

Training and Talks

We offer a range of educational talks for schools, colleges and community groups in the North East aimed at young people aged 11 – 19.

Our talks include:

My Armour: Designed to strengthen emotional resilience and understand how to 'bounce back' during difficult times.

Me & My Eating Disorder: Designed to help identify the early warning signs, symptoms and triggers of an eating disorder.

Living for Likes: Designed to explore the impact social media is having on our mental health.

CPD certified courses

We deliver a range of CPD certified courses aimed to prevent the onset or the further development of an eating disorder.



"The way the training was delivered was fantastic. Thoroughly enjoyed the course and would recommend it to others."

"Best training course I have ever been on"

"Authentic"

"Helped us to understand how people with eating disorders actually feel"

For all training, we will come to your organisation and deliver on a date and time that is suitable to you.

For further information or to book a talk or a training course please see our website or e-mail enquiries@niwe.org.uk

Contact us



NIWE Eating Distress Service,
The Old Post Office,
5 Pink Lane,
Newcastle upon Tyne NE1 5DW

Tel: 0191 221 0233

Email: enquiries@niwe.org.uk

Or via social media:



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enquiries@niwe.org.uk
www.niwe.org.uk



For people affected by
eating distress

Please get in touch,
we are here to help.
0191 221 0233

Our service users say...

"I felt understood and respected through counselling"

"The help I received from NIWE was brilliant and has helped me so much!"

"I feel the counselling provided has been very skilled"

"I feel really privileged to have had access to such a specialist service, without any fear of judgement or being labelled in a certain way"

"Really enjoyed it – feel less isolated and more confident"

Who are we?



NIWE is a specialist organisation for people whose lives are affected by eating distress.

Disrupted eating can start as a strategy to regain control in an unsafe or chaotic world and develop into an everyday struggle which impacts work, health and relationships.



Any relationship with food that you find difficult may cause eating distress.

Eating distress and disorders are serious emotional and physical problems and it is important to seek help and support.



If food and eating feels like it is taking over your life then it may be that you need help.

If you have a loved one you are worried about then help is available for you too.

Is this service for me?

NIWE can offer a range of services to help

- Information and signposting
- Counselling (men and women)
- Group therapy (women aged 18+)
- HOPE - a support group for women aged 16+ providing therapeutic activities
e.g. singing, craft nights, yoga
- Health topic workshops
e.g. mindfulness, self esteem, anxiety

You can contact us directly by telephone, e-mail, letter or via our Facebook page. Details are on this leaflet.

If you need help to get in touch, you can ask someone to contact us on your behalf.

Services are available to people from Tyne & Wear, Northumberland and County Durham.

More information about NIWE is available on our website www.niwe.org.uk

Comments, concerns and complaints

We welcome all feedback on our services. You can complete one of our regular questionnaires or give us feedback by telephone, e-mail or via Facebook.