

## Amersham Self Help Group

### When and where are the meetings held?

1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month.  
7.30pm – 9.00pm  
at

The Stokebury Centre, London Road  
Old Amersham, Buckinghamshire HP7 0EZ

### What are the meetings like?

The meetings are a supportive place for free exchange of information, experiences and feelings about eating problems. They are completely confidential and open to all. Whether you are a sufferer or someone supporting a sufferer, you can just turn up.

For more information – Tel: 01494 793223

### How to find the Stokebury Centre



## Eating Disorders

### How others have felt

*“People thought I was popular and together, but I knew I wasn’t. I felt like a fake. I thought that people wouldn’t like me if they knew what I was really like.”*



*“I spent all my time thinking about food. I even woke at night thinking about it.”*



*“Hang in there. Believe in yourself. ASK for help and you will begin to see the light at the end of the tunnel.”*



*“It can help to talk things through, and come up with ideas and options together.”*



**VOLUNTEERS NEEDED**  
**eating disorders support**  
relies on voluntary helpers.  
To find out how you can help  
Tel: 01494 793223



## Information about Eating Disorders

eating disorders support

- Sun House • 32 Church Street •
  - Chesham • Bucks • HP5 1HU •
- Tel: 01494 793223  
[support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)  
[www.eatingdisorderssupport.co.uk](http://www.eatingdisorderssupport.co.uk)

Registered Charity No. 1070825

## What is an Eating Disorder?

Problems with food begin when it is used to cope with those times when you are bored, anxious, lonely, ashamed or sad.

There are many reasons why people develop an eating disorder; a series of events, pressure, low self-esteem, family relationships, problems at school, emotional abuse and a lack of confidence etc.

Lots of people say that the eating disorder is the only way they can feel in control of their lives, but as time goes by it is the eating disorder that takes control.

You may believe that if you lose weight, your life will be happier, people will like you more and perhaps you will feel different.

Eating disorders can develop over a period of time and affects the person as a whole.

Some eating patterns can be damaging to your health and can lead to depression.

Both men and women can be affected by an eating disorder, regardless of age or cultural background.

Not everyone will have the same symptoms. Some people will have a mix of symptoms, but you do not need to have all of these to have an eating disorder.

## Common Eating Disorders

### Anorexia Nervosa

**Description** – Intense fear of being fat; distorted view of body shape or weight.

**Symptoms** – Extreme weight loss, difficulty sleeping, feeling cold, periods may stop, loss of hair, tiredness and reduced concentration, denial that anything is wrong.

### Bulimia Nervosa

**Description** – Eating large quantities of food, vomiting, taking laxatives, over exercising, being secretive and lying. Obsessed by food and feeling out of control.

**Symptoms** – Weight yoyos, stomach pains, bad breath, dry or sore throat, poor skin, bowel problems and constipation.

### Binge Eating Disorder

**Description** – Eating large amounts of food in a short period of time, but unlike bulimia, you do not try to get rid of the food. Feeling out of control, eating alone and in secret. Feeling ashamed, depressed or guilty after bingeing.

**Symptoms** – Weight gain/obesity, stomach pains, constipation and poor skin.

## What help is available?

### Helpline

The Eating Disorders Support Helpline offers a listening ear, support and information. It provides you with a first point of contact to voice your concerns and find out what is available in your area. If no-one is available when you telephone, somebody will call you back within 24 hours, unless you leave a message asking us not to contact you.

**Telephone 01494 793223 at any time**

### Help by Email

If you feel more comfortable writing down your concerns or questions, you can email us:

**[support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)**

### Amersham Self Help Group

Regular meetings are held in Buckinghamshire for anyone who has an eating disorder and those who are caring for or supporting someone in this situation.

**For details, see overleaf**

### Self Help Books

You may be able to find self help books in your local library, larger book stores or on the internet.

### Specialist Help

The following may also be helpful: Counselling, Cognitive Behavioural Therapy, Psychotherapy and guidance from a Dietician or Nutritionist.