

The group meets on the 3<sup>rd</sup>  
Thursday of every month  
from 7.00pm – 9.00pm.

AT:

**The Dragon Hall  
17 Stukeley Street  
London WC2B 5LT**

*(The nearest tubes are  
Tottenham Court Road,  
Holborn & Covent Garden)*

All carers of people with  
an Eating Disorder or  
those living with someone  
who they think might have  
an Eating Disorder are  
welcome.

*For further details please contact:*

**VERONICA KAMERLING**

**07733 260475**

**7.00pm – 9.00pm**

**SUNDAYS ONLY**

**or email**

**[v.kamerling@ukonline.co.uk](mailto:v.kamerling@ukonline.co.uk)**

The London Carers' Group is part  
of beat's Self-Help Network.

You can contact beat at:

Admin: 0870 770 3256

HELPLINE: 0845 634 1414

Monday – Friday 10.30 – 20.30

Saturdays 13.00 – 16.30

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

WEBSITE: [www.b-eat.co.uk](http://www.b-eat.co.uk)

## ***Eating Disorders***



Are you caring for  
someone suffering from an  
eating disorder?

Do you need support and  
access to information?

Do you need a  
listening ear?

Come to:

**The London  
Carers' Group**

*A Self Help Group  
Run by and for Carers*

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# The

# London Carers'

# Group

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Caring for someone with an Eating Disorder can be an enormous burden, bringing with it feelings of anger, fear, anxiety and isolation.

Self esteem and self confidence can be affected as you watch a loved one suffer from an illness that you often feel powerless to do anything about, and you may feel unable to deal with the resulting family stresses.

Feelings of powerlessness can often stem from not knowing where to get help, or from being unable to exchange ideas with somebody else who is going through a similar crisis.

Carers need to look after their own well being as they play a very important part in, and can have a very positive effect on, the recovery of those they look after.

The purpose of the London Carers' Group is to provide a mutually supportive and confidential environment for sharing experiences and ideas.

By coming to The London Carers' Group, we hope that you will gain inspiration from:-

- Sharing with others and learning from their experiences.
- Exploring new ways of dealing with the problems.
- Benefiting from the information and literature you receive.

Through its links with the EDA and service providers the group co-ordinators can also feed back carers' experiences of service provision and how they feel it could be improved.

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