



Eating Disorder Support Services

BalancedMK, City Counselling Centre, 320 Saxon Gate West, Central Milton Keynes, MK9 2ES

BalancedMK supports people in the early stages of an eating disorder, including anorexia, bulimia and emotional over-eating, or in the later phases of recovery. It is a small community organisation, largely financed by client donations and grant funding awarded for a set timescale. The services we offer include:

One-to-One Counselling (for those aged 16 and over)

Counselling is a safe space to explore emotional issues that may be underlying an eating disorder. Our counsellors use a variety of theoretical approaches, but essentially they help you begin to make sense of feelings and patterns of behaviour. An Initial Assessment, for which there is no charge, is an opportunity to understand if counselling is likely to be useful. If so, up to three months of weekly counselling sessions are offered, with the potential of a further three months to follow, if appropriate. After a break from sessions, it may be possible to return for additional counselling sessions, subject to availability. Counselling sessions are provided at an amount negotiated at assessment, up to £35 each. A bursary fund is available for those needing financial support to reduce the per session contribution.

Rebalance Self-Support Group

This group meets on the second and fourth Saturdays of each month at the Swifen Harris Hall, Stony Stratford, from 10am – 12pm for a £2 donation per session. It is a friendly, welcoming group for anyone affected by an eating disorder, including partners, family members 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. The format of each session is the first hour focusing on a specific and relevant topic that will aid recovery, followed by an hour for informal chat and peer support. A library of information is also made available to participants. Please check our website for details of forthcoming topics (www.balancedmk.co.uk), radio interviews from attendees and hand outs from previous sessions. Please feel free to attend a group for more information.

Walking Group

After every Rebalance Group, there is the opportunity to go for a 30 minute walk along the river in Stony Stratford. This is an opportunity to engage in some gentle self-care and connect with nature, before returning home.

Nutritional Advice

A qualified dietician, sensitive to the challenges faced by someone with an eating disorder, is available for one to one appointments (in conjunction with counselling or group support, to ensure emotional and physical well being). A consultation fee is negotiated, of up to £35, with a bursary fund available for those needing financial support.

Self Esteem Workshops

At several points throughout the year, we offer half day workshops run at City Counselling Centre by Jane Matthews, a life coach and author of self-help books. The workshops help participants to achieve a new level of self-confidence and self-approval, often lacking in those affected by an eating disorder. Workshops cost just £25 per person.

School Workshops and Professional Training

Educational sessions about a number of related topics are available, bespoke to an organisations needs, varying from one hour lessons to whole day conferences for multiple attendees.

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.