

# Portishead wellbeing workshops

developing a healthy relationship with food



## SUPPORT RESOURCES

### AVON AND WILTSHIRE MENTAL HEALTH PARTNERSHIP (AWP)



NHS provider of specialist mental health services. Referrals can come from: GP's, health visitors, school nurses, social workers, educational psychologists, education welfare officers, Youth Offending Team, Head teachers of Special Schools, some SENCOs at secondary schools.

### BEAT



Eating disorder charity with a national Helpline open 365 days a year from 1pm – 9pm during the week, and 5pm–9pm on weekends and bank holidays. **0808 801 0711 (young people)** **0808 801 0811 (Adults)**.

### BETTER HEALTH - EAT WELL



The North Somerset Healthy Lifestyles Advisors can support you to Eat Well with 1-1 or group support available over a duration of 12 weeks. *(Subject to meeting eligibility criteria)*.

### BODY HAPPY



Help adults help the children in their care be friends with their bodies by creating environments that allow the body image of children and young people to thrive. Providing resources, products, education and training programmes.

### FREED FROM ED



First Episode Rapid Early Intervention for Eating Disorders (FREED). It is a service for 10 to 25-year-olds who have had an eating disorder for three years or less. FREED offer rapid access to specialised treatment.

### OFF THE RECORD - SHAMELESS



Shameless is Off The Record's group for anyone feeling impacted by issues around body image and low self-esteem. "Know your worth, find your power".

### NHS TALKING THERAPIES



Talking therapies can be accessed for free on the NHS. You can refer yourself directly without a referral from a GP, or a GP can refer you. Help is available in person, by video, over the phone or as an online course.

### SECOND STEP - FOOD AND MOOD COURSE



This course looks at the importance of balanced diet and a regular eating pattern in improving and maintaining both mental and physical wellbeing. If you would like to speak to Second Step before booking, please email [NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk) or call on **0333 0233 504**.

### SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION (SWEDA)



SWEDA engage with people affected by eating disorders, including those supporting a person with an eating disorder, by offering hope and enabling access to support services that empower recovery.

### WELLSPRING COUNSELLING



Wellspring Counselling provides affordable, professional counselling for adults in North Somerset, as well as donation-based counselling for young people age 11-18.



**Woodspring**  
Locality Partnership