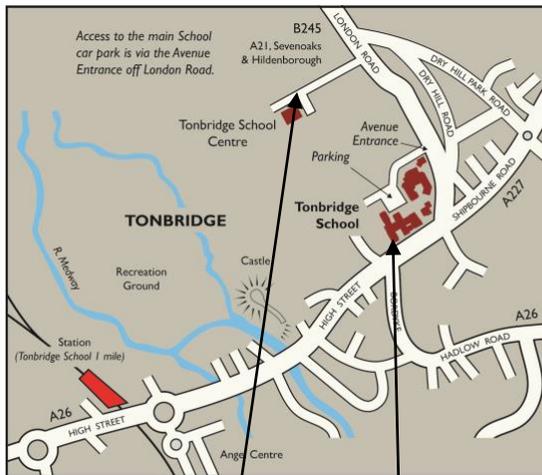


The group usually meets on the last Monday of every month from 7pm to 8.30pm, but check website before attending

AT:

The Ogilvie Room or the Lowry Room
Tonbridge School, High Street,
Tonbridge, Kent TN9 1JP



Directions: Please park either at the Tonbridge School (Sports) Centre or in the surrounding roads. From the main school entrance walk past reception, turn left and the Ogilvie room is the second door on the left.

If you park at the School Centre you can walk through the grounds, and from the Quad go through the arched doorway in the far right hand corner by the cloisters. Turn right through the double doors. The Ogilvie room is the first room on your left.

The Lowry room is at the end of the corridor to the right.

For further details and details of carer workshops please contact:

Jenny Langley
07887 840470
before 9pm

jenny@eda-westkent.org.uk
www.eda-westkent.org.uk

The Tonbridge Eating Disorders Support Group
for Carers is working in partnership with **beat** (formerly known as the Eating Disorders Association) and is being run in collaboration with Tonbridge School and Carers First in Tonbridge.

All parents, carers and friends of people with an Eating Disorder, or of people who they believe might have an Eating Disorder, or of people who might be at risk of developing an Eating Disorder are welcome

You can contact beat at:

Adult Helpline: 0808 801 0677

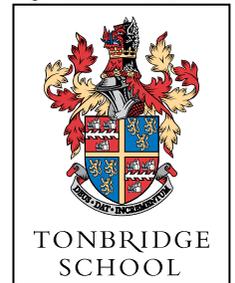
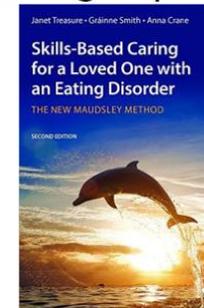
Studentline: 0808 801 0811

Youthline: 0808 801 0711

Our Helplines are open 365 days a year from 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.

WEBSITE: www.b-eat.co.uk

Eating Disorders
Working in partnership with **beat**



Are you caring for someone suffering from an eating disorder?
Do you need support and access to information?

Do you need a listening ear?

The Tonbridge Eating Disorders Support Group For Carers

A Self Help Group
Run by and for Carers
plus

Carers Skills Workshops

The Tonbridge

Caring for someone with an Eating Disorder can be an enormous burden, bringing with it feelings of anger, fear anxiety and isolation.

Self-esteem and confidence can be affected as you watch a loved one suffer from an illness that you often feel powerless to do anything about, and you may feel unable to deal with the resulting family stresses.

Feelings of powerlessness can often stem from not knowing where to get help, or from being unable to exchange ideas with somebody else who is going through a similar crisis.

Within the sessions we aim to introduce Carers to some of the caring skills developed through decades of experience by the clinical team at the Maudsley and the academic team at the Institute of Psychiatry.

Eating Disorders Support

Carers need to look after their own well being as they play a very important part in, and can have a positive effect on, the recovery of those they look after.

The purpose of The Tonbridge Eating Disorder Support Group for Carers is to provide a mutually supportive, non judgemental and confidential environment for sharing experience and ideas.

Carers Skills Workshops are also held regularly in Sevenoaks which offer professional techniques for becoming a 'Change Coach' for your loved one, including:

- Dealing with challenging behaviour
- Specialised communication skills
- Avoiding traps that may maintain the disorder
- Supporting recovery

"My husband and I are overwhelmed with the care & support we receive and the abundant benefits of your workshops. We feel very lucky with all the care from everything you organise"

Group For Carers

By coming to this Carer's Group we hope that you will gain inspiration from:-

- Sharing with others and learning from their experiences
- Exploring new ways of dealing with the problems
- Benefiting from the information and literature you receive.

Through its links with beat, (formerly the EDA) and service providers the group co-ordinators can also feed back carer's experiences of service provision and how they feel it could be improved.

Carers FIRST is recognised within the area as an organisation that regularly meets with many different carers and can therefore represent their voice to service providers, as well as access to information and resources, discussion, advocacy, 1-1 support and groups where they can meet other carers in similar situations