

Eating Disorders Awareness Week 2006

Sunday 5th – Saturday 11th February



This year the national focus for the week will be:

“Are we Really Listening?”

The theme concentrates on the needs and views of the young people who are so vulnerable to developing eating disorders. Watch out for news of the press conference on Monday 6th February at the House of Commons launching the young people's campaign for their views on treatment and other issues around eating disorders.

Locally Norfolk EDA is preparing to launch a **NEW** range of group meetings for people over the age of 16 with eating disorders and, on a fortnightly basis, for their families, friends and other Carers. Concentrating on practical strategies for recovery and support, the programme is called:

“Practically better...?”

The groups offer an opportunity to meet with others who have similar experiences, to gain support, friendship and practical help for dealing with problems around the disorder.

“Practically better...?” is a new range of structured meetings, each led by experienced staff and/or volunteers. They will be small groups, maximum 8, and consist of a series of 6 or 7 sessions (see below for more details). Membership of the groups will be by invitation following a 1:1 appointment.

Fees for the group sessions will be:

£3 per session* (or £15 in advance for the 7 session course; £12 for the 6 session course)

***students/unemployed £1.50 per session** (or £7.50 in advance for 7 session course; £6 for 6 session course)

Norfolk EDA offers a varied range of services. Please access our website on www.norfolkeda.org.uk for more information, to download our booklets and leaflets, and for direct contact with staff. If you wish to speak to someone for **support**, telephone our Help-line on 01603-767062 (Mon 7-9pm; Tues/Thurs 10am-2pm) or our admin line on 01603-665974 if you simply wish to request some literature.

Norfolk Eating Disorders Association
34 Colegate,
Norwich NR3 1BG

Registered Charity No 1003974

“Practically better...?”Groups

1 (Norwich*) for Sufferers:

Tackling your Eating Disorder

A course of 7 weekly sessions covering topics such as:

- *Understanding this Illness*
- *Other ways of dealing with Stress*
- *Nutrition and Food Diaries*
- *Self-esteem*
- *Finding your creativity*
- *Dealing with Anger*
- *Relationships and Social Situations*
- *Thoughts on Recovery*

Mondays 7-9pm (Starting 20th Feb)

2 (Norwich*) for Carers:

Caring for You

***A series of 6 group meetings
covering topics such as:***

- *Understanding the illness*
- *Communication*
- *Dealing with Anger and Conflict*
- *Guest Speaker*
- *Dealing with Stress and taking care of yourself*
- *A Relative's perspective*

Alternate Tuesdays 7-9pm (Starting 28th Feb)

3 for Sufferers:

Building your Self-esteem

***A course of 7 weekly sessions by arrangement,
depending on numbers***

A) Norwich*

Tuesdays 3-4.30pm

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B) Gt Yarmouth

Alternate Tuesdays

4 (Norwich*) for Sufferers and Carers:

Therapeutic Art Sessions

With Tutor and Counsellor input

Alternate Tuesdays 6-8pm (Starting 21st Feb)

* Norwich meetings are held at our Centre at 34 Colegate, NR3 3EH

**For information about any of these groups please contact Margaret on
01603-665974 or email admin@norfolkeda.org.uk**