



Celebrating 25 years

**'A reflection of the world
of eating disorders
over the last 25 years
and looking to what
the future holds'**

Thursday 4th November, 2021

Virtual Event

6.00pm- 7.30pm via zoom



Welcome

I am delighted to welcome and be amongst so many contributors to the journey that has seen SYEDA grow from an inspirational idea into a fully formed and functioning service, which now helps over 500 people per year to overcome their eating disorder.

I am a mere infant on this journey, having joined in 2013 and you will hear from those with longer memories and whose badges of honour justifiably shine brighter than mine.

Our journey mirrors those of many of the thousands of people our service has helped; we started with hope but uncertainty in our hearts, we understood that we alone could not achieve our aspirations, the road has been uneven with some challenging bumps and unexpected turns, we have had to re-evaluate our hopes due to changes in the terrain and environment. We have kept our eyes on the road ahead, fully aware that our destination may never be fully reached but that the journey is so important and life changing.

Without meaning to squeeze too much out of the analogy, I should add that fuel for our vehicle has always been the courage, determination and creativity of those SYEDA exists to help. I have said on so many occasions that my ability to advocate for and seek resources to deliver services is entirely based upon the experiences shared, ideas offered and encouragement given by so many past and present service users. So my first thank you must go to them.

I would also like to thank Hope and Sam for agreeing to share their knowledge and experience tonight, we are very grateful to you both.

And of course thank you to Chrissie Taylor (our Patron) and Maggie Young (Founder and Trustee), for being so brave and visionary, and Jenny Allen (Trustee) for being the embodiment of strength and passion. I want to thank staff and trustees for being by far the best collection of individuals anyone could have the pleasure and good fortune to work with.

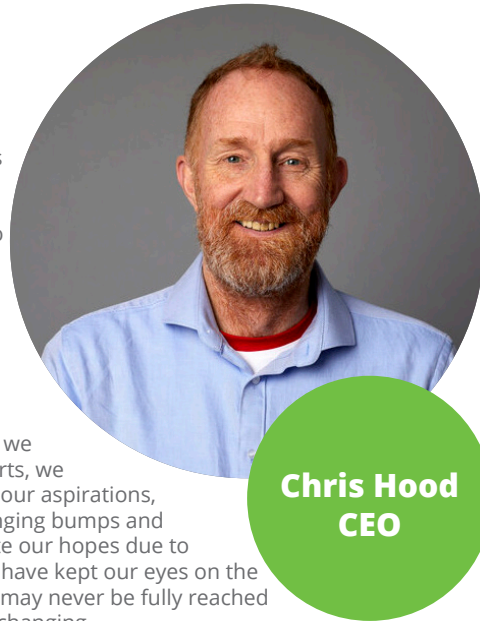
I would also like to express my appreciation to the many funders who have supported our work over the last 25 years, some of whom appear on our infographic timeline.

The last few months have seen our fundraising efforts focus on building our capacity to support more carers, as we understand the fundamental role that they play in the journey to recover. So please do feel free to donate to this vital objective using the QR code on back page of this programme.

And lastly I must thank you all for coming tonight and I hope you find it a positive, informative and enjoyable experience.

Kind regards

Chris



SYEDA's 25th Celebration event programme

Topic: SYEDA's 25th Celebration Event

Time: Nov 4 2021 06:00 PM London

Join Zoom Meeting

Meeting ID: 818 2577 1926

Passcode: 557135

Welcome address: *Matt Peers*, Chair of Trustees, SYEDA

A brief history in time: SYEDA's small beginnings to...

Chrissie Taylor, Patron and Founder in conversation with Chris Hood (CEO)

Main speakers:

Eating disorders: past, present and future

Sam Clark-Stone: Lead Clinician, Eating Disorders Service, Gloucestershire Health & Care NHS Foundation Trust.

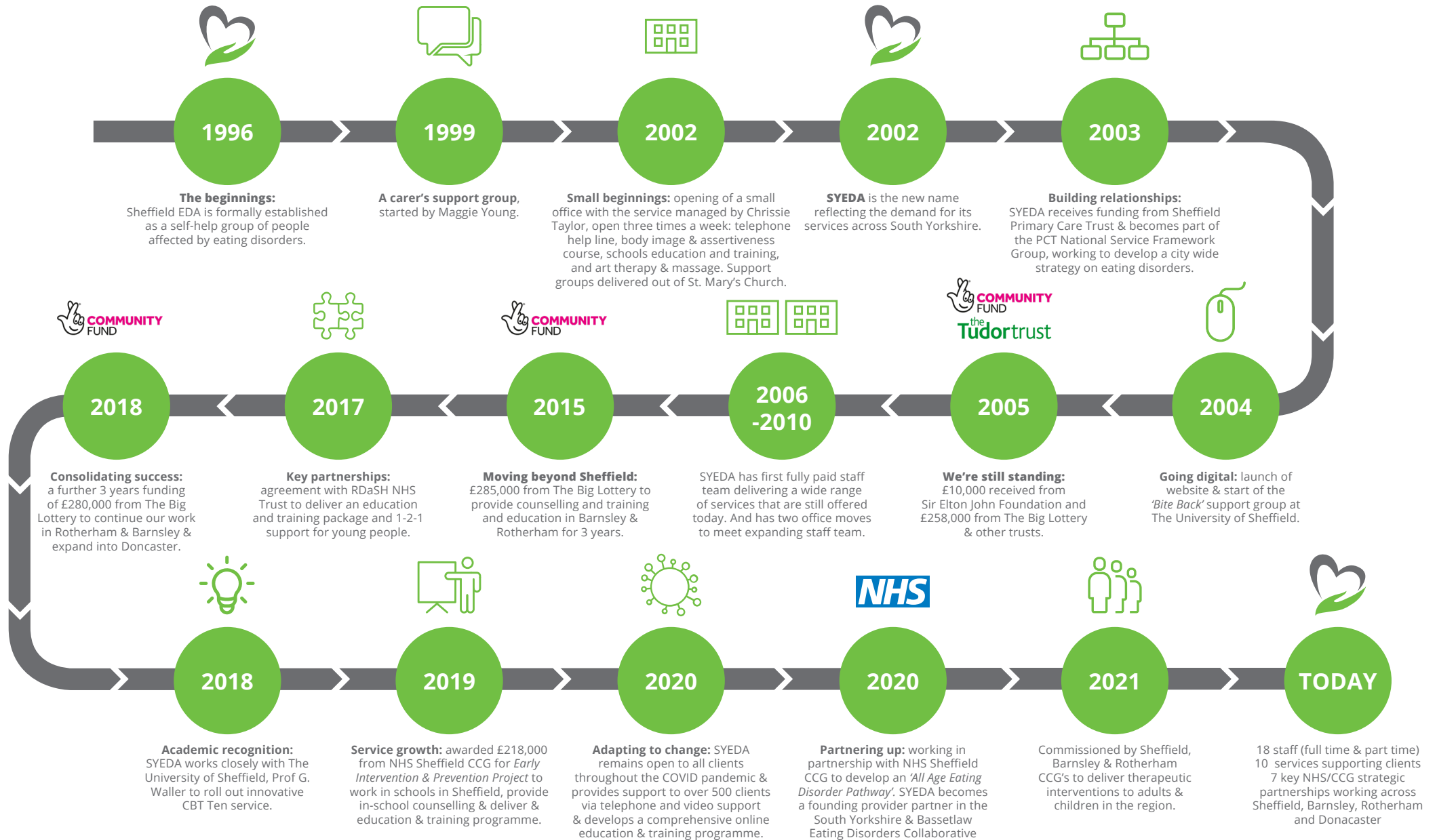
Not all eating disorders are visible

Hope Virgo: author and multi award winning campaigner for people with eating disorders.

Panel question and answer session

We will welcome you to ask questions via the 'chat' function on zoom. We will try to answer as many of these questions as we can!

SYEDA'S 25 YEARS MILESTONES



One to one counselling



Guided self-help



Cognitive Behaviour Therapy Ten



Occupational therapy



Carers' support groups & training



Supporting anyone affected by an eating disorder in South Yorkshire for over 25 years



In-school counselling



Education and training workshops



Peer support



Family support



Dietetics



Each year over **6,000** hours of counselling

Working with over **1,000** people each year

Our treatment is **97%** effective from academic evidence gathered in 2019

Each year we raise **£450k** from a variety of statutory and non-statutory sources



Patron:
Chrissie Taylor



Founder:
Maggie Young



CEO:
Chris Hood



Chair of Trustees:
Matt Peers

Introducing our key speakers

Sam Clark-Stone



Sam Clark-Stone is Lead Clinician, Eating Disorders Service for the Gloucestershire Health & Care NHS Foundation Trust and is Chair of British Eating Disorders Society (BrEDS).

He is a Mental Health Nurse by training and has led and developed the *Gloucestershire open access, all age eating disorders service* since 1996. It offers evidence based treatments in the community and also provides an intensive home treatment service for young people and a day treatment programme for people aged 16+. The service has been developing the *Body Project primary prevention intervention*, collaborating with Gloucestershire Public Health Department and the Universities of the West of England and Gloucestershire. Prior to 1996, he worked for 10 years with the Bristol Adult Eating Disorders Team during which time he set up and facilitated a support group for people with eating disorders and their families and co-facilitated a Bulimia treatment group.

Sam trained in Cognitive Behaviour Therapy-Enhanced (CBT-E) and Interpersonal Psychotherapy (IPT) with Professor Chris Fairburn at the University of Oxford nearly 20 years ago. He has provided CBT-E training and supervision for his and several other teams.

Sam previously trained in family therapy at the University of Bristol and Cardiff Family Institute and in family based treatment for eating disorders with Professors Chris Dare from the Institute of Psychiatry and Jim Lock from Stanford University. Sam has extensive experience of individual, family and group therapy. He also has many years experience as a trainer and worked as a freelance national trainer for the Eating Disorders Association for 8 years and has presented at numerous conferences.

Sam has contributed to several research publications and was actively involved in setting up the *British Eating Disorders Society (BrEDS)* and has been Chair of the Trustees since it became a charity in 2018. He is also a member of the *Beat Clinical Advisory Group*.

Hope Virgo



Hope Virgo is an author and multi award winning campaigner for people with eating disorders. Through her talks, Hope helps young people and employers (including schools, hospitals and businesses) deal with the rising tide of mental health issues which affect one in four people and cost employers between £33 and £42 billion annually.

Hope is also a recognised media spokesperson, having appeared on various platforms including BBC Newsnight, Good Morning Britain, Sky News and BBC News. She has published two books including best-seller *Stand Tall Little Girl*, documenting her eating disorder journey. For four years, Hope managed to keep her eating disorder hidden but in 2007, she was admitted to a mental health hospital where she remained for a year. In 2018, Hope launched *#DumpTheScales* which called on the government to stop using BMI as the primary measure to determine whether someone with an eating disorder would qualify for NHS support. Her petition generated over 116,000 signatures and was delivered to Number 10 Downing Street.

Please scan here if you would like to make a donation to support the SYEDA. All money donated will directly go toward funding our carers support service which receives no statutory funding.

Thank you for your generous support.



*You can
donate
here*



SYEDA

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Professional / Clinical / Open / Friendly

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