

S.E.E.D Lancashire

Support Services Timetable

July – September (2021)

Drop-In: Every Saturday 11am-1pm
Support Group: Fridays (Fortnightly) – 7pm-8:30pm
Carers' Advice & Info Clinic: Mondays (Fortnightly) 7pm-8.30pm

| DATE | SERVICE | THEME (Our topic for discussion in the group or drop-in service) |
|--------------------------------|---------------|--|
| Fri 2 nd July | Support Group | Tackling Fears |
| Sat 3 rd July | Drop In | Trust and Faith in Recovery |
| Mon 5 th July | Carers' Group | Mindfulness |
| Sat 10 th July | Drop In | Recovery Toolbox |
| Fri 16 th July | Support Group | Self-Care |
| Sat 17 th July | Drop In | Sign Posting: What is available in Lancashire? |
| Mon 19 th July | Carers' Group | What Does Recovery Look Like? |
| Sat 24 th July | Drop In | Self-Compassion |
| Fri 30 th July | Support Group | Neuroscience of EDs |
| Sat 31 st July | Drop In | Nutrition and Mental Health |
| Mon 2 nd August | Carers' Group | Nutritional Rehab for EDs |
| Sat 7 th August | Drop In | Focusing on Self-Worth |
| Fri 13 th August | Support Group | Managing Social Situations |
| Sat 14 th August | Drop In | Tackling Loneliness and Social Isolation |
| Mon 16 th August | Carers' Group | Motivation- Change Talk |
| Sat 21 st August | Drop In | Making the Most of Support |
| Fri 27 th August | Support Group | Communicating our Needs and Dealing with Conflict |
| Sat 28 th August | Drop In | Communicating Needs |
| Mon 30 th August | Carers' Group | Stress Management |
| Sat 4 th September | Drop In | Looking at the Model of Psychological Wellbeing |
| Fri 10 th September | Support Group | ED's and Exercise |
| Sat 11 th September | Drop In | Different Approaches to ED treatment |
| Mon 13 th Septembe | Carers' Group | Understanding the ED Mindset |
| Sat 18 th September | Drop In | Make Yourself Trigger Proof |
| Fri 24 th September | Support Group | Overcoming Body Checking and Avoidance |
| Sat 25 th September | Drop In | Coping Skills Catalogue |

ZOOM Links:

Drop-In

Link: <https://bit.ly/DropInGroup>

Meeting ID: 789 0274 9973

Carers

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

Meeting ID: 795 1315 0828

Support Group

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

Meeting ID: 756 5416 4158

For any questions/queries about our services, please contact us on:

Email: hello@seedlancashire.co.uk

Phone: 01772 915735

(Mon-Fri, between 9-5pm)

Booking is not required, please join the group at the designated time and our facilitators will welcome you!