

CAPS

Independent Advocacy



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Get involved!

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CAPS Independent Advocacy

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CAPS Independent Advocacy is a Scottish
Charitable Incorporated Organisation. Scottish
Charity Number: SC021772

Experiences of Eating Disorders “Seen But Not Heard”

Collective Advocacy Project

Helping you have a stronger voice!

CAPS



Seen But Not Heard

Do you have experience of an eating disorder?

“Seen But Not Heard” is a collective advocacy project for people with experience of all kinds of eating disorders, who live in Lothian.

People with lived experience of eating disorders come together and share their stories to create awareness, to help educate others and to reduce stigma. They make the decisions about what is important to them and how this is conveyed.

The **benefits of Collective advocacy** include:

- Sharing your experiences and opinions helping you to have your voice heard.
- Building skills and understanding your rights.
- Meeting likeminded people

“Being involved has definitely increased my confidence.”

The group have received funding from Thrive Edinburgh to carry out experience led research. Firstly, they have decided to focus on the little known or understood area of “Men and Eating Disorders.”

They have also been involved with the rewrite of two books; “Overcoming Bulimia” and “Overcoming Anorexia Nervosa”. They are now getting involved in writing a new book about overcoming binge eating disorder.

The group also do lived experience workshops in universities, schools and for healthcare professionals. Collective advocacy is completely free of charge.

Visit our website
capsadvocacy.org or email
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or call 07971 951 519

scan the QR code

