

Local Football Club Raises Money for Preston Eating Disorder Charity, S.E.E.D

On December 28th, which also happened to be their 1 year anniversary, Old Knackers Football Club played a fundraising match to raise money for local eating disorder charity, S.E.E.D Lancashire. The fundraising donation to the charity means that S.E.E.D can run more support groups for anyone affected by disordered eating.

One of the founders of OKFC, Neil Procter, is 2 years into his recovery from a lifetime struggling with eating disorders. In his 20s he weighed under 8st and gained up to 16st in his late 30s. Neil wanted to raise awareness and funds for an eating disorder services in the local area. He explains "It's time to start the conversation about eating disorders... I think talking about it normalises it, and by normalising it we destigmatize it". Neil is very passionate about ridding the stigma surrounding eating disorders, specifically in males; "the Freddie Flintoff documentary will really help men speak up. Which can never be a bad thing".

The fun loving and dedicated football club is made up of men and one woman mainly aged 35-55, although they have a couple of players in their team in their 20s "to bring the average age down to 87". They all enjoy raising money, helping others and have a good ol' time while doing so. They were established a year ago and every month they play a game and raise money for charity by donating their match fees and asking friends to chip in too. So far they have raised over £2000 for various charities.

S.E.E.D Lancashire is very close to Neil's heart. Although Neil received treatment from the NHS eating disorder service and not the charity itself, his wife, Anthea, sought support from S.E.E.D by attending the carer's advice and information support group. She explains "I only attended a group a few times, but I felt embraced & validated in my despair which was a boost as at the time I was feeling pretty hopeless."

Anthea goes on to talk about the value she gained from the local eating disorder charity, "It helped enormously to speak with & listen to other sufferers and their supporters. Hearing their experiences gave me great insight as to what a sufferer needs to help them get through moment by moment & how I could adapt my own blind approach to improve things for my

husband and I. I became more empathic & patient thanks to the group which I believe has been the key to me finding strength to never give up on him and us.”

S.E.E.D Lancashire’s CEO, Shelley Perry, explains on behalf of the charity, “We are so honoured and blessed that we are able to support those when they need it. I would like to say thank you to not only Neil, Anthea and OKFC, but every other person who has gone on to spread the word about S.E.E.D and the message of recovery”.

To donate even £1 to the Old Knacker’s Just Giving page for S.E.E.D Lancashire, you can do so here: <https://www.justgiving.com/crowdfunding/okfc-breathe>. Every penny will help.

Follow Old Knackers Football Club on Facebook at @OldKnackersFC and Twitter at @FcKnackers.

Visit S.E.E.D Lancashire’s website at: <https://www.seedlancashire.co.uk/> to see how they are helping those struggling on a national scale.