



## Volunteer

### Eating Disorder Support Buddy (Non-clinical)

SEED, in collaboration with Hull and East Yorkshire Mind, is looking for compassionate volunteers to become Eating Disorder Support Buddies. This non-clinical role involves offering peer support to individuals with eating disorders and people on their recovery journey from eating disorders, providing encouragement, a listening ear, and helping to reduce feelings of isolation.

#### What the Role Involves:

- Offering emotional support and companionship to individuals affected by eating disorders
- Encouraging open discussions about challenges and progress
- Helping to reduce feelings of isolation by fostering connection
- Signposting individuals to relevant services where necessary
- Maintaining confidentiality and professional boundaries
- Attending regular training and supervision sessions
- Providing flexible support, with both in-person and remote options available

#### Skills and Experience Required:

- A caring and non-judgemental attitude
- Strong listening and communication skills
- Empathy and understanding of the impact of eating disorders
- Ability to maintain boundaries and confidentiality
- Experience in supporting individuals with mental health challenges (desirable but not essential)
- Basic IT skills for online communication

#### What You'll Gain:

- A deeper understanding of eating disorders and their impact on mental health
- Enhanced communication and peer support skills
- Opportunities to make a meaningful difference to individuals in recovery
- The chance to be part of a supportive and caring team
- Ongoing support, training, and supervision from SEED and Hull and East Yorkshire Mind
- Paid expenses, as well as training and induction
- A rewarding experience, making a positive contribution to the well-being of others

#### What happens next?



**Please note: Hull and East Yorkshire Mind are working in collaboration with SEED. By applying for this role, you agree for your data to be sent to SEED to commence with the role.**

Telephone: 01482 240200  
Email: [volunteering@heyhound.org.uk](mailto:volunteering@heyhound.org.uk)  
Website: [www.heyhound.org.uk](http://www.heyhound.org.uk)