

## PEDS Vision

- To reduce the mortality rate of eating disorders
- For sufferers to manage their symptoms to be able to live in a world where they have a good quality of life
- For sufferers to be able to access help when they need it
- All educational sectors and employers to have knowledge and understanding of eating disorders

## PEDS Vision

- HOPE
- COMPASSION
- HONESTY
- AUTONOMY
- HOLISTIC

## Founders

### Sue Rattle

(Registered Nurse)

### Mandy Scott

(Registered Mental Health Nurse)

In collaboration with/ funded by:



## Where to find us:



Our office is in Boroughbury Medical Centre in Peterborough City Centre. Directions below as you exit the back of Queensgate Shopping Centre (next to Michael John hair):

- Turn left, then right onto Lincoln Road
- Stay on Lincoln Rd
- Turn left onto Craig St
- Boroughbury Medical Centre is on the right-hand side, there is parking available.

## Contacting PEDS

To arrange an appointment or talk to one of our team, please contact us on:

**01733 391 537**

Please leave a voicemail and we will get back to you or by email at:

**[admin@pedsupport.co.uk](mailto:admin@pedsupport.co.uk)**



# P e d s

Personalised Eating Disorder Support

**[www.pedsupport.co.uk](http://www.pedsupport.co.uk)**

Building a life  
to get well for

PEDS Registered Office  
Boroughbury Medical Centre, Craig Street, Peterborough PE1 2EJ  
Registered Charity No: 1156578

## What is PEDS?

Personalised Eating Disorder Support (PEDS) is a specialist eating disorder charity based in Peterborough, supporting individuals in Cambridgeshire and further afield where capacity allows.

We offer our service users individual sessions which are tailored to meet the unique needs of each person. We also provide family sessions which include practical help, education and support. We also offer outreach/exposure work in the local community.

Education, advice and training packages can also be provided to schools and other organisations for a donation.

PEDS became an independent eating disorder charity in April 2014. Prior to this, since 2013 we provided services as an affiliate of the Luton based eating disorder charity, CARALINE.

## Who we are

PEDS was founded by two Registered Nurses Sue Rattle and Mandy Scott who have over 30 years joint experience working with people with Eating Disorders. PEDS works with both children and adults.

### Our team consists of:

Eating Disorder Specialists including Nurses, Peer Support Workers, Nutritionist, Service Manager, Charity Coordinator, Administrator & Wellbeing Support Officer and our invaluable volunteers.

## What do we do?

Our focus is to work alongside individuals and their families to help acknowledge and understand the illness. We can help provide tools to support recovery and assist with practicalities e.g. meal planning and support, managing difficult thoughts and behaviours and ensuring physical safety.

We work closely with GPs, Hospitals, CAMHS (Child & Adolescent Mental Health Service), the local NHS Adult Eating Disorder Team, Community Mental Health Teams, the local University, Schools / Colleges and local voluntary organisations.

## Can We Help You?

- Do you find yourself constantly thinking and worrying about food?
- Are you unhappy with your body?
- Do you avoid social situations?
- Do you think often about how you would feel if food did not dominate your life?

Would you like help to change your thoughts and behaviours?

## Supporting our work

PEDS has a contract with the local NHS CCG and Universities however we also rely on fundraising and donations to keep our valuable services running. If you would like to donate or arrange a fundraising event via Just Giving, please go to our page <https://www.justgiving.com/pedsupport> or scan the QR code below.



If you have any questions regarding donations or fundraising, please contact us on [admin@pedsupport.co.uk](mailto:admin@pedsupport.co.uk)

