

# Mission statement:

S.E.E.D is dedicated to raising awareness about eating disorders in Lancashire by providing information, resources, education, training and support for everyone affected by eating disorders and/or working with someone experiencing an eating disorder.

We acknowledge that the symptoms of eating disorders are an expression of deeper emotional needs. We believe that people suffering with an eating disorder can get better, that there is help available and that this help should be freely accessible.



# Support Groups:

All of our support services are free and are currently held online on Zoom for ages 18+.

Support Group and Carers' Advice and Information Clinic (alternate Fridays 7-8:30pm)

<https://bit.ly/CarerClinic>  
<https://bit.ly/SEEDLancsSG>

Drop-In Service:  
Saturday 11am-1pm  
<https://bit.ly/DropInGroup>

## Contact us

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Preston, PR2 2YP  
Tel: 01772 915735  
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Photos: Neil Cross



# S.E.E.D Lancashire

**SUPPORT AND EDUCATION  
FOR EATING DISORDERS**

**Tel: 01772 915 735**

*Offering information, advice,  
education, support and  
practical help for individuals  
suffering from eating disorders  
and their carers.*





## S.E.E.D:

- Is a Lancashire charity based in Preston
- Was formed in 2007 by a small group of volunteers
- Provides a variety of services but is not a substitute for medical care
- Is a registered charity and is reliant on volunteer, time/effort, donations and small grants to deliver its aims

## Our aims

- To provide a network of support for sufferers of eating/food/weight related issues and their carers in a safe and confidential environment
- To provide information, advice, education, resources and practical help for sufferers and their carers which will help:
  - To foster healthy lifestyles towards achieving independence and improved quality of life
  - To be self-help focused



## We will implement the following services to achieve these aims:

- Provide a regular point of contact for sufferers and their carers
- Provide information and advice packs with a Lancashire focus
- Hold regular self-help group meetings for sufferers and their carers in community settings
- Provide educational and therapeutic experiences in addition to the self-help groups
- Offer opportunities for those in recovery to gain skills and build confidence
- Influence policy/interventions through networks
- Conduct research in order to assess local needs
- Young Peoples Project – promoting positive self-esteem and body image and delivering interactive workshops from 1 hour to 1 day
- Provide bespoke training for professionals on how to identify signs and symptoms of eating disorders and what assists GPs, nurses, therapists, schools teachers and lecturers.