

**S.E.E.D & Breathe
Therapies
Annual General Meeting
2014**



Outline

- Our Purpose
- Ruby & Josie's' story
- Aims & Achievements
- Plans for the Future
- Reports
- Voting of trustees
- Lunch
- Recovery art workshop
- Questions & evaluation



Why We Are Here

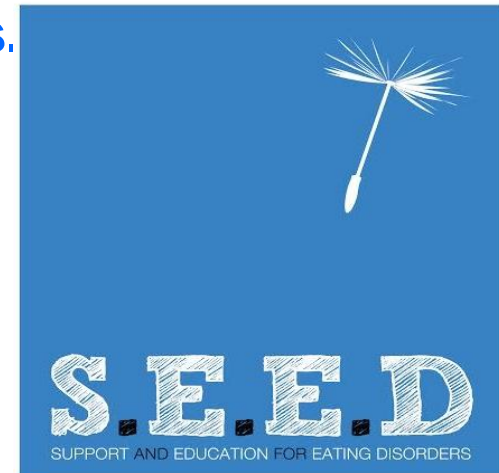
- Research from The National Institute of Health and Clinical Excellence suggests that 1.6 million people in the UK are affected by an eating disorder, of which around 11% are male.
- We understand the GP's concerns regarding Eating Disorders in terms of the complications, as treatment is costly in time and is demanding on resources.
- GP's may intervene when a client presents themselves with deteriorating symptoms often with no other alternative than to refer them onto either in-patient units or very long waiting lists for CBT which are often unsuccessful in treatment as they focus primarily on weight gain and not tackling the deep rooted psychological issues and this is costly to the economy. This leaves GP's feeling faced with no other alternative as they are unaware of local accessible and efficacious care available for Eating Disorders, weight management, obesity and psychological therapies that are accessible within the local community.
- This as a result, leaves many patients feeling trapped in a continuous cycle of entering admission, gaining weight to a satisfactory level suitable for discharge and then losing the weight once out, whilst often not resolving the underlying cause.

Ruby and Josie's Story



S.E.E.D's Aims

- To provide a regular point of contact for sufferers and their carers.
- To provide information and advice packs with a Lancashire focus.
- To hold regular self help group meetings for sufferers and their carers in community settings.
- To provide educational and therapeutic experiences in addition to the self help group.
- To offer opportunities for those in recovery to gain skills and build confidence.
- To influence policy and interventions through networks.
- To conduct research in order to assess local needs.
- To bespoke training for professionals on how to identify signs and symptoms of eating disorders and what assists GP's, Nurses, Therapists, School teachers and Lecturers.



Breathe Therapies

Aims



- Breathe Therapies aims to provide a local and accessible specialist service for those with eating distress and offers a confidential, professional and individualised treatment package in a safe therapeutic environment
- To provide a research-based ,multi-disciplinary treatment programme for eating distress i.e. Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Compulsive Eating and Failed Dieting/ Obesity.
- Breathe uses a holistic and integrative treatment model founded by The National Centre for Eating Disorders and involves the combined uses of therapeutic interventions delivered through an overall patient centred approach.

S.E.E.D's Achievements 2013-2014

- S.E.E.D has continued as an active member of One Lancashire.
- It has also continued as both an active AND strategic member of The Insight Network.
- Continued developing a social media presence and interacted with over 5000 people.
- S.E.E.D have delivered Living Library Events along with weekly drop-in services and have held fortnightly self-help groups at Preston College.
- S.E.E.D has also held awareness events for students and have held staff training at Preston College.
- Attended regular health events promoting healthy eating, body image and self-esteem.



- Attended regular health events promoting healthy eating, body image and self-esteem.
- Have held fortnightly carer advice and information clinic at The Carers Centre and Galloways, Preston.
- Engaged with Preston Community Network and Preston Christian Action Network (PCAN). S.E.E.D have since continued to engage with Preston Community Network.
- Delivered an annual Fashion Show to raise awareness of the service, promoting self-esteem and body image.
- Talking Eating Disorder Conference in Liverpool Shelly speaking at the conference on what works and what doesn't



- S.E.E.D has engaged with the health and wellbeing board and local CCG meetings.
- Lobbying with MP's with regard to access to treatment for eating disorders.
- Have maintained regular local radio interviews raising awareness of eating disorders in Lancashire.
- Delivered training and support to volunteers and continued to develop a solid team of volunteers and staff across all projects.
- Have engaged with social work students through Touch.
- Has continued as an active member of NVCO and ACEVO.





- Have delivered a six month project supporting women on life sentences and long term sentences in a probation hostel as an interim placement from prison before release in order to rehabilitate, develop emotion resilience and provide emotional support.

- Have improved and developed their website.
- S.E.E.D have expanded the Board of Trustees.
- Have won an award for The UCLan community team of the year.





- S.E.E.D have also worked with The Challenge Young People's Project raising awareness of eating disorders over three projects including photography, art and filming.
- Had a volunteer take part in The Total Warrior 10K run and raised over £200.
- Have developed and maintained an online Facebook closed support group which has 293 members



Feedback

- “When i first came to seed i was to nervous to go on my own and would get really anxious but now i go to seed on my own it just proves you can do anything in life and become a stronger person, i want to grow as a person and i know keep going to seed and accessing the support that will help me to achieve what i want in life x..”
- “Thank you for support group this evening. I've realised that just going to that kind of supportive environment and just BEING there holds a great value...because the way it makes me feel, being in that environment, stays with me without me having to 'work really hard' to remember it...”
- “I'm very glad I found out about seed it helps a lot to talk to people that understand how your feeling ..everyone is very kind and make u feel welcome I have only been to Seed a couple of times but in them times, i have been it made me realise that you're not alone ..all Seed workers are great at what they do!!”



Breathe Therapies Achievements

- Breathe have treated over 30 clients on a 1:1 basis with a positive outcome.
- Breathe Therapies have developed a strong clinical team.
- Despite financial hardship, political changes and cessation of funding, Breathe have successfully managed to turn the income around by making the services available privately.



S.E.E.D's Plans for 2014-2015

- To secure funding projects and for a permanent office base and meeting space for a 3 year period for SEED administration services.
- To have written at least 5 bids to secure greater funding and apply for funding and bid for local contracts along with a fundraising strategy.
- Improve and develop website forum and email service.
- Hold awareness event in Preston city centre and Preston college.
- Go into 2 further schools with PSHE lessons on self esteem and body image (content provided by BEAT).
- Make further partnership and maintain links with other relevant local organisations.
- Review policies and roll out to further develop to become more sustainable and build capacity as an organisation
- To audit both services and provide data collation and statistics with regard to its effectiveness and impact.
- Seek out, consider and value opinions of current clients and service users and their family members/ significant others
- Observe local and national criteria, research and news regarding the treatment of eating disorders.

- **PQasso.**
- **Video “Art Lab”.**
- **Digi-enable project.**
- **Rock FM self-esteem project.**
- **Recovery art project.**
- **The Challenge Project.**
- **Employ volunteer coordinator and full time administrator.**
- **Board development.**
- **Re-write business plan.**
- **AGM.**
- **HR.**
- **H+S + RA.**
- **Conference 2015.**
- **Microsoft 365.**
- **Ensure volunteers and staff have access to training and support system and provide further opportunities for learning and developing for volunteers.**
- **To develop a new interactive website providing support and information.**
- **To continue building, developing and sustaining a strong team and beat the quality mark.**

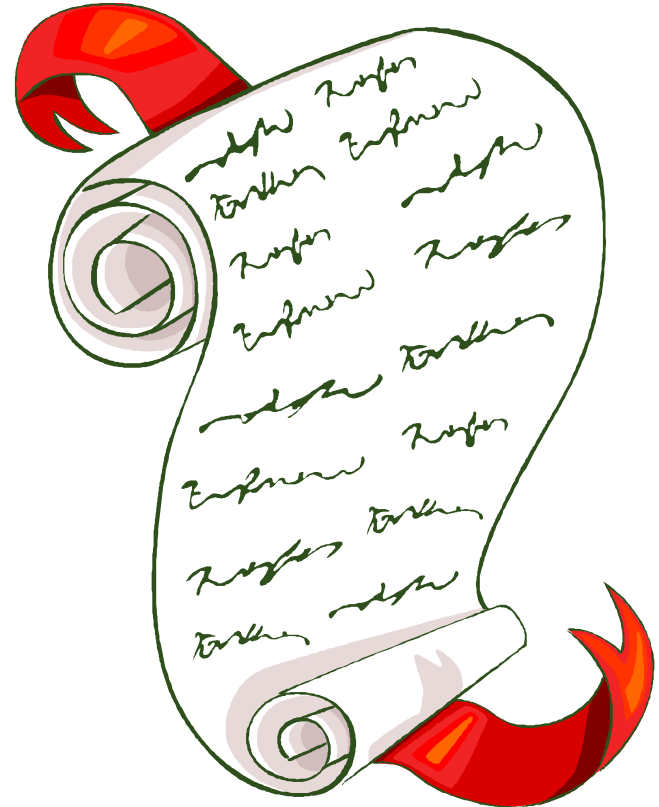
Breathe Therapies' Plans

2014-1015

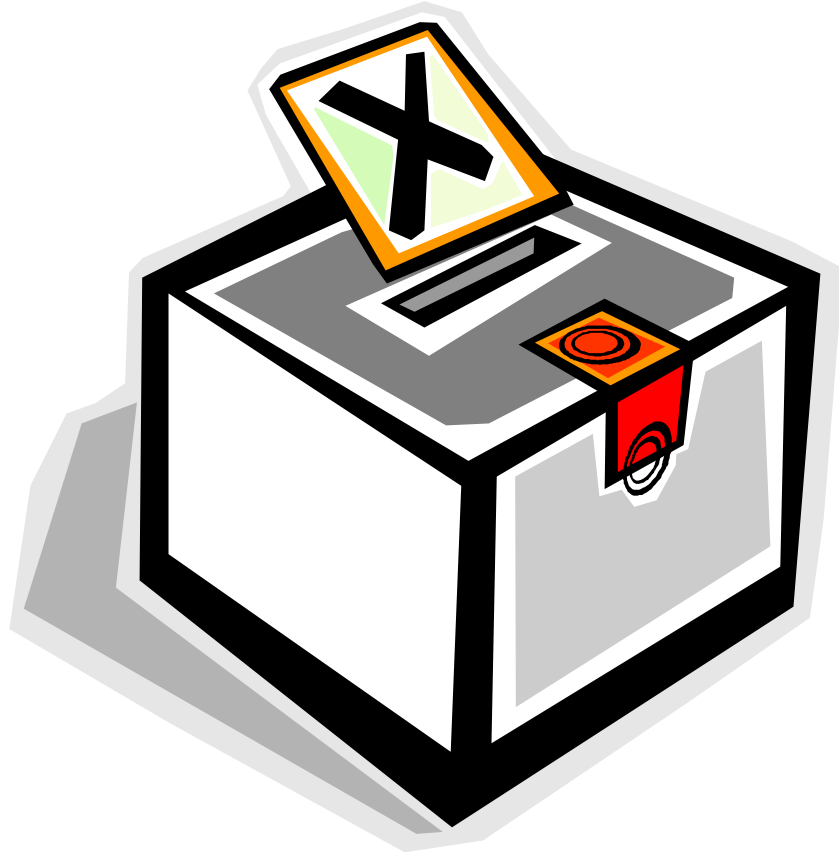
- **Funding**
- **Website development**
- **HR development**
- **CQC registration (if possible).**
- **P+P update and audits**
- **H+S +RA**
- **QUIPP**
- **Online notes system**
- **Microsoft 365**
- **Develop marketing strategies**
- **Develop infrastructure**
- **Develop relationships with GPs and promote breathe services to GPs**
- **Develop breathe treatment service making it more widely available and accessible within the community.**
- **Acquire a building to deliver outpatient and day-care services.**
- **To continue building, developing and sustaining a strong team.**

Reports

- Treasurer Report
- Trustee Report
- Secretary Report



Voting of trustees



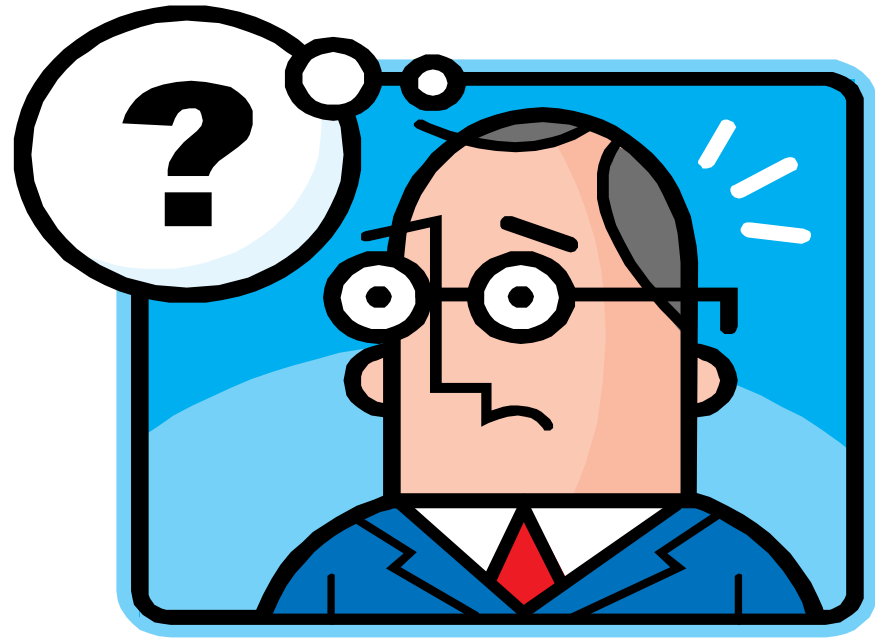
Lunch



Recovery art workshop



Any Questions?



Evaluations

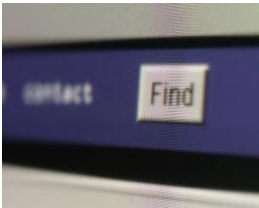
Contact Us



- 0844 391 5539



- hello@breathetherapies.co.uk
- hello@seedlancashire.co.uk



- www.seedlancashire.co.uk
- www.breathetherapies.co.uk



- www.facebook.com/SEEDLancashire
- www.facebook.com/BreatheTherapies



- www.twitter.com/@SEEDLancashire
- www.twitter.com/@breathetherapies