



Eating Disorder Training Course

This one-day course looks at common eating disorders and the behaviours and thought processes associated with them. Delegates will learn how to spot the signs of an eating disorder, as well as practical skills to confidently and sensitively support someone who is affected.

Suitable for: NHS, health & social care, voluntary sector and wider public services staff, who have regular and intense contact with people who have eating disorders

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Content

- Understanding the most diagnosed types (anorexia, bulimia and binge eating, ARFID)
- How to recognise signs and symptoms
- Statistics and impact
- How to support recovery & understand lifestyle.
- How to have a meaningful and supportive conversation including helpful and unhelpful language and behaviour.
- Signposting and further support

Dates

27th June 2023 (09:00-17:00) - West Norfolk Deaf Association, Kings Lynn

19th July 2023 (09:00-17:00) - Elizabeth House, Dereham

7th August 2023 (09:00-17:00) - Carrowbreck House, Norwich

9th August 2023 (09:00-17:00) - Kingsgate Community Church, Great Yarmouth

23rd August 2023 (09:00-17:00) - Elizabeth House, Dereham

29th August 2023 (09:00-17:00) - Kingsgate Community Church, Great Yarmouth

6th September 2023 (09:00-17:00) - South Lynn Community Centre, King's Lynn

8th September 2023 (09:00-17:00) - Carrowbreck House, Norwich

To find out more and if you're eligible to book onto a course please:

Visit: www.norfolkandwaveneymind.org.uk/ics-training

Email: training@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

