

## Norfolk EDA - Norfolk Eating Disorders Association

*is a charity founded in Norwich in 1976 to provide confidential help, support and information for people in Norfolk with anorexia, bulimia and compulsive eating, their families, friends and professionals.*

### Other Services include

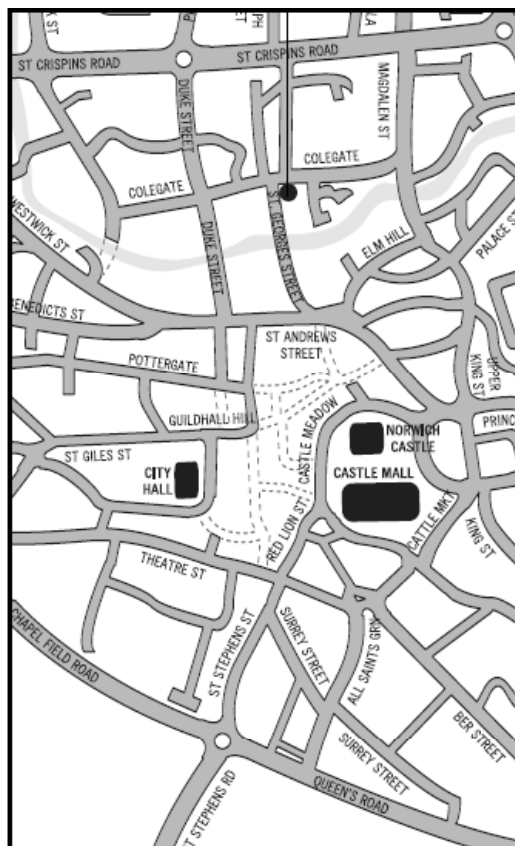
- Booklets & Leaflets on aspects of eating disorders
- Helpline - 01603-767062
- Library
- Open House at **Norwich** Tues 11-2pm; and Thurs 10am-4pm
- Talks and Workshops by arrangement
- 1:1 appointments in **Norwich** Tues & Thurs
- 1:1 appointments at **Gt Yarmouth College** alternate Tues
- Open House and 1:1 appointments **Kings Lynn** alternate Thurs
- Open House and 1:1 appointments at **UEA** arranged each term
- Low cost specialist Counselling **Norwich** Weds & Thurs
- Website
- Email and text support

**NORFOLK EDA depends on donations to support its work**  
**Registered Charity No 1003974**

Disclaimer  
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34 Colegate  
(off Magdalen Street)  
Norwich NR3 1BG  
Helpline: 01603-767062  
Text/voicemail:  
07906-817837(GY; KL);  
07833-314746 (UEA)

email:  
support@norfolkeda.org.uk  
website:  
www.norfolkeda.org.uk



Norfolk Eating  
Disorders Association



*Practically better...*  
**Practically better...?**

**A New Programme of  
Group Meetings  
in 2006**

*Practical Strategies for Recovery and  
Support*

# Practically better... Practically better...?

## 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 (Norwich )**

**Starting 8th May**

## Fees for group sessions

**£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)

## Art for All

*Therapeutic  
Art Sessions  
With Artist and Counsellor  
input*

**Alternate Tuesdays  
6-8pm (Norwich )**

**£3 per session\***



## Building your Self-esteem

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

Including:  
*assertiveness; communication;  
dealing with anxiety and stress;  
coping with anger and conflict*

Norwich

**Tuesdays 3-4.30pm**

**\*\*\***

Gt Yarmouth  
**Alternate Tuesdays**

## Caring for You

*helping Carers to develop better ways of  
coping*

*As a carer, it is not selfish to take time  
and space for yourself, as far as is  
possible. If you become exhausted  
and remain totally distraught you will  
be obsessed by your loved one's  
problems, and lack the energy to give  
effective help.*

**Group meetings  
monthly 7-9pm (Norwich )**

**&**

**Complementary therapies by  
arrangement (Free taster session)**

**All of these are small groups - max 8**

**Call now to enquire about booking  
your place**

*For more information please contact*

**Margaret: 01603-665974**

*or email*

**admin@norfolkeda.org.uk**

*For information about services currently  
available in Kings Lynn please contact*

**Pam on 07906-817837**

We hope these groups will be of real,  
practical help to you. The group leaders  
will ask you to give us simple feedback at  
the start and end of each course to help us  
measure how well we are doing.

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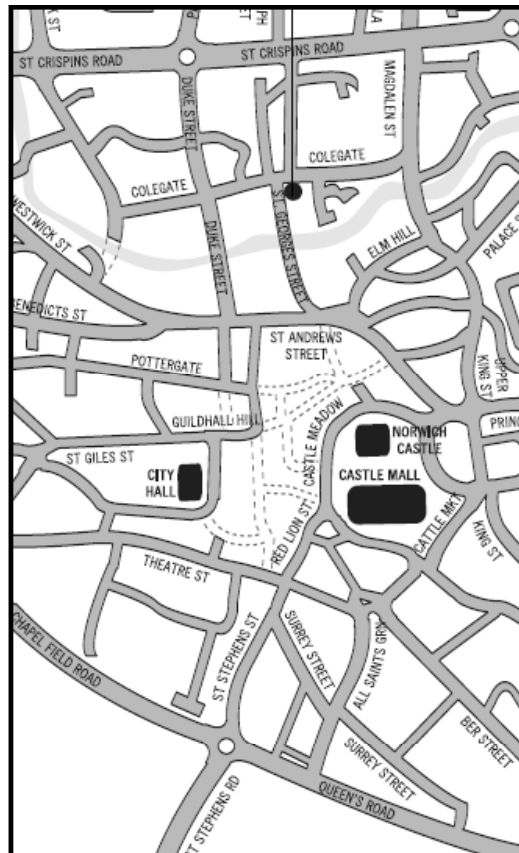
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**Are you a  
*man*  
looking  
for a  
solution?**

**"For Families  
and Friends"**

*... supporting  
someone with an  
eating disorder*

*Norfolk Eating Disorders Association*

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Have you got an  
***anorexic***  
child/partner/friend/colleague?  
*disappearing before your very eyes?*  
or do they have other eating problems?

*Can't eat/always bingeing?  
Got very thin/fat?  
Won't eat in public?*

*They won't accept logic  
They can't see why you get angry  
They just won't be sensible*

Are **they** going mad?  
Are **you** going mad?

***No-one's going mad - you are all  
just trying to survive.***

Want to talk to someone who  
understands, who's had similar  
problems, who can tell you what  
worked for them?

*Dealing with the situation involves a  
great deal of holding back, biting  
one's tongue, and patience, all very  
hard indeed when by instinct you  
want to rush in and try to make  
everything better.*

Come to a Norfolk EDA group  
session...

## **For Families and Friends**

held monthly at 34 Colegate  
on a Tuesday  
7-9pm

A chance to talk to trained,  
experienced staff and volunteers,  
and to meet others who are  
supporting someone with an eating  
disorder

**... or book a 1:1 appointment  
with a member of staff or  
trained volunteer.**

Another way to talk things through

*I learned that as it is not really a food  
problem, but one of self-esteem, I could  
best help by ... showing her that I  
respected her and believed in her  
capacity to work towards her own  
recovery.*

...or  
look after *yourself* with  
some complementary  
therapy:  
**Reiki**  
**Indian Head Massage**  
**Aromatherapy Massage**  
**Reflexology**

**Fees:**  
**Free "taster" session!**  
**6 sessions**  
**£5 per session**

*... it is not selfish to take time and  
space for yourself, as far as possible.  
If you become exhausted and totally  
distracted you will be obsessed by  
your loved one's problems, and lack  
the energy to give effective help.*

*The group was a place where I could  
talk about the situation in confidence  
with other people who were "in the  
same boat". By listening to them I  
learned that there were recurrent  
themes, but everyone was unique.*

For more information please contact **Pam: 01603-767062/665974** or email **support@norfolkeda.org.uk**  
For information about services currently available in **Gt Yarmouth and Kings Lynn** please contact **Pam on 07906-817837**

**Fees for group sessions: £3 per session; students/unemployed £1.50 per session**

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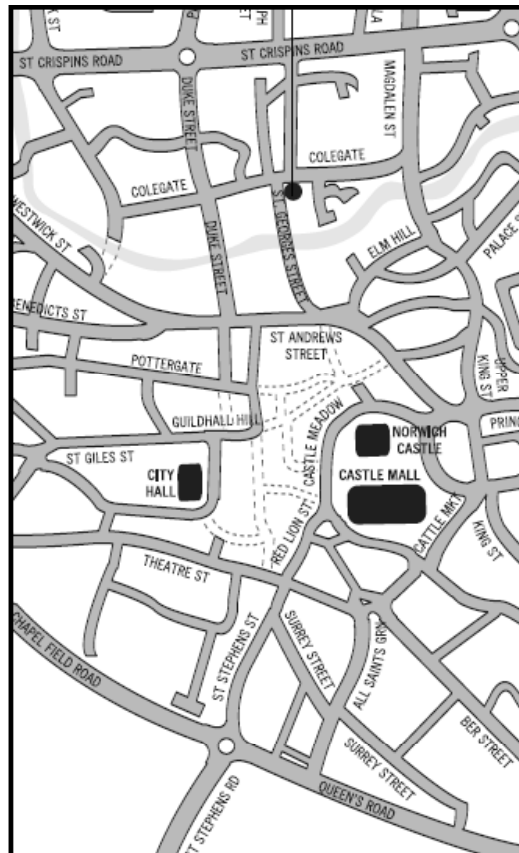
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Are you worried? **Desperate?**

**Have you got a Teenager  
with *Anorexia* ?**

*Thin as a rake/Can't eat/Won't eat  
or*

**Bulimia?**

*Binge/Starve/Vomit*

*or*

**Compulsive/Binge Eating?**

*May be gaining weight*

*Always Miserable/ Can't stop eating*

*If so - **You** need*

**!! H E L P !!**

*To understand  
To cope*

**Norfolk EDA**  
group meetings, individual appointments  
& complementary therapies  
for families and friends of people with eating  
disorders.

Contact

**Pam**

**01603-767062/665974**

**For details**

Norfolk Eating Disorders Association 34 Colegate, Norwich NR3 1BG  
[www.norfolkeda.org.uk](http://www.norfolkeda.org.uk)

*Celebrating 30 Years - 1976-2006*



# Before your very eyes...

Are you concerned about your ***anorexic*** child/partner/friend/colleague? Is he/she disappearing *before your very eyes*?  
- or are there other eating problems?

*Norfolk Eating Disorders Association  
For help around anorexia, bulimia, compulsive (binge)  
eating disorders*

## Norfolk EDA sessions For Families and Friends...

a chat (1:1)  
by  
appointment  
with a member  
of staff

Monthly  
meetings  
on a Tuesday  
7-9pm at  
34 Colegate

Various  
Complementary  
Therapies  
to help you  
relax

**Interested?**  
***Desperate?***

**Contact Pam for details**  
**01603-767062/665974**

