



## 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 Groups**

Rebalance is a recovery focused self-support group run by Balanced MK, suitable for anyone affected by any form of disordered eating, including loved ones wanting to support recovery.

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.

We also meet on the **second and fourth Fridays** of each month at **The Rugby Ground, Northampton Road, Market Harborough, LE16 9HF**, from 10am – 12pm for a minimum £2 donation per person, per session.

Both groups offer a friendly, welcoming environment, with sessions facilitated by experienced staff/volunteers, many of whom have recovered from an eating disorder themselves. Volunteers also include carers and mental health professionals, helping to provide a spectrum of advice and experience.

The first hour of each session is based on a subject that will aid recovery from any form of disordered eating. Topics encourage participants to consider and reflect upon their thoughts, feelings and behaviours and the actions that might help create a more balanced way of living. The second hour allows for peer support and chat, helping to minimise isolation whilst increasing understanding.

Attendees can self-refer by contacting Balanced MK by email or telephone.

Please check our website for further information ([www.balancedmk.co.uk](http://www.balancedmk.co.uk)), attendee feedback and our confidentiality policy.



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### **Self-Help Book**

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](http://www.amazon.co.uk) for further information or to order a copy.

### **General Nutritional Advice**

BalancED MK is able to provide general nutritional advice that encourages a philosophy of 'everything in moderation, including moderation itself'.

### **Recovery Cook Book**

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](http://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 counselling techniques, including 'person centred', 'mindfulness', and 'CBT'. Sessions can be arranged by making direct contact with independant 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 (in person or by video call e.g. Skype or Whatsapp). 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.