



# **SEDIG News – summer extra!**

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## **In This Issue**

- ❖ **First ever Scottish Eating Disorders Carers Support Day - beginnings**
- ❖ **Research and training information for eating disorders through SEDIG**

- ❖ **Dates for your diary -**

**SEDIG - Thursday 11<sup>th</sup> Oct**

***Scottish Eating Disorders Carers Support Day -***

**Saturday 24<sup>th</sup> November**

- ❖ **Contact us -**

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**Newsletter items to**  
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**\*Please forward SEDIG News Extra to all interested in Scottish Eating Disorders news....**

**\*Please display the poster giving information about plans for Scottish Eating Disorders Carers Support Day, Sat 24<sup>th</sup> November**

## **First-ever Scottish Eating Disorders Carers Support Day - beginnings**

As outlined at the last SEDIG conference in March, a small group including Gráinne Smith, Ian and Jan McDonald, Irene Pennycott and Rachel Gillespie have begun planning for a Carers Support Day of information and support, talks and workshops, which received the blessing of SEDIG. B-eat (formerly EDA) has also offered support and hopes to be able to send a representative.

Despite hopes of some financial backing or other help from the Scottish Health Dept, unfortunately without detailed plans of speakers, venue and numbers attending, plus costing for all these, this request was turned down. A chicken-and-egg situation in a first venture...without knowing numbers attending –etc - and without funding it is difficult to plan...

Recognising the great need for such a support day, but without funding or venue confirmed because of this chicken-and-egg situation, thanks to a diary note of 'According to theory of classical dynamics, a bumblebee should not be able to fly...' it was decided to go ahead and set a date to work towards – **Saturday 24<sup>th</sup> November 2007.**

A venue was sought ....several were considered, but financial considerations scuppered each.

Now thanks to Dr Jane Morris offering space at Edinburgh YPU, we have date and venue – **Saturday 24<sup>th</sup> November 2007 at Edinburgh YPD.**

A programme of practical workshops and talks is already under discussion by the steering group who will meet again in July. The day's tentative programme so far will include information on how learning Cognitive Behavioural Therapy techniques can be useful when caring for someone with an eating disorder (Dr Jane Morris); information on research about how decision-making skills are affected when anorexia takes a grip; a question and answer session; useful resources; 'Coming Up for Air' – how carers can plan their survival while in a long term and very stressful support role; and of course a chance to meet and share with others in a similar situation.

***SEDIG members are asked to please display the poster attached, and give all carers information about the planned support day.***

***For further details of plans, times, venue and programme, carers should contact [grainne@grainnesmith.co.uk](mailto:grainne@grainnesmith.co.uk)***

***Diane Whiteoak, SEDIG secretary, has kindly offered to help with admin tasks once details are worked out.***