



SEDs
Peer to Peer
Sussex Eating Disorders
Peer Support Service

**Groups for adults of all
genders directly affected
by eating disorders
living in Brighton & Hove
and West Sussex.**

About the Eating Disorders Peer Support Service

SEDS Peer 2 Peer is a partnership including Men Get Eating Disorders Too, As You Are Centre, Brighton & Hove Carers Centre and Sussex Partnership NHS Trust. The service offers peer support groups to those affected by disordered eating and a separate group for friends and/or family of those affected in Brighton and Hove and West Sussex.

Any individual affected by eating disorders and problem eating over the age of eighteen from the Brighton and Hove, or West Sussex area can attend the groups. Those wishing to attend are welcome to be part of the Peer Support group whether they are currently receiving support such as counselling or other therapies.

What the groups offer:

The Peer Support Service offers free and confidential meetings for adults directly affected by eating disorders living in Brighton and Hove. The main purpose for the groups is to provide those who attend a space to meet with other sufferers to share their experiences and coping strategies. Our groups aim is to ease isolation by offering inclusion to those who attend.

- A safe and welcoming environment where sufferers/carers can share and discuss their experiences.
- Regular meetings with other sufferers/carers to offer and receive peer support.
- Information and advice on eating disorders to enable better understanding of symptoms.
- Gateways to support (e.g. counselling, other therapies and support groups and treatment services e.g. Eating Disorders Service).

What happens at the meetings?

The Peer Support Group is led by those who attend, and therefore we are open to new ideas. We meet in a closed venue to ensure your confidentiality and safety.

At the beginning of each meeting, we will create a short agenda on what members of the group would like to share and discuss. This ensures that everyone has the opportunity to share something they would like to say and discuss it with the other group members. Sometimes we may have a guest speaker to educate the group about something that relates to eating disorders and recovery. On some occasions guest speakers will/can be invited to meetings by the group members.

Meetings are facilitated by an experienced and qualified professional with expertise in eating disorders and mental health issues. Occasionally, meetings may be facilitated/assisted by volunteers with knowledge and understanding of the issues.

Contact details

If you would like more information and/or would like to attend a meeting for the first time please contact the relevant organisations for each group.

Where?

When?

Brighton

Brighthelm Centre, North Road, BN1 1YD

Every first Tuesday and third Wednesday of the month - 7pm to 8.30pm

Chichester

Quaker Meeting House, Priory Road, PO19 1NX

Every last Wednesday of the month
7pm to 8:30pm

Horsham

Drill Hall, Denne Road, RH12 1JF

Every first Tuesday of the month
7pm to 8:30pm

Haywards Heath

Yews Centre, 55 Boltro Road, RH16 1BJ

Every third Monday of the month
7pm to 8:30pm

Southwick (Women)

As You Are. 45 Southwick Street, BN42 4TH

Every last Wednesday of the month
7pm to 8:30pm

Worthing

Sidney Walter Centre, Sussex Road, BN11 1DS

Every second Wednesday of the month
7pm to 8:30pm

For further information, enquiries and to express interest in attending any of the groups please email sam@mengetedstoo.co.uk

Connect with us



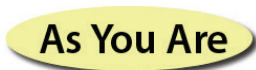
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Website: www.sedsppeer2peer.co.uk

The Brighton and Hove Eating Disorders Peer Support Service is a partnership involving Men Get Eating Disorders Too, As You Are, Brighton Carer's Centre and Sussex Partnership NHS Trust



Sussex Partnership 
NHS Foundation Trust

