

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



Are you a
man
looking
for a
solution?

**"For Families
and Friends"**

*... supporting
someone with an
eating disorder*

Norfolk Eating Disorders Association

Have you got an
anorexic
child/partner/friend/colleague?
disappearing before your very eyes?
or do they have other eating problems?

*Can't eat/always binging?
Got very thin/fat?
Won't eat in public?*

*They won't accept logic
They can't see why you get angry
They just won't be sensible*

Are **they** going mad?
Are **you** going mad?

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

Want to talk to someone who
understands, who's had similar
problems, who can tell you what
worked for them?

*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

A chance to talk to 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 way 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 ... 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

*... it is not selfish to take time and
space for yourself, as far as possible.
If you become exhausted and totally
distracted 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