

# EATING DISORDER SUPPORT

## A New Programme for Young People in Suffolk



**Aged 16–25 and struggling with an eating disorder?**  
**If you live in Suffolk and are looking to tackle recovery head on, this one's for you.**

### WHAT?

TEDS (Tackling Eating Disorders in Suffolk) is a 6 month programme of knowledge, support, befriending and recovery motivation.

### WHO FOR?

People aged 16–25 who live in the Suffolk area.  
*All genders, sexualities and ethnicities welcomed*

### WHERE?

Online content for you to stream at a time convenient to you, landing monthly

### HOW MUCH?

FREE – the programme is fully funded, thanks to



**SUFFOLK**  
Community  
Foundation

### WHAT CAN I EXPECT?

Practical content, workbook, guest speakers and discussion around themes such as:

- Understanding my illness
- My relationship with food
- Shopping, cooking and eating – a practical session
- Helping my friends and family to help me
- My awesome, capable, intelligent body
- Self-care and stress relief
- Me, my future and a farewell to the ED

### WHEN?

Starting  
November  
2021

**INTERESTED? CLICK HERE TO EMAIL US**



*Wednesday's Child*

[www.wednesdayschild.co.uk](http://www.wednesdayschild.co.uk)