



NEWSLETTER

ON BEHALF OF THE TRUSTEES

Welcome to Clare Marney, Chantal Shires and Ruth Naughty-Doe—
New recruits for 2017

Looking forward to seeing you
develop as active volunteers.

A huge thank you for “Team” SEED
for their hard work, commitment
and dedication to our
services.

Without you there would not be a
‘SEED’

**EVERYDAY
BE SURE
TO TELL
SOMEBODY
THANK YOU**



Issue 23

June 2017

Support
and



Empathy
for people with

Eating

Disorders

Charity No 1108405

RESOURCE ROOM

“Warm Welcome Waiting”

Maria mans the room Monday
to Friday 9.30am to 2.30pm
she makes a mean cup of
coffee 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.

For now we are based at 267
Beverley Road, Hull HU5 2ST
and have a room on the ground
floor, Tel: (01482) 344084



WEBSITE

*Our website is the 2nd most
visited website in the
country*

*It hosts extensive literature
and information for all
types of eating disorders.*

*Together with links, blogs
videos and more*

www.seedeatingdisorders.org.uk



*The first 6 months of 2017 has
been very busy, taking **92** new
referrals up to the beginning of
June . We have supported **72** peo-
ple on the helpline spanning **2040**
minutes in the 1st half year of
2017 .*

*Of those calls we have supported
international callers from America,
Australia, Pakistan, Norway, Den-
mark, Germany an New Zealand.*

Staggering statistics!



Be YOUR OWN
KIND OF
Beautiful



umbercreative

Kevin, Luke, Tillie and Kara

for designing and maintaining our website.
For keeping me sane. For your patience and understanding when I don't know my Google from my Gigabyte



Callum and Jo

For Directing The Schools

Resource—For their professionalism. For the laughs we have had filming. For the animation. For your tolerance when I have driven you mad!

*Thank You
So Much*



I.G.S. Computers

IGOR GUSEV

Every Charity should have an Igor
Thank you for helping me within minutes of calling you. For your endless patience when I don't know my Gigabyte from my Google and my Motherboard from my Mechanism

**Maria Mountford SEED
Administrator**

Every Charity Needs a Maria. Thank you for keeping me sane. For making me laugh, For making sure I don't miss appointments, For last minute packs I have forgotten to ask for

Thank you For being you!

A Message from Our Patron Gemma Oaten



I often sit back and watch the work my parents do for Seed in utmost admiration, respect and often emotion. Because I know why they started the charity and the journey and it overwhelms me. They founded

Seed because they never, ever wanted another family or sufferer to go through the horrendous ordeal on top of an already horrific situation, at the level we did. We had no help as a family when I had anorexia and nearly died... My parents fought for my life and they now fight for countless others. It's an amazing achievement for me to be well, recovered and be in the position where I can be their patron. I'm proud beyond belief of all of us.

I do a few talks a year on eating disorders awareness, and this year one of my talks brought about a 5k donation to our charity Seed... Lost for words. Also this year we launch our schools package for awareness, a programme that schools can watch and follow... An achievement we never dreamed of. And now we've done it. With your help and support.

Eating disorders awareness is still relevant and vital more and more each year, and more than ever. Keep speaking, keep sharing, keep believing recovery is possible, keep breaking the stigma, keep on keeping on..

Much love, Gemma Oaten.

As Secretary and Co-founder I

could not be prouder of everything SEED has achieved. 2017 is proving to be exciting as we face new challenges and strive to develop new resources.

With monies raised through the kindness of others we are on

the latter stages of the educational resource. The final edit is underway and we have piloted once in Newland School for year 10 pupils. We are to return in the new academic year to pilot the final edit before marketing. Evaluations and feedback has been positive. On a personal level to say 2016/2017 has been challenging is an understatement. By now, what should be a new beginning for me has been pushed back a little as a decision will be made soon regarding a few loose screws in my spine! And yes I have had all the jokes about saying I already had a screw loose Thank you!!



A WORD FROM THE TOP.....

A Word From Gill Poole—Chair of SEED

"I am, as always, really proud to be involved with SEED and to be it's Chair of Trustees.

There are many thank you's to all the volunteers and people who give freely to SEED and contribute to its success and continuing growth. Many thanks to all the generous people who have raised funds

for SEED this year, by walking, running, holding race nights, amongst other activities. Particular thanks are due to Leighah, Maria, Gemma, Professor Marie Reid and Angie. Marg has battled through pain and major surgery and continues to be the life and soul of SEED, supported as ever by Den. Without this merry bunch, there would be no SEED, and no ongoing support for sufferers or their friends and families. Thanks to Kevin and Luke at umbercreative who have worked so hard to support SEED, particularly in relation to the website—this is hugely successful, between 1st April 2017 and 30th June 2017 there were over 43,000 page views by more than 15, 600 users (91 days with on average 473 page views per day). The website is viewed by people (in percentage order) from London, Hull, Birmingham, Melbourne (Oz) , Sydney (Oz), Leeds, Manchester, Glasgow and Sheffield.

Val Hunter who was one of the original Founders of SEED retired from the Trustee group. Many thanks and best wishes go to her. Resource Room - Overall the Resource Room is well used with the figures reflecting a range of reasons for attending. It continues to be a valuable source of contact to access SEED's Services, and we are grateful to Maria for making it such a welcoming place.

Youth group - 2017 saw the launch of a New Group for Seed, the Youth Group aims to provide support for sufferers aged between 13 and 18 along with their families. It has proved popular and is receiving positive feedback from those who have attended.

Email buddy scheme – this continues to be a great way to support those who prefer to work alone and not to attend groups. It provides regular personalised support.

Our third object is about raising awareness of eating disorders and we have addressing this through:

Walking on Eggshells, Awareness Raising and Self-help Workshops – these are presented by Marg and are always really well received and the evaluation comments are a pleasure to read.

Other workshops, in addition to those described above, Marg also presents education, healthcare, media, awareness raising and training sessions. These sessions are well received, supported and evaluated.

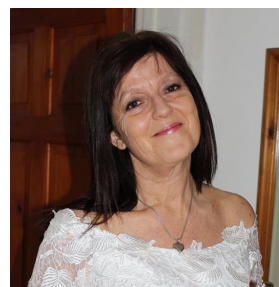
I am sure that the next year will bring us new opportunities to provide advice, support and information for all sufferers, carers and families who are affected by eating disorders in any way.

Loads of hard work has been going on towards developing a resource for Schools – it has been 2 year in the making. This has been without external funding and we are on the last stages of our journey to make this tool a testament to SEED. The tool will raise awareness of eating disorders amongst young people whilst providing the tools for educational staff to recognise the signs and symptoms of such a devastating illness.

Another busy year ahead.

Best wishes

Gill Poole



2017

DATES FOR GROUPS AND WORKSHOPS AT THE MIND PREMISES, 108 BEVERLEY ROAD HULL HU3 1XA

SUPPORT GROUPS WITH MARG AND DEN - RUN EVERY FIRST WEDNESDAY OF THE MONTH – FOR BOTH SUFFERERS AND CARERS – 7PM TO 9PM IN THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

Ample Car Parking on Site via Somerscale Street

2nd AUGUST 2017
6th SEPTEMBER 2017
4th OCTOBER 2017
1st NOVEMBER 2017
6th DECEMBER 2017



The purpose of the Support Groups is about information sharing, advice, support and signposting

AS OF AUGUST 2017 THE SELF HELP GROUPS FOR SUFFERERS ONLY HAS CEASED

Please don't worry sufferers can still attend the Support Group every 1st Wednesday in the month

The Dates and Events for 2016 will also be posted on the Website

WALKING ON EGGSHELLS

Dates for these workshops are to be confirmed.

SEED will be organising a workshop for carers in September—date to be confirmed

CLOSED THERAPY GROUPS – THE ROAD LESS TRAVELLED WITH LEIGHAH - FOR SUFFERERS ONLY- 7PM TO 9PM IN THE BOARD ROOM OF THE MIND PREMISES EACH THURSDAY—BY APPLICATION ONLY (See Information Below)

4TH MAY TO 20TH JULY 2017

4TH SEPTEMBER TO 30TH NOVEMBER 2017

Closed Therapy is a 12 week Group Therapy Experience for Sufferers (who must commit to the 12 week programme) It is delivered by Therapist Leighah Darcy-Beadle Dip CPC, Dip Dance Therapy, BA (hons), NCS (accred), BACP who talks about paths in life and making choices between those paths. Which path would you choose? Regardless of issues, the group will focus on identifying the road to grow and change, and discover the path to wellness and wholeness.

YOUTH SELF HELP GROUP

YOUTH SELF HELP GROUPS WITH LEIGHAH – RUN EVERY LAST TUESDAY OF THE MONTH – FOR YOUNG PEOPLE UPTO THE AGE OF 16 YEARS OLD—CARERS ARE MORE THAN WELCOME TO SIT IN ON THE SESSIONS 7PM TO 9PM AT THE MIND PREMISES 108 BEVERLEY ROAD HULL HU3 1XA

25 TH JULY 2017	PROBLEM SOLVING
29 TH AUGUST 2017	DEALING WITH WEIGHT GAIN
26 TH SEPTEMBER 2017	DEPRESSION AND ANXIETY
31 ST OCTOBER 2017	BOUNDARIES
28 TH NOVEMBER 2017	MOTIVATION TO CHANGE AND RECOVERY
26 TH DECEMBER 2017	NO GROUP

SEE Page 5 for information regarding a New Service called

Movement and Body Awareness Classes

Don't follow your dreams,
chase them
Richard Dumb

News and updates

NEW FOR SUFFERERS

MOVEMENT THERAPY AND BODY AWARENESS

Exciting times—SEED have a
brand new service.

WE ARE RUNNING THESE
FROM SEPTEMBER 2017

THE WHERE WHEN AND HOW WILL BE FINALISED
VERY SOON WHEN WE WILL INFORM PEOPLE OF
JUST WHAT THE CLASSES WILL 'LOOK' LIKE AND
HOW THEY WILL BE OPERATED

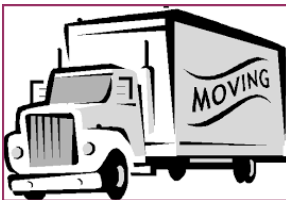
CANT WAIT!



YOUR TIME NOW VAL!

I would like to say a HUGE
THANK YOU and happy
retirement to Val Hunter
who, without, there
would be NO SEED. Val
was the one that was
initially proactive in
developing a support group
for Eating Disorders in Hull!

I look back on the meetings in our front
room, no money to call our own and wow
What A Journey!!! It has been a privilege to
have worked along side you Val. On behalf
of SEED may I wish you a happy healthy re-
tirement. Go and enjoy YOUR time now!!!



ON THE MOVE

GOOD LUCK TO EVOLVE IN THEIR NEW SURROUNDINGS AT
CALVERT LANE MEDICAL CENTRE!

When I look back roughly 5 years ago when we officially
launch Evolve and SEED in our beautiful new 'House' - in
fact as I reflect on Archives leading to the partnership and the folders are called the
"House" Gosh the hours we sweated over Procurements, and Agreements, not to
mention the colour scheme and making our room something to be proud of! But time for change I sup-
pose! Mike thank you for your support too—one question can I have my handrail!!!! It only
took 2 years to get it! I cant believe I got so excited over a piece of metal!



AND SO TO SEED!

Well in truth we are not sure yet but we are favouring premises a little further up
Beverley Road—No Not Endsleigh Centre! I wish! We are in meetings, the t's
need to be crossed and the l's need to be dotted. We think it will be around
Oct/Nov time. If we are able to secure these premises it is located centrally, the rooms is large
with other rooms we could use for face to face therapy. It needs a little TLC in
terms or décor to make this room our own and mirror that of the current
Resource Room, making it a friendly gorgeous environment people want to
visit and feel welcomed.

I am thinking expand the library to ceiling height and I can
use 'my handrail' to reach the top shelf!
Sorry Mike couldn't resist!!!!



FACE TO FACE THERAPY AND COUNSELLING

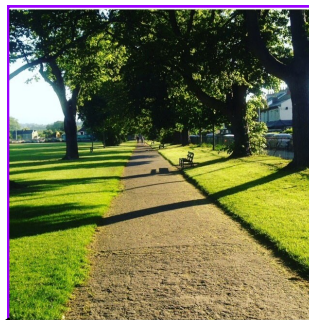


SEED continue to work in partnership with Prof Marie Reid from the Hull University offering face to face therapy. Referrals are via Marg and Marie finalises her own appointment system. Thank you Marie—this must be our 4th year of partnership working it is a privilege and pleasure to work with you.

This year has been the first that SEED have offered a placement . We are pleased to say it is going well and that Victoria from Yorkshire Counselling Services has done a brilliant job working in partnership with SEED as she notches up the hours with her clients. Well Done Vicki!

SCHOOLS RESOURCE!

What seems to be forever is nearing the final lap! I met with Callum and Jo to do the last of the edits and voiceovers. We have worked with the 'lads' on other projects but nothing as BIG as this. I am so proud and privileged to work alongside them. Over the years they have captured the essence of eating disorders and are passionate about the project. Jo have included animation that is excellent. We piloted in Newland School, so thank you Kerry Whitefield for making that possible, it was well received and we were blown away by the feedback. We will be returning in September to pilot the final edit after which we will look at marketing. Research shows there is no other resource of it kind. It is aimed at year 7 to Years 11 which the possibility of variance if teaching staff feel this would work with younger pupils. Words cant express the pride I feel in our journey to reach this stage. Thank you also to Gemma Oaten for her professionalism in face to camera work and voice overs. You bring the project to life!!!!



Have you found your pathway ?

LEIGHAH BEADLE-DARCY

A Special Thank you to Leighah Beadle-Dacey who oversees The Road Less Travelled—the Group Therapy . The wonderful groups she runs for the Youth. And soon the Movement and Body

Awareness Classes. Leighah also supports with Volunteer Recruitment. Including suitability and readiness for volunteering. You have made a difference to many Leighah!



Volunteering With SEED

Because it was proving unmanageable to recruit volunteers throughout the year we only recruit once a year around Sept/October.

If someone is putting themselves forward for volunteering and they have suffered from an eating disorder in the past they must have been in 'recovery' for at least 2 years

It is important they give themselves time for the times they have lost to the 'illness'

When the time is right SEED will welcome new recruits!



Leigh continues to fund-raise for SEED. She is busy making crafts for selling by order or through craft fayres. Heart as big as a frying pan this lady!

FUNDRAISING DOING IT FOR SEED!

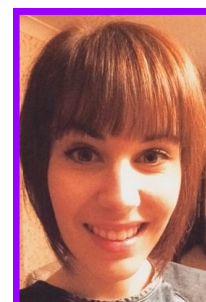
*"Fundraising is going well,
it is the least I can do after
everything you have done
for me...
Lots of Love Always"*



Rachel
Marathon 2016



Emma
Half Marathon 2016

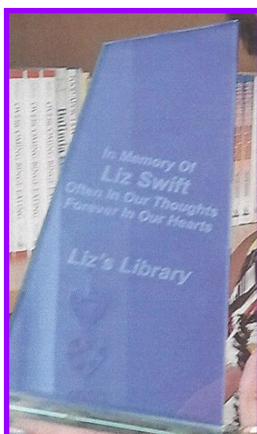


JESS
Quiz Night to
name a few

5K and £400 donated
to SEED—the 5K fol-
lowing a speaking
engagement deliv-
ered by Gemma



Amy
10 K



**Race Night in
Memory of Liz**



CHRIS
Marathon 2016



Rachel—Hull 10K

SEED continue to work alongside EVOLVE—EVOLVE is the Hull Eating Disorder Day Services, WITH WHOM WE WORK IN PARTNERSHIP We are pleased to announce we have been given an extension of 3 years on the Contract with the City Health Care Partnership from the 1st January 2016 to 1st January 2019. To say we are over the moon is an understatement. We are committed and passionate about making a difference to and inspire change in others.

REFERRAL PROCESSES

SEED

Referral into SEED is self-referral

EVOLVE

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 LIVE IN EAST RIDING 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

Download Seeking [NHS Services in Hull East Riding and the North York Wolds](#) the full document click on the hyperlink [CLICK HERE](#)

Sadly there are no services for Eating Disorders for Eating Disorders in the East Riding In the meantime SEED will continue to do everything they can to support those people failing to receive appropriate treatment or facing lengthy waiting lists for psychology services.

Forget what hurt you in the past.
But never forget what it taught you.

*"And, from the bottom of my heart,
thank you for all your emails and love!
SEED is truly an inspiration!"*



*"Thank you also for your very kind
words, they mean a lot and I will
cherish them".*

*"I just want to thank you again for all of your help care and
support. It will never be forgotten and I thank you."*



MEDICAL RISK IN EATING DISORDERS AND HOSPITALISATION

Those of you who know me know I am, passionate about Medical Risk in Eating Disorders

An eating disorder has the highest mortality rate of any other Mental Health Illness with a staggering 20% of people dying every year as a direct result of their illness or through suicide. My heart goes out to the people confused and frightened as they are thrust into the care of healthcare professional not wanting to lose 'CONTROL' as others fight to save their lives.

Never under estimate the power of an eating disorder and the fact that people **MUST MAKE SURE THEY ARE MEDICALLY SAFE!**

The Gp or the Healthcare Professionals have a duty of care to make sure a person is stable in terms of their medical wellbeing.

This may involve close contact with the GP, regular weigh-ins, and regular blood tests.

Medical Risk In Eating Disorders (Version 2009) is the document you should be aware of—and if necessary print off a copy and take with you when seeking medically intervention.

Keeping Safe and What You Should Know gives an overview of important issues.

A Guide for Young People Going Into Hospital—is a resource developed by SEED to support young people needing hospital admission

When someone is very low in weight—their medical needs may become the **priority** over their psychological needs.

It is not enough that someone is being cared for via the Mental Health Services—this needs to be combined with GP oversight .

EMERGENCY TELEPHONE NUMBERS

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

Helpline SEED—01482 718130



FACE BOOK and TWITTER

Don't suffer in isolation—We are here to support YOU!

We have up and running both Facebook and Twitter

We also have a sufferers 'Private' group and a carers 'Private' Group

www.bodygossip.org

Award winning website—**Body Gossip** is an inspirational website that campaigns through Arts and Education to empower every body to be the best

version of themselves and rock their own brand of gorgeous. Well worth a visit for all ages! **Let Gok Wan help you find your inner gorgeousness !**



CONGRATUALTIONS AND BEST WISHES



CONGRATUALTIONS

Our love and very best wishes to Gill and Trevor on their recent marriage. The lovely Gill known to others by the name of Gill Poole is now Mrs Emerton - A privilege to work with you Gill and to be your friend.



BABY



BABY



What an absolute little treasure—here with his Yummy Mummy Rachel.

Congratulations on the birth of Henry.

A little 'Seedling' and special in every way!



WHAT EVER YOU
DECIDE TO DO.
MAKE SURE IT
MAKES YOU HAPPY.

