

Dear Public Health Provider,

It has been reported in the media that the lockdowns have badly affected people's mental health and wellbeing, including rises in eating disorders and disordered eating. This is also evidenced by the rise in the reported number of newcomers Overeaters Anonymous groups have seen since March 2020.

Overeaters Anonymous is a peer-to-peer support group, where those with problems with food come together to overcome their compulsive eating and compulsive eating behaviours, whether they be eating to excess, or severely restricting, bingeing or purging, dieting, or excessively exercising to control their weight, which can have detrimental effect of health.

Many people have still not heard of Overeaters Anonymous (OA) and are suffering, isolated with their condition, and trying to handle it alone.

One of the roles, of the fellowship of OA, is to carry the message to suffering compulsive eaters. They may think there's a problem but not be quite sure what it is, many finish most days with the mantra of "Tomorrow will be different I won't eat that again" or "Tomorrow I will start that diet" only to fall short of their goal by a few hours later, and the cycle continues.

Our role in carrying the message, is to let them know they are not alone and that there is a safe space for them to share their concerns and recover from the condition of compulsively eating.

We are reaching out to Public Health, Community Services to help us spread this message. We would be grateful if you would display our literature and poster in a prominent place such as a waiting room.

Additionally, if you could take the time to read our 2017 survey to give you an idea of how we may be able to help your service users

If you have any questions, please do not hesitate to contact us at contact@oaheartofengland.co.uk

Many Thanks,

Heart of England Intergroup

Overeater Anonymous