

S.E.E.D Lancashire

Support Services Timetable

January - April (2022)

Drop-in: Every Saturday from 11am-1pm
Support Group (Fridays) and **Carers' Advice & Info Clinic** (Monday): **Alternate weeks** from 7.00pm-8.30pm

DATE	SERVICE	THEME (Our topic for discussion in the group or drop-in service..)
Mon 7 th Feb	Carers' Group	Managing Mealtimes, Meal Plans and Social Eating
Sat 12 th Feb	Drop In	Boosting Self-Confidence and Self-Esteem
Fri 18 th Feb	Support Group	Challenging ED Rules
Sat 19 th Feb	Drop In	Why Choose Recovery
Mon 21 st Feb	Carers' Group	Looking at Co-Morbidities in EDs
Sat 26 th Feb	Drop In	Signposting: What's available in Lancashire
Fri 4 th March	Support Group	Recovery and Relationships
Sat 5 th March	Drop In	Eating Disorders Awareness Week
Mon 7 th Mar	Carers' Group	Exploring our Own Relationship with Food and Weight
Sat 12 th Mar	Drop In	Recovery Toolbox
Fri 18 th Mar	Support Group	Tackling Fears
Sat 19 th Mar	Drop In	Recovery Inspiring Stories
Mon 21 st Mar	Carers' Group	Managing Family Dynamics
Sat 26 th Mar	Drop In	Self-Compassion
Fri 1 st April	Support Group	Coping in a Crisis
Sat 2 nd April	Drop In	Trust and Faith in Recovery
Mon 4 th April	Carers' Group	Self Care - Who Cares for the Carers?
Sat 9 th April	Drop In	Expressing Emotions
Fri 15 th April	Support Group	Anxiety Management
Sat 16 th April	Drop In	Accessing Treatment (Talking to your GP)
Mon 18 th Apr	Carers' Group	Navigating the ED Treatment Process
Sat 23 rd Apr	Drop In	Pros & Cons of Social Media
Fri 29 th Apr	Support Group	Emotion Regulation - Managing Emotions
Sat 30 th Apr	Drop In	Recovery Inspiring Resources (Books/Blogs etc.)
Mon 2 nd May	Carers' Group	Mindfulness
Sat 7 th May	Drop In	Relaxation

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!