



# Eating Disorders Support Service

## Support Group for Family Members, Partners, Carers & Friends

Eating disorders are complex mental health problems that can have a distressing and long term impact not only on those who suffer but also on people close to them.

If you are a person who cares about someone who has anorexia, bulimia, compulsive eating, or another eating or weight difficulty, you are likely to experience various sorts of stress. You may feel unsure of how to help your loved one, or you may worry that your attempts to help could make the problems worse. You may at times feel confused, angry, guilty, or even helpless in the face of an illness that is notoriously difficult to treat and hard to understand. You may find that your loved one has become hard to communicate with, and that relationships are suffering as a result.

North West Centre for Eating Disorders offers Cherish, a monthly support group specially devised to help with the specific issues faced by parents and other family members as well as friends and carers of those with eating and weight distress.

Studies have shown that supportive family and social relationships are associated with recovery for those with eating disorders.

### What happens in Cherish Support Group?

**Information sharing:** Your group facilitator will give you information about eating disorders and their treatment and about managing specific issues surrounding the eating disordered person's behaviour and health. You are free to discuss issues relating to your situation and share your knowledge, feelings and experiences.

**Mutual support:** It can feel isolating to be coping with a loved one's illness, especially one as complex, worrying and at times frustrating as an eating disorder. It can be a great relief to find that your experiences are understood and shared by others.

# Cherish



## Who is the Cherish Support Group for?

Cherish is open to any family member, partner, carer or other support person, aged 16 or above, who has close, current contact with a person suffering from an eating disorder or significant eating or weight difficulties. The person you care for may or may not be a current client at NWCED, or another treatment facility. However, this group is not for people with eating distress.

2nd Thursday of the Month 7-8pm  
(Excluding Bank Holidays)  
Oakwood House, 251 Wellington Rd  
South, Stockport, SK2 6NG

No need to book in advance, just come on the evening. The group is free of charge.

Access is via self-referral

0161 480 0882  
info@oakwoodhouse.co.uk  
www.oakwoodhouse.co.uk  
Oakwood House  
251 Wellington Rd South  
Stockport  
SK2 6NG