

SUMMER 2018



NEWSLETTER



Welcome to the latest newsletter provided by the Service for High-risk Eating Disorders (SHED)
SHED provides a specialist service to adults aged 18 and over who are experiencing an eating disorder and other significant related problems. Covering Cardiff & Vale and Cwm Taf health boards, SHED offers a range of services, including psychological therapies, nutritional advice from a State Registered Dietitian (SRD), support from an occupational therapist, information and contemplation work, and information and support for families and carers.



MEET THE TEAM

Eating problems and their related difficulties are complex. Each of our service users face their own set of challenges, requiring a supportive approach that is based on these unique needs. As such, SHED comprises a multi-disciplinary team which draws on a breadth of professional skills and expertise in order to provide the most effective interventions possible.

- Dr Menna Jones** - Clinical Lead
- Dr Isabella Jurewicz** - Consultant Psychiatrist
- Leah Rees** - Specialist Clinician
- Abbie Williams** - Occupational Therapist
- Mike McGuire** - Specialist Dietitian
- Ruth Galloway** - Eating Disorders Young Person's Workers
- Ellie Jenkins** - Eating Disorders Young Person's Workers
- Lea Sanford-Opatz** - Support Worker
- Stephanie Airey** - Team Administrator

For details of how to contact the SHED team, please see the back page !





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GOODBYE HARRIET

It feels like it was only yesterday that I was saying hello and it's already time to say goodbye! I'm very sad to be leaving SHED, but I'm off on my next adventure and am starting another 6 month placement elsewhere to continue my training as a clinical psychologist.

Working at SHED has been such a great 6 months and I have worked with some amazing clients who have taught me so much and been so lovely. The team at SHED have always made me feel very welcomed and are incredibly supportive, I'm going to miss them all very much!! The past 6 months has been a big learning curve and been a great opportunity to learn new skills and develop my knowledge, and I'm very grateful for that.

My next placement takes me to working with Older Adults in a team to help people with Dementia, and I'm really looking forward to it.

But I hope that my path may cross with the SHED team again in the future thanks for everything SHED!



HELLO LEA



Hello everyone, I have recently joined the SHED team as the new Eating Disorder Support Worker. I have been a volunteer with SHED in the past, and I am so pleased to be back! I am from Germany and moved to Wales for my postgraduate degree a few years ago. Since then I have worked as a support worker in the community and residential settings, as well as at the University of South Wales with children and adults with Neuro-developmental disorders. I developed an interest in supporting people with eating disorders during my student placement in SHED and due to the research I did for my dissertation and helping out with service evaluations for the eating disorders services in Cardiff. I am currently working as an assistant psychologist in the Primary Mental Health Service in Cardiff and am sharing my week between that and my work in SHED. In my time off I like to get outside and my favourite weekends usually involve walking through the Welsh countryside or up a mountain somewhere. I love to read or watch Netflix, and am a big fan of period dramas, crime stories and nature documentaries. Most days I like to just relax with a nice cup of tea but spending time with my friends and family is also very important to me, and we often do activities together like baking, doing yoga, or going travelling. I am really excited to be able to work with the SHED team again, and am looking forward to getting to know everyone!





GOODBYE PAULO

After having joined the SHED team in October last year, I have now almost finished my time here on placement! It has been an amazing experience and I have met some really wonderful people throughout the year. Though I'm sad to leave, I can't help but feel excited and enthused by my experiences in this post. I have



grown and developed as an individual in not only my professional, but also personal life. I can only hope to carry these experiences forward with me and continue with my studies in becoming a psychologist, so that I can one day work with and support people professionally.



HELLO SOPHIE

Hi I'm Sophie, a Trainee Clinical Psychologist on placement with SHED for six months. I'm really enjoying getting settled in and meeting everyone in the team, they have been so welcoming and friendly. Before starting my training I worked with a CAMHS team and with adults with learning disabilities. I worked with groups and individually with people, their families and carers. I'm really looking forward to the rest of my placement, getting to learn more about SHED and, most importantly, starting my work with clients.



I spend my free time with my friends, baking and doing different crafty projects: at the moment I'm making a pom-pom garland and a sparkly jacket for a festival. I'm also a member of a kettlebell club and love swinging the weights around!

WE HAVE TRICKY BRAINS

"The mind is its own place, and in itself can make a Heaven of Hell, a Hell of Heaven"

John Milton, Paradise Lost, Book 1

Life can be hard, can't it? Sometimes this is because of what's happening in our lives: Work, Family or Relationship stress, bad memories from the past or maybe a serious illness we're suffering from. Other times it can be linked to the reality of looking out around us to the suffering in the world: wars, poverty, natural disaster and famines – or the realisation that at some stage, we are all going to die. These are not things we like to focus on, and for the most part not useful to do for too long. But sometimes it's important for us to acknowledge the reality of life and find a way we can work with this, rather than ignoring it, fighting it off or trying to block it out of our minds. This is where compassion comes in because it provides the grounding of a wise and courageous base for us to work with life's realities.

One of the cornerstones of compassion is wisdom. This means that to develop your compassionate mind, acquiring the wisdom in understanding how and why we suffer may be an important step in helping ourselves to relieve this.

Evolution

It turns out that the process of evolution has actually left our brains in a bit of a mess! We refer to this as how we all have 'Tricky brains'. Our brains are capable of amazing things, and they give rise to wonderful abilities such as the ability to think, imagine, plan and reflect.

These in turn gave rise to some of the great accomplishments of our species: the writings of Shakespeare, Hemingway, Austen; the art of Michelangelo and Picasso, the music of Beethoven and Mozart. It's led to amazing medical advancements - antibiotics, medicines and operations - that have saved lives of millions.

Unfortunately, these same abilities for thinking, reasoning and imagining also have a dark side. We have inexhaustible ways of bringing pain to others. We have invented weapons of mass destruction and polluted our planet. And these same abilities can also drive much of our own distress through self criticism, worry and rumination.

Our old brain: just like our bodies, our brain is a product of hundreds of millions of years of evolution.

Scientists sometimes talk about how these brain structures originated in the reptiles – and this part of the brain is often referred to as the ‘reptilian brain’. This old brain is linked to the four Fs: feeding, fighting, fleeing and ... having sex! Following after the reptiles, about 200 million years ago mammals emerged into the world. Similar to reptiles, mammals also have an interest in the four Fs, but have a greater interest in ways of caring for their offspring. They are also more orientated to and motivated to engage in bonding, social communication, play and affection. This part of the brain is sometimes referred to as the mammalian brain, or limbic system, and is likely to play an important role in the functions on basic emotions like anxiety and anger and sadness and joy, which evolved to help mammals engage with their motives and, ultimately, survive and prosper.

Old Brain Summary

- *Basic motives such as harm-avoidance (survival), seeking of food, sexual opportunities and status; for attachment and caring of offspring*
- *Defensive behaviours such as fight, flight, freeze, submission and clinging*
- *Basic emotions such as anger, anxiety, disgust, sadness and joy.*
- *However, as a species we've also developed a set of more recently evolved ('new') competencies.*

Claire's old brain example: Claire was having big problems at work. Her boss was often very critical, harsh and dismissive, and at times, emotionally abusive. To make matters worse, her colleagues were very competitive and unsupportive. When she thought about how this was impacting on her old brain, she recognised that in this environment, she was left feeling very anxious (almost continually), and had an urge to 'flee' and avoid being in the office. She also recognised that she didn't do this partly because it was important to her that she was successful and earned 'good money', so often had to behave in a very submissive, non-challenging way with colleagues.

Self-Reflection: Exploring Your Old Brain

Can you think of common times– or types of situations—Where your old brain has been triggered?

.....
.....

Which old brain emotion did this situation trigger for you ?

.....
.....

What motivation or behaviours tend to come with this? What do you want to do when this old brain emotion is triggered ?

.....
.....

Our new brain ‘human’ abilities:

Around two million years ago, our distant primate ancestors started to develop increasingly complex, sophisticated and ‘intelligent’ thinking abilities. This part of our brain is linked to part of the brain called the prefrontal cortex, and gave rise to wonderful abilities in the world.

These include:

- Our ability to *imagine* things. We have an amazing ability to create images in our minds that may or may not be real, but helps us in many areas of life.
- We can *consider the future*: our new brain competencies allow us to cast our mind forward to the future and consider potential outcomes.
- We can *think about our thinking*. Our new brain abilities can lead to a capacity to monitor our own minds, and form beliefs about our own minds, thoughts and feelings.
- We can *reflect on things in the past*: it’s not just the future that we can contemplate; we can transport our minds back in time and ruminate over things that have happened and things that we have done and things that have been done to us - in the past.

Old and new 'loops' – a mind that can turn on itself

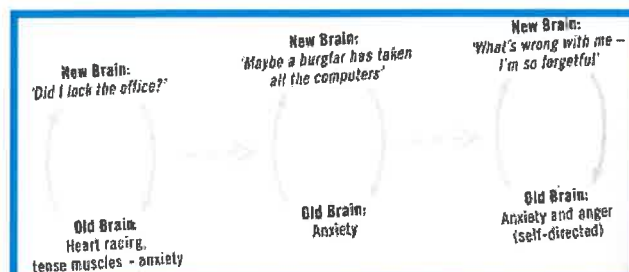
Although we are simplifying complex brain processes here, we know that our new competencies for thinking, imagining, ruminating, worrying and self-awareness can interact well with our old brain motives, emotions and behaviours, and can sit alongside each other in a coordinated, helpful way. However, at times these different new and old functions can get caught up in unhelpful 'loops'. Our mind can turn in on itself in a way that lead to 'glitches', which in turn can drive some of the distress and difficulties we experience in life.



Example

John was in bed, feeling relaxed after a long day at work. Just as he was about to fall asleep, a thought popped into his mind: 'Did I remember to lock the office properly?' Suddenly, his sleepiness disappeared, and he began to feel a little tension and anxiety in his stomach. Two hours later he was still awake, struggling with insomnia, tense and frustrated. His mind was going round in circles, not just about the unlocked office door, but images of all the computers and company secrets missing in the morning! As this feeling of anxiety continued, a new set of thoughts emerged: 'why am I so forgetful - maybe there's something wrong with me' which continued to leave him feeling anxious and tense.

Figure 1.2 shows John's loops drawn out.



Given the example above, it may be helpful to think about the type of 'loops in the mind' you experience.

See if you can outline your own, specific loops below. It may help to start with thinking about recent situation that might have triggered your loops. From this, see if you can begin to outline—like with the example of John—loops you have between new brain competencies (e.g. thinking, worrying, imagining) and old brain emotions or behaviours (e.g. Anger, Anxiety, avoidance, aggression).

New Brain competencies

(worries, ruminations, self-criticism)

.....
Old Brain Competencies

(emotions, defensive behaviours)

.....
What have you learnt about the loops between your new and old brain competencies?

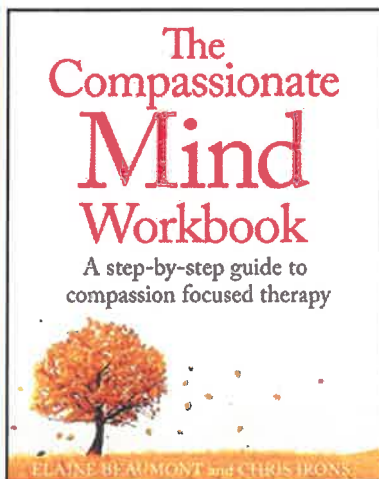
.....
How often do you experience these types of loops ?

.....
How do these loops effect your confidence, wellbeing or mood?

.....
Although we do not choose to have these loops, we can do something about them. Here are some suggestion's:

- It can be helpful to become aware of the loops in your mind - if we notice them, then we might be able to do something about them. To do this, it can be helpful to learn more about the loops you experience. For example, for a week, at the end of each day take five minutes to write down the type of loops you got into that day. Or alternatively, using a notebook or your mobile phone, take regular notes throughout the day of the type of thinking-feeling loops you get into.
- If you find it hard to remember the types of loops you get into, set a reminder on your phone or computer to go off at regular intervals throughout the day. When this happens, take a moment to note down if you had just been experiencing any loops between your new brain and your older brain competencies.

- Once we notice the loops, try to remember that these are perfectly normal and something that we all experience – there isn't anything wrong with you for having them.
- It can be helpful to find ways to notice that we are caught up in a loop, and practise ways of 'stepping out' of these. It could be that this is by redirecting your attention to something that is happening in the 'here and now' (for example, if I'm able to focus my mind on something that is happening right now, such as the sensation of my breathing, or the beautiful flowers and plants in my garden) this may slow or disrupt the loops. So rather than my attention being 'fully' caught in the loops, I am instead focusing on something neutral or pleasant instead.
- We can learn to hold the loops between thinking and feeling more 'loosely' in attention, so that we are aware of them but not feel that we have to fight or ignore them, push them out of mind or surrender to them. Instead, we can notice and observe these as just another 'product' of our minds that we did not choose to have. This can help us to move towards acceptance, which in itself can help them to soften and calm down.



Reference taken from
The Compassionate Mind Workbook by
Chris Irons
Paperback £13.29 Amazon

This workbook is a step-by-step guide to CFT, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life. The exercises, prompts and case stories in this book provide an understandable and practical way to develop compassion.

TRANSITIONS BETWEEN SERVICES

We have long known that the experience of young people with eating disorders and their families while they move from children's services to adult mental health services can be a difficult and anxiety-provoking. Services are run in different ways and have different approaches to how they support people with an eating disorder. In 2017, the Welsh Government recognised that services needed to be improved to have this experience of transition smoother and easier.

NEW STAFF

They therefore identified funding for new staff to join the SHED team and other similar teams around Wales who would work with young people and their families from the age of 16 upwards if they were thought to be likely to continue needing support from services after turning 18 years of age. The SHED team are delighted to welcome two new members of staff in the role of transition workers, Ruth Galloway and Ellie Jenkins, and they both introduce themselves here. We have also appointed a family therapist to work with these young people and their families and help provide continuity of the type of support that has been received in children's services.

TRAINING AND WORKSHOPS

In addition to these roles, the funds from the Welsh Government are providing an extensive programme of training for professionals across children's and adults' services as well as the new transition workers. Central in this programme of events was a workshop held in Llandrindod Wells on April 25th for service users, family members and clinicians from across Wales to think together about how to improve the transition process. Many people attended and the day was full of lively and inspiring discussion about people's personal experiences and hopes for future young people's experiences of changes in their care.



Hello Ellie

My name is Ellie Jenkins and I joined the SHED team a few months ago as a new

young person worker, supporting young people transitioning from Child and Adolescence mental health services to Adult services. I am a mental health nurse and have previously worked in CAMHS. During my time there I worked within a community mental health team working with young people and their families providing care and treatment for individuals with complex problems. I provided assessments and treatment using a range of therapies, techniques and social interventions as well as general support and advice. I have always had a special interest in working with eating disorders and am excited to be part of this new transition service.

When I am not in work I enjoy spending time with my family and friends and walking my dog, she is a cockapoo and is very energetic. I also love listening to music and watching TV, I'm currently into watching The Real Housewives of Cheshire and Hollyoaks.

I am looking forward to meeting new people through this role and working with the SHED Team who have been very supportive and welcomed me into the team.

HELLO RUTH

Some of you may already know me as I joined the SHED team back in 2016 for just over a year, and returned as a Young person's worker earlier this year along with Ellie Jenkins to help support young people transitioning from child and adolescent mental health services to adult services. It's like I never left and am pleased to be back!

Prior to this I worked for 7 years in the Hamadryad adult community mental health team as a CPN and link worker for the eating disorders service. Before that I worked in addictions services, adult acute wards and the older adult service.

Throughout my career I have always had a special interest in working with eating disorders and am particularly excited to be part of a new service helping young people transition. I really enjoy helping people with contemplation work and body image problems.

In my spare time I love catching up with friends and family, walking with my wild little border collie Flossie, travelling, keeping active and eating out. I also always have music playing, ranging from Pink Floyd to Drake! Looking forward to meeting some new faces soon!

DAILY MEDITATIONS

Recovering from an eating disorder means relearning how to eat moderate meals and how to abstain from bingeing or starving.

When abstinence is firmly established, we are free to become the people we are meant to be. No longer obsessed and preoccupied with food and diets, we can use the released energy to develop our potential.

How do I know what I am capable of doing until I try ? Perhaps I was afraid to try in the past, and perhaps that was a reason I was preoccupied with food and diets. With abstinence, I am free to go back to where I stopped developing my talents and abilities and to see what I can do with them.

I will remember today my recovery is only as good as my abstinence, and that in order to make progress in the areas of love and work, I need to follow a way out of eating disorder into a fuller life.

Taken from the book Inner Harvest: Daily Meditations for Recovery from Eating Disorders by Elisabeth L (2008)



Abstinence unlocks our potential



PROPOSAL FOR PEER SUPPORT PROJECT



Mental Health
Foundation

The SHED team have been approached by the Mental Health Foundation to work

together on a proposal to seek funding for a wonderful project idea. The project would be about developing peer support into eating disorders services in the Cardiff & Vale and Cwm Taf areas, meaning employing people with past experience of eating disorders to be part of the SHED team and to actively support our clients in a wide range of ways on a one-to-one and group basis.

The project is currently very much in the early stage of development, and in order to help the project move forward, it would be very helpful to have your input into these ideas, so that we can demonstrate whether or not our clients believe that receiving support from people who have past experience of an eating disorder would be helpful to you and your families.

Please have a look at the quick survey at this link:
<http://www.smartsurvey.co.uk/s/ZJYN6/>



REVIEW OF EATING DISORDERS SERVICES

In 2016, Public Health Wales published a refresh of the Eating Disorders Framework for Wales, which is a document that describes how services should be organised in Wales to support people with eating disorders. In the refresh, Public Health Wales stated that once new NICE guidelines for eating disorders were released, that a full review of eating disorders services in Wales should be undertaken. The new NICE guidelines were produced in 2017, and earlier this year, the Welsh Government announced that they had commissioned a large scale review to be undertaken by Dr Jacinta Tan. Dr Tan is a Clinical Associate Professor of Psychiatry at Swansea University and is very familiar with eating disorders services in Wales. She is therefore in an excellent position to explore how services can be re-developed and improved for all people with eating disorders.

Dr Tan has formed a team around her to undertake the project of this review, and the team includes service users and family members as well as professionals from the third sector, to bring a broad and innovative perspective to this work. The team have organised 4 consultation events for service users and carers across Wales, the first of which was held in Cardiff on May 1st. Service users also have the opportunity to complete an online survey to give their comments and ideas, at the link

English: <https://www.surveymonkey.co.uk/r/KJ3ZV3H>

Welsh: <https://www.surveymonkey.co.uk/r/CXPN3KJ>

Following on from these, Dr Tan will be travelling the country speaking to clinicians and speaking with leaders in eating disorders services across the UK and beyond to hear about excellent practice that can be brought in to Wales.

The review is due to report back to the Welsh Government in the Autumn, and we very much look forward to seeing the results of this important project.



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Wales



BEAT CONFERENCE

This year, a few of us from SHED were lucky enough to attend the international BEAT conference in London. Mike McGuire, Ruth Galloway, Ellie Jenkins, Harriet Collie and myself (Paulo Pestana) had an amazing time on this two-day conference. We were lucky enough to hear talks from several professionals from around the world presenting their interesting research. We even had the opportunity to meet Janet Treasure! I was pleased to find out that the event wasn't only open to professionals, there were service users and carers there too. I have to say though that for me, the most interesting part of these talks wasn't hearing about the cutting-edge research being carried out.



I thought that the most insightful and engaging stuff was said by carers and service users present at the event. My favourite part has to have been when the young ambassadors for BEAT, who are recovered young people, got the opportunity to interview the researchers. They also got a chance to speak to the crowd about their own experiences and their current roles within the charity. All in all, it was an amazing experience which I would recommend to anyone!

SOCK IT TO EATING DISORDERS



During the Eating Disorders Awareness week, we hosted an staff bake sale for BEAT on the 1st March St David's Day in Global Link, Unfortunately due to the red warning for snow that day there wasn't that much staff present in the building but we managed to raise an incredible £115.60!



ADVICE FOR RECOVERY FROM SOMEONE WHO HAS BEEN THERE

Treatment for eating disorders can involve inpatient, outpatient and day patient care.

Either way, the most important thing I have learnt is that treatment (although important and necessary) doesn't work unless you do. No one can drag you through recovery or do recovery for you. They can support you, reassure you and offer you love and advice but they cannot do it for you. Here are some things I have learnt from my own journey:

1. You will never feel ready to recover.

After my first inpatient admission I was told I wasn't ready to recover, but found these feelings remained pretty constant. It dawned on me that I would never feel ready and if I waited until I felt ready I would quite literally be waiting for the rest of my life. We get one life on this Earth and I personally don't want mine to be my eating disorder, what a waste of love, of exploration, of adventures and of living. It will never feel like the perfect time so **GO FOR IT!**

2. You cannot keep parts of your eating disorder,

not any bit of it (desirable to you or not) if you want to break free. **IT DOESN'T WORK.** At best you are stuck in quasi recovery, where you aren't relapsing into your illness but you aren't experiencing the benefits of recovery either. This is a lonely and trapped place to be. Additionally, if you give your eating disorder an inch, it will take a mile. You might exercise for 10 minutes today, but tomorrow it'll be 20 minutes, and before you know it you're drowning in whatever behaviors apply to you again. Your eating disorder creeps in before you even realize, and by the time you do, it can be too late. Do not give it the space within your life that it craves.

3. NOTHING WILL EVER BE ENOUGH FOR AN EATING DISORDER.

You could die because of it and you'd still probably be kicking the spirit form of yourself because you could have 'died better'. Feeling as if you aren't unwell or aren't unwell enough is a common theme amongst eating disorder sufferers; this in itself demonstrates that it is part of the illness. I have wasted so much time out of my life relapsing because I thought if I do it 'better' this time then my eating disorder will let me recover. The fact of the matter is this just was not and never would be the case. Nothing will ever be enough. There is not Anorexia 2.0, Bulimia 5.0, BED 3.5 or OSFED 10.0. Eating disorders are as severe as each other. You can die trying to please them or accept that you never will and try to beat it instead.

4. Recovery does not feel like rainbows and skipping through meadows.

Recovery feels like HELL, but that means you're getting somewhere. Let's be honest – eating disorders feel like hell too. Recovery is hard, but it offers the hope of being able to lead a meaningful life. The toughest days are the days in which you make the most progress, and in conquering these days you become a person stronger than you ever could have imagined.

5. Your eating disorder will probably creep back in with a pair of rose-tinted glasses.

It will convince you how great life was when you were – let's be frank here – dying, how it wasn't that bad. They are rose-tinted glasses for a reason – trust me, **IT WAS THAT BAD.**



6. Be honest with the people around you.

Lying, deceit and withholding information only fuels your eating disorder. It also stops the people around you from being able to support you and can stop you doing valuable work on areas that you struggle with most. People can't help you with what is hard if you don't tell them what is hard. The people around you simply want what is best for you; they are **NOT THE ENEMY** even when your eating disorder tries to convince you that they are. They are the people trying to help you live, the ones that love you. Your eating disorder does not love you; its sole aim is to destroy you.

7. You do not have to show you are struggling by using behaviours.

Your words are enough to those who really matter, and if your words fall on deaf ears, try somebody else. Recovery is harder than listening to the thoughts and if anything, this is when you need most support. You are bound to struggle when giving up such a big coping mechanism, but it does not mean you need to act upon that struggle.

Recovery requires breaking your ED behaviours. You cannot work on the mental aspects of recovery without starting the physical/behavioural aspects of recovery. It is possible, I promise; I know that it can feel terrifying but hold on to the fact it is **POSSIBLE. I did it and you can too.**

8. Recovery is not perfect or linear.

Once you have chosen to recover, the angels do not descend on you and remove your ED. (It would be magnificent if that was the case.) This is just the first step on a very long path. Some days you will forget why you have chosen recovery. You will doubt it; you will want to give up. Some days you may give up. The most important thing is being able to pick yourself back up when you fall. Recovery is lots of little steps towards the bigger goal, and you will get there eventually.

9. You are worth recovery.

There isn't a person who isn't. You do not have to earn the right to treat yourself and your body with respect and kindness. You deserve to be happy and healthy as much as anybody else. You are not an anomaly to this rule – only your eating disorder will tell you this. It is **LYING**. It may also tell you that you solely cannot recover, that you don't have the capability like everybody else. It is lying about that, too. **Recovery is a possibility for you as much as the next sufferer; don't deny yourself the chance.**

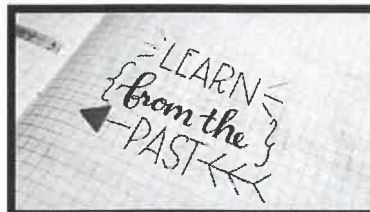
10. Have things to look forward to and to keep you going.

This doesn't mean swamp yourself with plans, and these plans don't have to be extravagant. Just little things that remind you why you are fighting! Seeing a friend, visiting somewhere you have always wanted to go, reading a new book or learning a new hobby. No matter how big or small, it is good to have reminders of why you are doing what you are doing!

11. Your body/behaviour change will race above your head in recovery.

Whether that be stabilising bloods, gaining weight, nourishing your body adequately, stopping behaviours etc., you will feel scared about how far ahead your body and/or actions may feel in front of your head and mental state, but this is normal and expected. Give your head the chance to catch up. **IT WILL EVENTUALLY BUT IT WON'T IF YOU GIVE UP.**

Contributed by Nicole from the www.beateatingdisorders.org.uk



MUST SEE EVENTS



The festival was established by Menter Caerdydd in 2006 to celebrate the use of the Welsh language in Cardiff. In 2012 Tafwyl moved from the Mochyn Du, became part of Cardiff Council's Summer Festival Package and was held at Cardiff Castle for the first time. Tafwyl is a family friendly festival, and is a lively mix of live music, literature, drama, comedy, art, sports, food & drink. The event is 9 days in total: a fringe event held all around the city in museums, libraries, cafés, bars & art centers for 7 days, ending with the main event over a weekend.

When: 30th June—1st July
Where: Cardiff Castle
How much: Free entry!

Renowned for its intense racing, the adrenaline-fuelled Extreme Sailing Series returns to Cardiff Bay for the seventh consecutive year. The sixth stop on the action-packed global circuit, which spans the Middle East, Europe and the Americas, Cardiff will play host to a fleet of elite-level international sailing teams. They include British squad, Land Rover BAR Academy, whose crew are mentored by senior members of Sir Ben Ainslie's America's Cup team. The event will also provide shore side entertainment, fun activities, food stalls, bars and live music.

When: 25th-27th August
Where: Cardiff Bay
How Much : Free entry!



The Big Welsh Bite is back this August, celebrating all the culinary delights from around the country. This annual two-day food festival attracts thousands of visitors from all over. Once again this year, there will be many attractions, including a fine array of food and craft stalls and a packed itinerary of arena shows, cookery demonstrations and side attractions. All produce available at Big Welsh Bite will be grown, reared, caught, brewed, pickled, baked, smoked or processed by the stallholders themselves, resulting in a scrumptious range of local produce. From cupcakes to Indian spices, there will be something for everyone and a vast range of food to eat on site as well as to take home with you.

When: 4th-5th August
Where: Ynysangharad War Memorial Park, Pontypridd, CF37 4DP
How Much: Free entry!



DOING SOMETHING DIFFERENT

I wanted to share with you my experience of exploring, applying and starting a Voluntary Role, I hope this short article will encourage you too. My journey of living with an ED over the past few years has taken many paths leaving me lost, lonely, isolated, lost identity, hope, focus and self worth.

Working with Abbie from SHED (Occupational Therapist), she supported me to attend an open session at Cardiff Central Library to discuss volunteering opportunities in areas that I had an interest in. The process is very straightforward and once you sign up on the website, they will send you volunteering vacancies in your chosen field of interest. I did not think that I would be accepted to undertake a role in this way given the complexities around my Mental Health and ED.

- 1 Surely Voluntary work was only accessible to those who were living a more stable life than myself.*
- 2. Surely Voluntary work wouldn't help me in my situation. My days are unplanned, unstable and chaotic.*
- 3. Surely once the Voluntary Services and those seeking volunteers knew about my situation they would not accept me.*

The TRUTH is that none of the above statements are true. I signed up after selecting the areas that I either enjoyed prior to this ED, or had an interest in. In Dec 2017, I started as a Volunteer at a Community Centre in Cardiff.

The people working there rely totally on volunteers and both they and other volunteers have been nothing but "ordinary people", treating me as an ordinary person. I chose to discuss with the workers my situation, but there was only a supportive response. No one else is aware of my struggles with ED and why should they, unless I choose to give that information.

It's one of the positive, challenging, scariest, bravest steps I took, and over the past few months have benefitted so much from the experiences and contacts I have made.

Why do it? Because you matter!

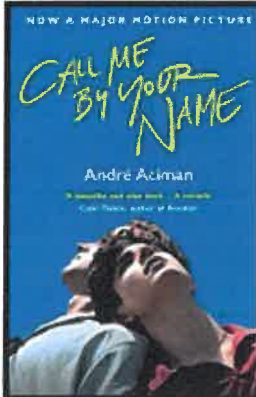
Because you're worth more than you feel or think right now. Because Hope, Encouragement, Confidence, and Self-appreciation are on the other side of Fear, Unworthiness and Hopelessness and all the other negative beliefs we may hold of ourselves.

If you are interested in exploring a Voluntary role for yourself here is the link to the website.

<http://www.volunteering-wales.net/>

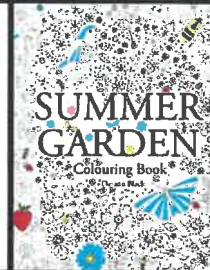
Best Wishes
Hazel

BOOK / FILM CLUB



André Aciman's *Call Me by Your Name* is the story of a sudden and powerful romance that blossoms between an adolescent boy and a summer guest at his parents' cliffside mansion on the Italian Riviera. Each is unprepared for the consequences of their attraction, when, during the restless summer weeks, unrelenting currents of obsession, fascination, and desire intensify their passion and test the charged ground between them. Recklessly, the two verge toward the one thing both fear they may never truly find again: total intimacy. It is an instant classic and one of the great love stories of our time.

Summer Garden is a colouring book by author and artist De-ann Black. The book contains 30 of her original illustrations, patterns and designs, hand drawn in pen and ink. The flower theme of this colouring book is based on several of her books including *The Flower Hunter's Cottage*. Other colouring books by De-ann: *Flower Hunter*, *Sea Dream*, *Flower Bee*, *Bee Garden* and *Autumn Garden* colouring book.



Inner Harvest: Daily Meditations for Recovery from Eating Disorders by Elisabeth L (2008)

This book gives you 366 meditations will help you find the power to develop and deepen our spirituality. Daily positive thoughts offer insight and ideas for meeting the challenges of ongoing recovery from eating disorders. Taster on page

Have you currently read a book or have enjoyed a film recently ?

Recommend it to us and we will feature it in the next newsletter



Mindfulness Colouring



Before you start colouring this picture, spend a few moments thinking about what you would like to have more of in your life, or do more of. Then choose colours to represent each of them.

GET INVOLVED

If you would like to get involved in the production of the newsletter? Please give us a call on **02921 832 200**.

We are looking for ideas to make the newsletter tailored to our clients and what you would like to see in the newsletter. In the past few newsletters our clients have given us content to include and it has been much appreciated.

We have Service Development meetings throughout the year and involving clients has made a huge contribution to these meetings and our plans as a service.

If you would be interested in attending our Service Development meetings, please contact Menna Jones at the SHED team to discuss what this would involve.



CONTACT US



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