

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 (12-3pm from October); 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**
- Website
- Email and text support
- Overcoming Bulimia self-help CD Rom (phone for details)

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.

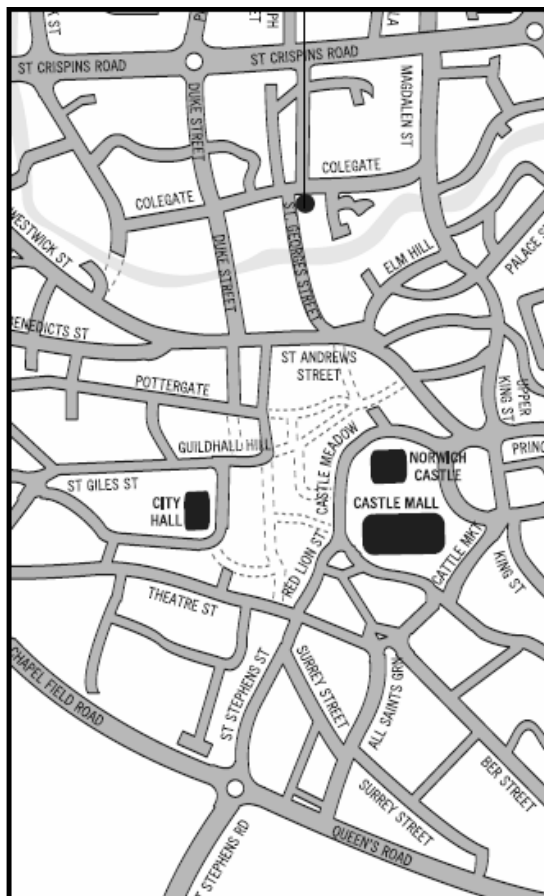
34 Colegate
(off Magdalen Street)
Norwich NR3 1BG
Helpline: 01603-767062
Text/voicemail:
07906-817837(GY; KL);
07833-314746 (UEA)

email:

support@norfolkeda.org.uk

website:

www.norfolkeda.org.uk



Norfolk Eating Disorders Association



Practically better...
Practically better...?

**Group Meetings
in 2006**

*Practical Strategies for Recovery
and Support*

Practically better Practically better...?

Tackling your Eating Disorder

A course of 7 weekly sessions covering topics such as:

- Understanding this Illness
- Other ways of dealing with Stress
- Nutrition and Food Diaries
- Self-esteem
- Finding your creativity
- Dealing with Anger
- Relationships and Social Situations
- Thoughts on Recovery

Mondays 7-9pm (Norwich)

↑ Rolling programmes - please phone for next start date →

For more information please contact
Margaret: 01603-665974 or email
admin@norfolkeda.org.uk

For information about services currently available in **Kings Lynn** please contact
Pam on 07906-817837

All these are small groups - max 8
Call now to book your place

Art for All

Therapeutic
Art Sessions
With Artist and Counsellor
input

Alternate Tuesdays
6-8pm (Norwich)

£3 per session*



Building your Self-esteem

A course of 7 weekly sessions by arrangement, depending on numbers

Including:
assertiveness; communication;
dealing with anxiety and stress;
coping with anger and conflict
Norwich

Tuesdays 3-4.30pm

Gt Yarmouth
Alternate Tuesdays

Caring for You

helping Families and Friends to develop better ways of coping

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.

Group meetings monthly 7-9pm & Complementary therapies by arrangement (Free taster session)

see leaflets:

"For Families and Friends" and "Are you a man looking for a solution?"

Fees for group sessions
£5 per session*

***students/unemployed £2.50 per session**

(we request a £10 non-returnable deposit when booking)

We hope these groups will be of real, practical help to you. The group leaders will ask you to give us simple feedback at the start and end of each course to help us measure how well we are doing.