



Testimonials from Young People and their Families

We love hearing from the young people that have used our service and getting their feedback and constructive criticism, helps us develop. It is wonderful to read, in their own words, how they have been able to reach personal goals, find the inner strength that was always there and take steps on their journey towards recovery.

CHLOE – May 2017

In February 2017 I started counselling for my eating disorder, I've suffered with bulimia for nearly 2 years and knew that I needed help. I attended my first session very nervous and not knowing what to expect. Marty, my therapist explained in detail what the course would entail and what to expect. I left with a hundred questions spinning round in my head; 'does she expect me to be better the next time I see her?' 'Does she expect me to just stop being sick?' Over the next few days I had a rollercoaster of emotions, I was confused, angry and most of all embarrassed. This was my secret and I felt like I had just gone and told the world.

I attended my second session very apprehensively but Marty put me at ease and as the sessions went on it was easier to open up. The first 4 weeks are very intense with 2 sessions a week. I started my food diaries and began looking at why I had an eating disorder. I looked forward to seeing Marty, knowing I could open up to her even though it was hard.

I learnt that I wasn't going to miraculously stop bingeing and being sick but with certain techniques Marty taught me, I would learn to know myself better and what my triggers were.

The weeks passed and one day I remember going to a session and saying I didn't want to carry on and I didn't want to get better, that I was fine and didn't need help. I think this was my turning point and I realised I wasn't okay and I did need help.

My biggest fear was putting on weight but over the weeks I really cracked down and concentrated on eating 3 meals a day and everything in moderation, I began to realise that making myself sick was a waste of time and was not making me loose weight and that I

was just damaging the inside of me. All of the hours I spent in the bathroom being sick could have been hours spent with friends or family or doing something I enjoyed. I am nearly at the end of my 20-week course and I feel like a different person. I can't thank Marty enough for everything she has done. I've realised I've been missing out on life and I can finally concentrate on other things other than my eating disorder - I'm the one in control now, not my eating disorder.

EARLY INTERVENTION FEEDBACK, MAYA'S MUM - February 2017

I would like to offer my feedback regarding the help that Maya and I have received from yourself over the past 7 months.

As you are aware, I became concerned with the way Maya seemed to be acting around food and body image. After a number of weeks, I took her to our GP who advised that at the time she was just in the healthy BMI range and apart from a brief 5-minute conversation about the importance of eating that was as far as the GP's interest went. I considered for a week or so whether I should make Maya's school aware of what I believed could become a serious issue, they thankfully took me seriously and told me about the Pilot scheme that was happening, hence the involvement of yourself.

At the time of contacting you guys, Maya had just turned 13 and I think there was an initial concern that she may be too young for the scheme being offered. However, after a phone conversation it was agreed that the scheme may be of help to Maya. This, in my opinion, was the best decision ever.

She has benefited greatly from having someone outside of her family and friends to talk to and to make her consider her thoughts in a different way. Over time she has understood that images you see in magazines/social media etc. are not always true images, and that things people say shouldn't impact the way you feel about yourself.

This has been a long hard journey but one that has been made easier by your support. As a parent, I am sure I just sounded like I was continually nagging her to eat and as a teenager her view was different to mine. I am of no doubt that this programme and outside support has given us a totally different experience and journey to one we could have taken if we had been left to our own battle as to whether it was important to be a particular weight or not!!

Whilst Maya may still have the odd day of rolling her eyes at me when I ask what she has eaten she is now saying she is hungry and is now snacking like I would expect any "healthy" teenager to be.

Maya would be more than happy to discuss how this programme has impacted her if this would be helpful.

Thanks again for all your support.

COURTNEY (18yrs) AND THERAPIST FEEDBACK

Courtney - "I am glad I am on the programme as it is helping me. Initially I was sceptical about it as I wasn't sure if it would work. Regular eating has been a great help".

Therapist - I saw the client again this morning and she said that regular eating has meant that she no longer has painful hunger pangs. Having food in her stomach gives her confidence and in class she engages more and is more attentive. She said when she was hungry, she would withdraw, only contribute when she had to, and generally felt negative. She finds the sensation of being satiated comforting.

IZZY (19yrs) AND MUM FEEDBACK

Izzy - "It's a good service and I have improved. I like coming, it helps me to talk. I've stopped weighing myself as I know I will be weighed every week. I like that it went from two sessions a week to one and it helps so I can get used to ending the service"

Mum - "It's really helping L, and she seems much happier. You have been great at keeping in touch with me"



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