



Bradbury House

Car park



Bradbury House is just off the Winchester ring road, near the police station, opposite the Willow Tree pub and next to the bridge over the river Itchen. There is free parking on site or in the public car park next door.

Contact:

FAMILY & FRIENDS SUPPORT GROUP
 email: ed.carers@trinitywinchester.org.uk
 or leave a message on 07900 490609

RECOVERY SUPPORT GROUP
 email: ed.recovery@trinitywinchester.org.uk
 or leave a message on 07799 731381

(Both groups - emails and phone messages answered within one week)

Trinity Winchester - other services:
<http://trinitywinchester.org.uk/our-services/>
 Tel: 01962 842827

Beat
 Helpline: 0345 634 1414
 Youthline (under 25): 0345 634 7650
 Directory of support services:
<http://helpfinder.b-eat.co.uk/>
<http://www.b-eat.co.uk/>
 email: help@b-eat.co.uk

Also supported by:



Working in partnership with **beat**

EATING DISORDERS SUPPORT FAMILY & FRIENDS GROUP

A self-help group for family & friends of someone with an eating disorder

Meetings held at

Bradbury House
 (Trinity Winchester)
 Durngate Place
 Winchester
 S023 8DX

On the 2nd Wednesday each month

7.30-9pm

Can we help?

- Do you care for someone with an eating disorder?
- Do you have any family or friends who have an eating disorder?
- Do you suspect that someone you know may have an eating disorder?
- Do you feel isolated and don't know where to go for help?

If the answer to any of these is “yes,” you may like to join our group which will offer you support from others who understand.

Aims and objectives

Our **vision** is for:

‘Life within and beyond eating disorders’

Aim:

- To provide a safe and secure environment where family and friends of anyone with an eating disorder, can talk about their concerns, share information and explore ways of coping.

Objectives:

- Share information on local facilities and treatments available.
- Talk about their concerns with people who understand.
- Feel more positive and in control of their lives by exploring coping strategies.
- Raise an awareness of eating disorders.

Time and location of meetings

We meet on the **2nd Wednesday of each month from 7.30-9.00 pm** in a comfortable upstairs room at Bradbury House in Winchester.

Tea and coffee are offered at the beginning of the meeting.

Who can attend

Any adult (18+) who is concerned about someone with an eating disorder (adult or child) is welcome to join the group - mothers, fathers, brothers, sisters, partners, friends, grandparents.

The group is open - members attend as often or as seldom as they like

How we operate

The group operates in partnership with **Beat** and is run by trained **facilitators** with experience in eating disorders. They are not there as counsellors, and so they cannot provide treatment, advice, or any form of support outside the group.

However, the facilitators and members can provide understanding, empathy, mutual support and information - helping people help themselves.

The group adheres to policies of confidentiality and equal opportunities.

- Each person attending the group will be respected as an individual and all opinions will be listened to non-judgementally
- No-one will be pressured to speak if they do not want to
- Everyone will have the chance to speak and be listened to
- The group has access to Beat literature, leaflets and information.

At some meetings we book professionals to speak and discuss topics relevant to mental well being and the recovery from eating disorders.

Facilitators liaise with Beat and service providers to feed back carers' experience of service provision and how they feel it can be improved.

Recovery support group

There is also a **Recovery Support Group** for people struggling with an eating disorder and wanting to take steps towards recovery. They meet on the **3rd Wednesday** of each month at the same location. A separate leaflet is available with further details.

