



Eating Disorder Support Services

Balanced MK Support Services

Balanced MK is a community organisation set up to support people affected an eating disorder, including anorexia, bulimia and emotional over-eating issues. Balanced MK also supports friends, families and other loved ones wanting to support someone's recovery.

We are largely financed by client donations and grant funding. Our services are run by people with eating disorder experience, either personally or professionally. Our services include:

An Approachable Contact

Clients may contact Balanced MK via telephone or email for advice and guidance. Services are made available to anyone affected by any type of eating disorder, whether formally diagnosed or not. All client information remains confidential within the organisation. **Clients may self refer to services directly.**

Rebalance Self-Support Group (and Self-Help Book)

We meet on the second and fourth Saturdays of each month at the Swinfen Harris Hall, London Road, Stony Stratford, MK11 1JA, from 10am – 12pm for a minimum £2 donation per person, per session. It is a friendly, welcoming group for anyone affected by disordered eating, including partners, family and friends, who can access the group independently.

The group offers a safe, confidential, recovery-focused environment and is facilitated by trained volunteers, many of whom have recovered from an eating disorder or work with mental health issues. The first hour of each session focusses on a specific and relevant topic that will aid recovery, followed by an hour for informal chat and peer support. Attendees can self-refer by contacting Balanced MK by email or telephone.

Please check our website for further information (www.balancedmk.co.uk), radio interviews from attendees and hand-outs from previous sessions. In addition, the self-help book 'Eating Disorder Recovery Handbook: A Practical Guide to Long-term Recovery' written by Dr Nicola Davies and Emma Bacon (published by Jessica Kingsley Publishers worldwide) was inspired by the Rebalance group sessions. Please see www.amazon.co.uk for further information or to order a copy.

General Nutritional Advice (and Recovery Cook Book)

Balanced MK is able to provide general nutritional advice that encourages a philosophy of 'everything in moderation, including moderation itself'. In addition, the book 'Rebalance Your Relationship with Food: Reassuring Recipes and Nutritional Support for Positive, Confident Eating', written by Emma Bacon (published by Jessica Kingsley Publishers worldwide) was inspired by Balanced MK clients. Please see www.amazon.co.uk for further information or to order a copy.

One-to-One Nutritional Support

The Founder and Project Manager, Emma Bacon, has completed various courses about health and nutrition and is also the author of 'Rebalance Your Relationship with Food: Reassuring Recipes and Nutritional Advice for Positive, Confident Eating'. Personalised one to one advice and support sessions can be arranged by contacting Emma via Balanced MK.

One-to-One Counselling

One to one counselling sessions provide a safe space to explore emotional issues that may underly an eating disorder. Balanced MK is able to recommend specialist qualified counsellors with many years of experience, based on a variety of



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counselling techniques, including 'person centred', 'mindfulness', and 'CBT'. Sessions can be arranged by making direct contact with independent counsellor (whose details can be found on the Balanced MK website). Fees vary by counsellor.

One-to-One Recovery Coaching

One to one recovery coaching offers emotional and practical support, such as help with eating disorder behaviours, establishing a good support network, nutritional advice and stress/anxiety management. Sessions are provided by Emma Bacon, the Founder and Project Manager of Balanced MK. Emma has over ten years personal experience of recovery from an eating disorder, and a further ten years professional experience working with people affected by a variety of eating disorders, giving her an informed and empathetic perspective on recovery. Emma is also a published author, personal trainer, life coach, restorative yoga teacher and massage therapist.

Personalised one to one recovery coaching can be arranged by contacting Emma Bacon via Balanced MK. One to one session fees are agreed directly with Emma Bacon.

Restorative Yoga for Recovery – Small Group Sessions, Personalised Four Week Courses or One-to-One Sessions

Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of blankets, bolsters, blocks and eye masks. Comfortable yoga poses are supported and held for a number of minutes at a time to invoke deep relaxation, to heal the nervous system, brain, mind and major organ systems of the body.

Benefits include lowered blood pressure, improved immune function, digestion and fertility. In addition, restorative yoga is a powerful tool to reduce muscle tension and general fatigue, helping the body and mind restore vital energy levels. It can also help in recovery from illness, injury or emotional distress, depression or anxiety caused by traumatic events.

No yoga experience is required. Sessions can be provided by Emma Bacon, on a 1-1, 1-2 or small group basis. The small group sessions are held on the first and third Monday of the month, at either 10.45am or 7.15pm, at The Haven, 70a High Street, Stony Stratford. Personalised 1-1 or 1-2 courses run for four weeks, from a private yoga room in Stony Stratford, at a time agreed with Emma. All sessions are specifically designed to support people in recovery from emotional issues, eating disorders or trauma. Contact Emma Bacon via Balanced MK for further information or to book.

Massage Therapy for Relaxation and Body Acceptance

There are tremendous benefits to be achieved through regular massage therapy treatments from a qualified massage therapist. Whether your need is relaxation, reduced muscle tension or to attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being.

Massage appointments are provided by Emma Bacon, from a private therapy room in Stony Stratford (at the cost of £20 for 30 minutes, or £35 for 60 minutes). As a qualified massage therapist and eating disorder specialist, Emma is able to provide a personalised treatment, sensitive to a person's vulnerabilities, physical and emotional issues. Contact Emma Bacon via Balanced MK for further information.

If you wish to speak to someone further about any of the services outlined above, please contact us on 07716 755804 or go to our website at www.balancedmk.co.uk for more information.