Issue 27

July 2020



SEED

EATING DISORDER SUPPORT SERVICES.

TIMES THEY ARE A CHANGING

New Beginnings

Goodbye's and Hello's

New Trustees

New Manager

Exciting Times Ahead



*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

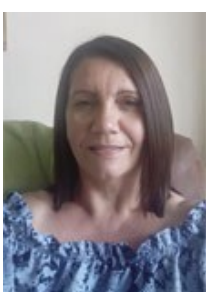
“I cant thank you enough it's been truly harrowing at times and to have you respond so promptly is greatly appreciated. “

FAREWELL AND THANK YOU FROM THE BOTTOM OF OUR HEARTS to GILL EMERTON (formerly Poole) who became a Trustee in 2007, my right arm and a wonderful friend has stepped down as our Chair of Trustees. Words can never express the gratitude for the support Gill has given me and the hard work to sustain Seed in the past. It may be Farewell but not Goodbye she will always be in my heart. THANKYOU GILL FOR EVERYTHING!



CARLY BILSBOROUGH—A WARM WELCOME to our Chair of Trustees, Carly has spent ten years working in Corporate Social Responsibility within the retail environment, developing and delivering strategies with a focus on human rights, gender equality and environmental impact. This work has enabled Carly to support people and communities across the globe and has fuelled her desire to make a difference. Carly has volunteered with Seed for the last 12 years as an email buddy and has consistently work for the good of Seed and we welcome and wish her the very best in her new role!

STUART ABRAHAMS has over 25 years experience of technology in the education sector, with the last 7 years as an elected member of the BESA executive council. In 2017 he was elected BESA Treasurer, and is also a MirandaNet fellowship council member. "I'm delighted to become a trustee of SEED, and look forward to working with Gemma, Marg and the team to help try to make a difference to those suffering eating disorders and supporting those families who suffer just as those afflicted"



Michela Peters Michela has first hand experience of how eating disorders affect sufferers and their families. Michela sought SEED's advice and support which she found invaluable in assisting not only herself but also her family, especially her daughter by quickly providing guidance and signposting which helped set her on the road to recovery. Michela joined the Team as a Trustee in 2019 wanting to 'give back' and offer support to others during their times of distress when life seems very bleak and you seem stuck on a wheel of despair not knowing where to turn. She wants to continue to ensure struggling sufferers and families find the right information in a timely fashion so they can strive to achieve a positive outcome.

SUE BAKER The same welcome goes to Sue Baker—again Sue and her family sought the support of SEED as a carer and recently has taken up the role of Trustee working to support where possible . Both Sue and Michela have a wealth of understanding of eating disorders, having 'lived' the journey of a carer and been able to make the 'best' of a devastating experience with the support of Seed.

Sorry Sue No photo!

Beth Morris—Beth has recently joined us as a publicist overseeing media queries and requests Beth's strengths lie in personality and entertainment publicity with a focus on strong networks, entertainment, fashion and beauty clients, as well as health and fitness. She has also built a solid reputation as a hard worker that always puts her clients first.



EMMA HUNTER— Farewell to the lovely Emma as she steps down as a volunteer. Emma has 2 little boys and is juggling returning to work was proving a little difficult. Emma has work her magic within nutrition and supported many over several years. Thank you for all your hard work, Love & Best Wishes Always.

GEMMA OATEN As well as Patron of Seed Gemma has taken on a much more demanding role in recent weeks and we are extremely grateful to her continued input during 'lockdown' continuing with Zoom meetings and networking and working hard to promote the educational toolkit into schools that were mostly closed to pupils. Does nothing deter this young lady, as she continues to raise Seed's profile through media and support young people suffering from mental health issues and raising the awareness of self care and wellbeingness. Thank you always xx



MARG— Well poor health has finally beaten me and I am stepping back as the Secretary of SEED. We will be recruiting a Manager to take over the running of the charity. Dennis and I want to spend time relaxing and fully enjoying our retirement. We will still be Trustees and still doing the Support Group monthly and the Walking on Eggshells but the day to day management of the Charity will be passed over to our new recruit. People say we will never get another Marg and that's true, because I've done it voluntary for 20 years, but we don't want another Marg we want fresh ideas,

a new energy and a commitment to take Seed forward into the future, and we want to see changes bringing about sustainability. It is 20 years on the 1st September since we opened our doors as the



Eating Disorder Support Group (Hull & E. Yorks). Gosh when I look back at our first meeting one person attended we had our group! The next month we had 12 and we have never looked back since. To date we have supported thousands of people, not just in Hull and East Riding In 2004 we became a Charity and in 2008 we re-branded as SEED. We looked to strengthen our Trustees and in 2007 we were joined by Gill Poole (now Emerton). Gill held my hand into the unknown working

closely with the NHS to become part of the soon to be developed Hull Eating Disorder Day Service this was a world new to me. Contracts needed to be drawn up as we worked in partnership with EVOLVE. To date we operate from the Wilberforce Health Centre in a beautiful Resource Room. We are open to the public by appointment only and exercising social distancing—there is only Maria working in there so people are more than safe if they need anything. We have a library of excellent books and resources—if you want to pop along Maria is on 01482 344084 should you wish to make an appointment. For now we ask that you wear a mask in the interest of personal safety.



CELEBRATION

Seed would have liked to celebrate it's 20th Anniversary in September but due to Covid-19 we made the decision to celebrate our 21st year instead so watch out for the promotion of this next year.

People will be invited to celebrate our successes of which we are extremely proud. It is heart warming to know **WE DO MAKE A DIFFERENCE** to so many and we want to celebrate that!

FUNDRAISING

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

CAN YOU HELP?

Many national charities are advertising for donations to there charity. Seed are a small charity who help thousands regionally, nationally, and internationally. Our services are free and we have just 3 paid members of staff. IF YOU CAN HELP RAISE FUNDS WE WOULD WELCOME THAT WITH OPEN ARMS.

Swift Family Fun Day in
memory of the Beautiful Liz

David Milner—2019 Sky Dive

Arnie Isaacson
2019 Marathon as a Ballot runner

Rob Wood—Shaven Head

The Frazers
Cakes Stall

Julia Pitt
Treked equivalent to 2 Marathons across the Sahara Desert

Roger Dalby
10K Run



Anything anyone would like to do—to raise funds for our charity and keep it sustainable in order to help and support YOU would be so

appreciated

If you are back to work and colleagues are back working you could organise a Dress Down Friday or an Odd Sock Tuesday or a Wellington Wednesday something so simple as a donation would be much appreciated.

You don't have to walk the desert or indeed jump from a aeroplane and events are difficult with Covid-19 but a donation to our Money Giving Page is a touch of a button on the home page of www.seedeatingdisorders.org.uk

SHOUT OUT! We have a place for a runner in the 2021 Marathon this year, given it is our only place in a 5 years cycle our Son Chris Charles is giving it his last shot as he turns 45 years old. Go Charlie!





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

GIVE UP

GIVE IN
OR

GIVE IT ALL YOUV'E GOT!

The Educational Toolkit

[Click here for a trailer](#)

We are in the process of modifying the Toolkit to put into Primary Schools years 5/6 with a few tweaks here and there. All those schools already using the toolkit will be sent the updates and the updated User Guide. This will include Lesson Plans, National Curriculum Guidelines, Extended Learning worksheets to name a few. Thank you so much to Antony Watton

(www.antonywootten.co.uk) for your work on the User Guide. Jo and Callum will be filming on the 25th August and they will be working their magic on the videos. Seed are so excited and are busting a gut to get things rolling for the beginning of the New School Year !



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

Kerry is moving to Sirius West in September here hoping she will continue to use a modified toolkit so her new pupils can benefit from this fantastic resource.

GOOD LUCK IN YOUR NEW POST KERRY YOU ARE AN AMAZING TEACHER, NEWLAND WILL BE SORRY TO LOSE YOU.

Social Media

Huge thank you to Sammie, Gemma and Adrianna for their commitment to Facebook Twitter Instagram and LinkedIn keeping the social media up to date adding and deleting where appropriate.



2020

REMAINING DATES FOR GROUPS AND WORKSHOPS

IT HAS BEEN DIFFICULT WITH LOCKDOWN AND COVID-19 But Seed have powered through DELIVERING EVERYTHING VIA ZOOM

I am sure you will appreciate Zoom is far better than having to limited attendees and sterilise and social distance in a small room

ALL PEOPLE NEED TO DO IS DOWNLOAD ZOOM FOR FREE! - YOU PAY NOTHING TO JOIN THE GROUPS WE SEND AN INVITE TO PEOPLE YOU LOG ON WITH IDENTIFICATION AND PASSWORD WHICH IS GIVEN FOR THAT GROUP MEETING. COULDN'T BE SIMPLER!

SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7.00PM TO 9.00PM– VIA ZOOM

5th AUGUST 2020

2nd SEPTEMBER 2020

7th OCTOBER 2020

4th NOVEMBER 2020

2nd DECEMBER 2020

DANCE THERAPY GROUPS WITH LEIGHAH - RUN EVERY SECOND AND FOURTH WEDNESDAY OF THE MONTH – FOR SUFFERERS ONLY – 6.30PM TO 8PM – VIA ZOOM

8th JULY 2020

22nd JULY 2020

9th SEPTEMBER 2020

23rd SEPTEMBER 2020

14th OCTOBER 2020

28th OCTOBER 2020

11th NOVEMBER 2020

25th NOVEMBER 2020

NUTRITIONAL SELF HELP GROUPS (NEW FOR 2020)– RUN EVERY LAST TUESDAY OF THE MONTH – FOR SUFFERERS ONLY – 7.00PM TO 9.00PM – via zoom

28th JULY 2020

25th AUGUST 2020

29th SEPTEMBER 2020

27th OCTOBER 2020

24th NOVEMBER 2020

CLOSED THERAPY GROUP WITH LEIGHAH – RUN EVERY THURSDAY FOR 12 WEEKS – FOR SUFFERERS ONLY – 7.00PM TO 9.00PM – via zoom

10TH SEPTEMBER TO 26TH NOVEMBER 2020

SSAS (SEED SUPPORT APPOINTMENT SYSTEM)

CLARE MARNEY OVERSEES THE ONE TO ONE SESSIONS DISCUSSING SERVICES AND SUPPORT AVAILABLE. CLARE ORGANISES HER OWN APPOINTMENTS AND THE MEETINGS TAKE PLACE VIA ZOOM

ONE OFF WORKSHOPS - FOR SUFFERERS AND CARERS –

DATES OR THESE WORKSHOPS ARE TO BE CONFIRMED.

SELF HELP WORKSHOPS AND WALKING ON EGG SHELLS – DATES OR THESE WORKSHOPS ARE TO BE CONFIRMED. Unfortunately this cannot be done via Zoom if just wouldn't work.

What might YOUR “Stairway to Recovery” look like?

Bon Appetite - Recipes Ideas
and Shopping Lists

Youth Text Buddy Services

Living Life to The Full (Youth)
In the treatment of anxiety and depression

Nutritional Self Help Monthly Meetings
Every last Tuesday in the month—For both Sufferers
and Carers

SEED Appointment Service System
(SASS)
One off Face to Face Consultation
looking at options

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

Library
Within The Resource Room

Resource Room
Open weekdays 9.30am to 2.30pm
By Appointment

Website
www.seeeatingdisorders.org.uk

Advice Line
(01482) 718130
Time restrictions in place

E mail Buddy Scheme
Assigned to Buddy for 6 months support

Closed Therapy Groups with
Leighah

Living Life to The Full (Adults)
In the treatment of anxiety and
depression

Dance Movement and Body Confidence
See remaining date for 2020

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

E Mailing to maria@seedeatingdisorders.org.uk

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

Via the Contact Form within the website and we will respond within hours

WE ARE HERE TO SUPPORT YOU! PLEASE DON'T SUFFER IN ISOLATION

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!!

Visit our website for 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.

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

Keeping Safe [click here](#)

"I genuinely believe SEED saved her life! For my daughter she feels reassured going to the monthly meetings that she is with other people similar, although each journey is individual the support, encouragement and unconditional love is given."

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

Alternatively EVOLVE THE HULL EATING DISORDER DAY SERVICE ARE TAKING SELF REFERRAL ON 344083

If you have an East Riding GP you would need to ring Single Point of Access (01482) 301701

East Riding are investing in Evolve to take some of their patients. For clarity on this you would need to ring Evolve on 344083 .

Sorry I cant be ore specific but there is a steering group working on how best to go forward with services within the Hull, East Riding and Vale of York

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



"SEED signposted me to where I could go for help and when there were unexpected bends in the road they would steer me round. I can remember going to many support groups feeling very low and coming out feeling reenergised to fight the illness. They helped me to laugh again to find some joy in living. This was so different to the medical profession "

"Without SEED I wouldn't have had the guidance to what would help my recovery. Without SEED I would have lost my sense of humour!

Without SEED I wouldn't have met and helped other sufferers and carers.

The reality is, without SEED I wouldn't be here today. "

My Seed Journey

*She'd found a friend in an eating disorder.
She used it for comfort and then to punish her.*

*She'd over eat to limits of shame.
Then vomit it back as she was to blame.*

*This went on for years her secret you see.
She hid it from her friends and her family.*

*She lost most of her teeth from all of this harm.
Her body was aching with the guilt and the shame.
Would she be free ever again?*

*She thought she was alone and no one could help.
She tried to find a way to help herself.*

*She then found a place that she thought could help.
After all time was running out she had nothing to lose.*

*The place is called SEED an organisation you see.
They help lots of people like me.*

*I gave it a go, my secret I shared.
They were so kind and understanding, I needn't have been scared.*

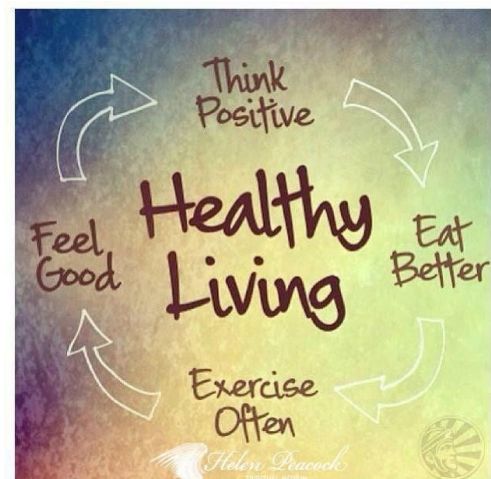
*This was the first step I had to take.
I had to start the journey for my own sake.*

*They had the knowledge to help me through.
By going to the group's I could finally see.
That they could help a person like me.*

*I'm still on my journey but I'm getting there.
Seeds help and understanding are beyond compare.*

*If they can help me they could help you too.
Give them a call you owe it to you.*

Christine
July 2020



Inspirational to many—find your rainbow and follow you dreams.

Live Love Laugh and Only Worry When You Need To—Save Your Energy and Find Happiness!