



Eating Issues

A group to provide support for students who are having difficulties with their eating, helping them to make positive changes.



What will the group cover?

Previously the group has talked about:

- Health, nutrition and regular eating
- Eating patterns and their impact
- The effect of the media
- Perfectionism
- Self-confidence and body-image
- Food in families
- Feelings
- Relationships
- Making changes

This group will help you...

Listen and talk honestly about what it's like for you to experience your eating difficulty.

Give and receive support to one another in a confidential space.

Learn and discover things about yourself, even though this might be uncomfortable at times.

Get involved through talking in pairs and small groups, as well as engaging in a variety of therapeutic activities.



When, where and how...

The group is held on Mondays in the *Beale Room (near the Aston Webb Student Hub)*, from 17:30—19:30 on:

- 11 November 2019
- 18 November 2019
- 25 November 2019
- 2 December 2019
- 9 December 2019
- 13 January 2020

To book onto the group, please complete the booking form at:

intranet.birmingham.ac.uk/wellbeing/workshopsandgroups

For any further queries, please contact:

cw-
workshops@contacts.bham.ac.uk

Who is this group for?

The group is for up to 12 students, all of whom have eating patterns which involve restricting or binge-vomiting food.

Please note that this group will require a pre-assessment meeting with one of the group leaders in order to ensure that it is suitable for you.

Top tips to remember...

Remember everyone will be nervous, not just you. It's normal!

You will never be made to talk if you don't want to but the more you take part, the more you'll benefit from the sessions.

The group is confidential and everyone is always respected.

Please make sure you attend all 6 sessions. Change involves a commitment both to yourself and to the others in the group.

