

This workshop is one in a series on mental wellbeing and spirituality organised by Wholeminds. Wholeminds is a new Hope's Place initiative, that aims to equip churches to engage in the area of mental health. If you would like more information on our work, please email kate@wholeminds.org.uk

This event is supported by:

wholeminds
spiritual mental health

& anorexia
& bulimia
care

hope'splace

BC
AN
Bristol
Christian
Action
Network

acc
Association of Christian Counsellors

Trinity College, Bristol
Friday 6th November 2009

Provisional Outline

- 0930 – Registration
- 0945 – An Overview of Eating Disorders
- 1030 – New I.D: An Introduction
- 1045 – Coffee
- 1100 – Eating Disorders and the Church
- 1145 – The Mind Under Attack: the Spirituality of Eating Disorders
- 1215 – Coffee
- 1230 – Where Next? Discussion
- 1300 – End

For more information, email
kate@wholeminds.org.uk, ring 0117 9686303 or
visit www.wholeminds.org.uk

Hope's Place is a registered charity no.1105139; Anorexia
Bulimia Care is a registered charity no. 1114246

Understanding Eating Disorders

A training morning for clergy, youth workers and those involved in pastoral care.



"There is a general perception that eating disorders are a mildly irritating middle class illness. In reality, some eating disorders can be life threatening and can exert what seems like a demonic hold over the sufferer. A miraculous cure rarely seems possible - instead it is a slow climb back to physical and then mental health with much slippage on the way. Possibly it is harder for the church to respond to anorexia than to any other mental illness: a person intent on starving themselves to death is a challenging sight in a congregation." - Caroline Virgo

Recent figures suggest that 1 in 100 women has a clinically diagnosed eating disorder and over half have a 'serious issue with food' that wouldn't be clinically diagnosed but causes them significant trouble. Many sufferers find that the Church is sadly not as supportive as it could be, due to lack of understanding and ignorance. This workshop affords those in church leadership the opportunity to explore the relationship between church, spirituality and eating disorders and consider how the church could better support both sufferers and carers.

Speakers

Jane Smith is the Director of Anorexia Bulimia Care, the only national Christian charity concerned with Eating Disorders. She originally joined the charity as a parent of a recovered sufferer to coordinate their parents' and carers' service.

Caroline Virgo is the Director of Hope's Place, a Bristol-based charity that works to bring emotional healing and wholeness to women and young people. She has been a carer for several years and has a great interest in both social justice and promoting high quality pastoral care within churches.

Booking Form

(for Friday 6th November 2009)

Name _____

Address _____

Phone No _____

E-mail _____

Church _____

(where applicable)

Role in Church _____

Please return this form along with payment of £15 to:

**Mental Health Conference,
Hope's Place,
21 Stoke Hill, Stoke Bishop,
Bristol, BS9 1JN**

Cheques payable to Hope's Place. Some concessionary places are available: please ask. Thank you.