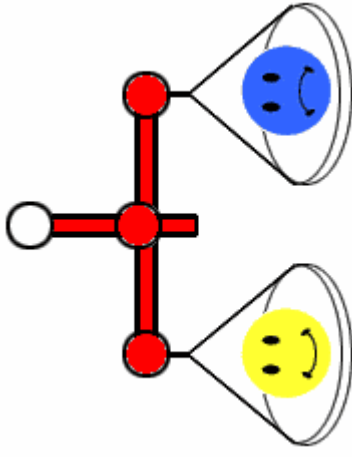


**S.E.E.D. Eating Disorders Support Services**

Charity No 1108405



**Getting the Right Balance**

**Walking on Eggshells  
Workshops  
For  
Carers**

**S.E.E.D Eating Disorders  
Support Services  
Charity No.1108405**

Help Line 01482 718130

S.E.E.D. Eating Disorders Support Services  
Charity No 1108405

c/o 207 Lambwath Road  
Hull  
HU8 0HS  
E. Yorkshire

Other services we provide:-  
Helpline 01482 718130  
Website:-  
[www.seedeatingdisorders.co.uk](http://www.seedeatingdisorders.co.uk)  
E mail response  
Telephone Buddy Scheme  
Walking on eggshells Workshops for carers  
Visit the website for upto date information

Other Sources of Information are:-

**B-eat** (beating eating disorders)

Formerly known as the EDA

Youth Line 0845 634 7650

Adult Line 0845 634 1414

**Collaborative Care  
Because We Care**

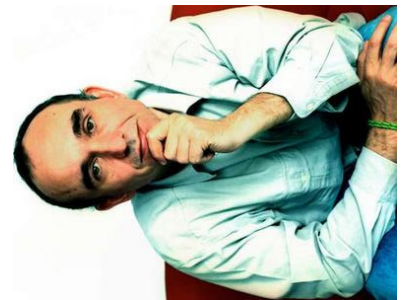
**Calmness**

**Compassion**

**Curiosity**

**Consistency**

**Coaching**



## Working Together to help you cope with 'living with' an Eating Disorder



An eating disorder is a whole family concern and without developing coping strategies and working together to be better able to cope, it is, without doubt, extremely difficult for everyone.

## Walking on Eggshells Carer Workshops

Aimed at the carer(s) or immediate family members to gain a better understanding of eating disorders. Making mistaken assumptions about the illness can lead people to apply misplaced coping strategies. This in turn may cause stress to the sufferers to the family and to friends.



Let us help you developed those skills!



If you would like to know more fill out the General Response Form, Telephone Marg or respond by e mail....*(all contact details stated on this form)*

Walking on Eggshells

General Response Form

Please keep me informed or on a waiting list for

future workshops

Contact **Marg** for more details



Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_

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e mail: [info@seedeatingdisorders.co.uk](mailto:info@seedeatingdisorders.co.uk)

[www.seedeatingdisorders.co.uk](http://www.seedeatingdisorders.co.uk)