



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

NIWE Eating Distress Service

We are a charity aiming to provide help and support to people aged 16+ in Tyneside, Wearside, Northumberland and County Durham whose lives are affected by mild to moderate eating distress or eating disorders.

We do this by providing a range of services including counselling, groups, health topic workshops, information and training. We work with people to identify the underlying causes of their eating distress - we do not offer dietary or nutritional advice. Support groups and training courses are available for friends and family.

We also work with schools and professionals to increase knowledge and awareness of eating distress and its effects. We offer talks/workshops/CPD accredited training (charges apply).

When is it on?

Time of day	Morning Afternoon
Session information	Monday to Friday 9.30am - 4.30pm

Who to contact

Contact name	Linda Wilson
Contact position	Office Manager
Telephone	0191 221 0233
E-mail	enquiries@niwe.org.uk
Website	www.niwe.org.uk
Notes	Charity number - 1150416

Where to go

Name	The Old Post Office
Address	5 Pink Lane Newcastle upon Tyne Tyne and Wear
Postcode	NE1 5DW

Other details

Referral required?	No
Referral and availability notes	<p>Ages 16+, no upper age limit. Self referral by phone or email. Mild to moderate eating distress - formal diagnosis not necessary.</p> <p>Visits by appointment only - NIWE is not a crisis or drop-in service.</p> <p>Initial assessment required to access counselling or groups. Counselling for people with eating distress, their parents and carers; groups for women only aged 18+.</p>

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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