

Contact Us

Recovery Support Group

Email: ed.recovery@trinitywinchester.org.uk
or leave a message on 07799 731381

Family & Friends Support Group

Email: ed.carers@trinitywinchester.org.uk
or leave a message on 07900 490609

Other Services

Beat

Adult helpline (18+): 0808 801 0677
Youth helpline (under 18): 0808 801 0711
www.b-eat.co.uk

Trinity Winchester

01962 842827
www.trinitywinchester.org.uk

Do send us an email if you'd
like to find out more.



Visit Us

Eating Disorder Group
First Floor
Bradbury House
Durngate Place
Winchester SO23 8DX

Find us

Free parking onsite or in adjacent
public car park.

www.trinitywinchester.org.uk

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Eating Disorder
Peer Support Groups

Recovery Group
Family & Friends Group

www.trinitywinchester.org.uk



About Us

The eating disorder peer support groups are self-help meetings for people wanting to recover from an eating disorder or those who are concerned for someone with an eating disorder.

The groups are 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.

We aim to provide an environment where individuals can benefit from understanding, empathy, mutual support and information – helping people to help themselves.

The Recovery Group Held on third Wednesday of each month, 7.30 – 9.00pm

The group is for anyone, men and women, 18yrs+ who is struggling with any type of eating disorder and would like to take steps towards recovery. Some people have never sought help before and others are in treatment or have been in recovery for some time, but still feel a need for some moral support.

The Family and Friends Group Held on second Wednesday of each month, 7.30 – 9.00pm

This group is for parents, relatives, friends 18yrs+ who is concerned about someone with an eating disorder (adult or child). Parents, relatives, friends, all welcome



Aims and objectives

- To provide a safe and confidential environment, where people can talk about difficulties and explore fresh outlooks and coping strategies
- To share information on local facilities, treatments, useful publications and other sources of help
- To create a space in which respect, acceptance and support of 'self' and others is fostered
- To provide the opportunity for everyone to have the chance to speak and to be listened to
- To ensure that no-one feels pressurised to speak if they do not want to
- To raise awareness of eating disorders

How we work

Come along to our friendly groups in a welcoming environment.

Ground rules are agreed at the start of each meeting. The group effectively belongs to its members, you decide what you want to talk about.

Groups are open, registration is not required, you may attend as seldom or as often as they you wish. Medical referral is not necessary.

The groups place a strong emphasis on confidentiality and equal opportunities.

Both groups have a strict pro-recovery ethos.

