

About the Facilitators.....

All facilitators are members of and abide by an agreement with **beat** and receive regular training and supervision.

The facilitators are there as helpers rather than experts and so may not be able to answer all questions but there may be someone in the group who can.

For further information

Visit: www.beat.bristol@yahoo.com

or

Telephone: 077 5627 6100

beat beating eating disorders

Bristol Eating Disorder Support Group is a small group offering mutual support for those affected by anorexia and/or bulimia

Held at

Victoria Methodist Church Hall,
1a Whiteladies Road,
Clifton,
Bristol BS8 1NU

Which and when...

Age 18+

Meetings for friends, relatives and sufferers are held every 2nd Tuesday of every month.

Meetings for sufferers only are every 4th Tuesday of every month

All meetings are from 7 30pm - 9pm

NO CHARGE

About the group.....

The Bristol Group is part of a nationwide network of support groups, co-ordinated by **beat**; a national self-help charitable organisation. It is an open access group which means that people do not have to be referred and do not have to commit themselves to coming on a regular basis. The aim of the group is to offer low key support and information in a setting that allows participants to talk in safety about their own experiences of eating disorders and to listen to the experience of others. It can be an addition to professional counselling, a first step towards getting help or be the sole source of support. The group does not offer treatment but gently encourages participants to share their thoughts and feelings to help break down isolation and find new ways forward. The group has leaflets about eating disorders and a small lending library. Unfortunately the group cannot cater for people under eighteen. We ask that professional carers do not attend the group.

What happens ..

The doors are open around 7.20 pm. Participants can browse at the books and leaflets prior to the start of the group. Tea coffee and herbal teas are available. One of the two facilitators will open the group by explaining the purpose of the group, the ground rules and give

information about eating disorders issues in the Bristol area. The group has an opening "round" where people are invited to give their first name and say a little about what has brought them to the group. The rest of the time is for participants to talk and listen. The facilitators generally take a passive role at this point, only intervening to help the group "flow". Five or ten minutes before 9pm the group will close with another round to allow people to sum up their thoughts and feelings.

If the group has over ten members the facilitators may split the group into two smaller groups using different rooms.

Ground Rules

Confidentiality

What each person says in the group should remain there and not be repeated outside. It is okay to talk about things that you have said yourself but you must not repeat what other people have said. This even includes if you meet them in another setting outside the group. It is especially important for family members to remember this as they may be tempted to talk about the group in detail when they leave. It is of course alright to talk in general about the group. As the group is a self help-support group the facilitators do not keep notes nor give feedback to other professionals. Most of the facilitators are mental health workers and are bound by

professional codes of conduct that require them to compromise confidentiality in exceptional circumstances i.e. if there is an immediate risk to someone's life or there is any suggestion that a child may be at risk of some form of harm. In the latter circumstance the facilitator would be obliged to pass on any information to Social Services.

- **Each person is allowed to speak without interruption**
- **It is okay to only listen** – though you may get more out of the group if you can say something of your experiences and feelings.
- **It is okay to ask questions. It is also okay not to answer questions.**
- **Everyone has a right to privacy so please be sensitive when asking questions.**
- **Be respectful and accepting of the diversity of peoples experiences and feelings**
- **If the group splits into two and you have come with someone else you might want to separate into different groups**