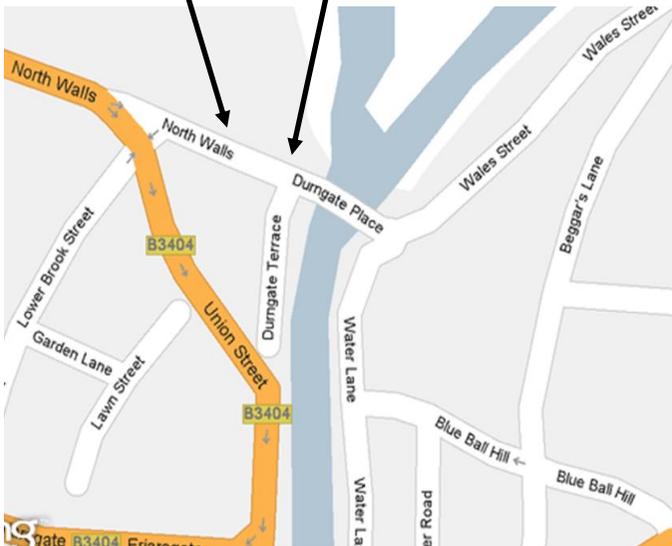


Bradbury House

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:

RECOVERY SUPPORT GROUP  
 email: [ed.recovery@trinitywinchester.org.uk](mailto:ed.recovery@trinitywinchester.org.uk)  
 or leave a message on 07799 731381

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

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

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

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**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](mailto:help@b-eat.co.uk)

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Also supported by:



Working in partnership with **beat**

## EATING DISORDERS RECOVERY SUPPORT GROUP

A **FREE** support group for adults with an eating disorder

Meetings held at

Bradbury House  
 (Trinity Winchester)  
 Durgate Place  
 Winchester  
 SO23 8DX

On the 3<sup>rd</sup> Wednesday each month

7.30-9pm



## About us

The **Trinity Winchester ED recovery support group** is a self help group for people wanting to recover from an eating disorder.

It 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.

## Time and location of meetings

We meet on the **3rd Wednesday of each month from 7.30-9.00 pm.**

The location, an upstairs room in Bradbury House, provides a private and comfortable setting. See map overleaf.

## Our group for carers

There is also a **Trinity Winchester Family and Friends Support Group** for those concerned for someone with an eating disorder. They meet on the 2<sup>nd</sup> Wednesday of each month from 7.30-9.00 pm. A separate leaflet is available with further details.

## Aims and objectives

Our **vision** is for:

**'Life within and beyond eating disorders'**

The **aim** of the recovery group is:

- To support recovery from eating disorders

The **objectives** are:

- To provide a supportive, confidential and safe environment in which respect, acceptance and support of 'self' and others is fostered
- To share experiences, thoughts, successes and problems
- To ensure that everyone is offered the opportunity to speak and be listened to
- To ensure that no-one feels pressured to speak if they do not want to
- To share information on local facilities, treatments, useful publications and other sources of help

Together, the facilitators and the attendees of each meeting decide its direction; the group effectively belongs to its members.

## Confidentiality

The group adheres to policies of confidentiality and equal opportunities.

## Who can attend?

The group is for anyone over 18 who is struggling with any type of eating disorder and would like to take steps towards recovery.

It is an OPEN group. Registration is not required and people may attend as seldom or as often as they wish. Medical referral is not necessary.

Attending a group can help people who are not yet in treatment and want some extra help and support to take a first step.

It is an ideal aid for those already in treatment who need some additional support in a safe environment, or those who have been in recovery for some time, but still feel a need for some support.

## Pro-recovery

While we accept that some attendees may not yet be ready to make recognisable steps towards recovery, the group will always maintain a strictly pro-recovery attitude.

Ground rules are agreed and these include:

- Refraining from discussion of weights and calorific figures
- Focusing as much as possible on feelings rather than behaviours

**Please contact us for further details**

