

## Chairperson's report 2024-25

It has been another year of low, but consistent attendance on group nights. There have been some new members in both sections, and also a small cohort of "regulars". We understand that online information and groups will have a knock on effect on our sessions, but all our volunteers still believe that face to face meetings are the most profitable. These sessions also mean that, should anyone require extra support at the time, there is always someone on hand who is available immediately.

On that note, I must thank all our volunteer facilitators for their time and their dedication to support those challenged personally by an ED, and their carers. Thanks are also due to our efficient administrator who keeps the wheels turning, and who always gives a very warm welcome to everyone. The North of Scotland Managed Clinical Network must also be acknowledged for their continuing support of our group, particularly their manager, Linda Keenan, who is always on hand for advice.

Self help is so valuable to anyone going through a diagnosis and or recovery. Group members know the challenges, the highs and the lows, and sharing experiences can make a huge difference to someone who may be going through the same.

We have enjoyed input from Kirsty Copeland who runs May you Mend offering private and personal help, and she "flew the NEEDS flag" for us at university Freshers Fayres. She also made a short video for us to use on social media. We now have our own Facebook page! Taking this tentative step into social media was also encouraged by the Grampian ED Outpatients Service, who have always given us great support over many years.

Re raising awareness, we have not had many Youth Philanthropy Initiative enquiries as usual. However, one youngster from Banff Academy, not only did a presentation on our behalf for her year group, but also designed and made a new flyer for us which showed great initiative.

Jake our Therapet continues to visit us on a quarterly basis, just before the group sessions start and is very popular with everyone, group members, carers and facilitators. He is a great asset to our team helping everyone relax and raising a smile here and there.

Sadly our Dundee group, Bridging the Gap will most likely fold, as there continues to be a shortage of volunteers with appropriate experience in the area. As always, any adult, or carer of someone challenged by any eating disorder, from Tayside or anywhere in Scotland, is very welcome to attend our group in Aberdeen.

We look forward to busier groups this year. However, every single person we support means there is one less person out there enduring an eating disorder on their own.

Heather Cassie  
Chairperson NEEDS(Scotland)  
July 2025