

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

Norfolk Eating Disorders Association (NEDA) shall have no liability to you arising out of or in connection with the referral or recommendation to you of the name of any counsellor, counselling organisation or other agency. Such people or organisations act independently of NEDA and NEDA accepts no liability for the advice, therapy or support given by such persons or organisations.

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



For Families and Friends

supporting someone with an eating disorder

Norfolk Eating Disorders Association

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

Trying to be there for someone with an eating disorder can be the loneliest place in the world.

You think ***they're*** going mad; you think ***you're*** going mad.

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

At such times it really helps to be around people who understand, who've been there, who can help you to make sense of it all.

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

An opportunity to talk things through with 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 chance 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 giving lots of love and reassurance, 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

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.

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