

Dear Salon Manager,

We hope this letter finds you well and that you have not been too negatively affected by the lockdowns.

We are aware that you will have people flocking to you in no time as your services are one of the things most people have missed.

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 group of people who 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.

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" or "Monday I will join another gym" and much more.

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 Salons to help us spread this message. Enclosed in this envelope is a poster and a leaflet. If you could display it in a place where your clients are waiting it may enable, then to reach out for help and support.

Many Thanks

Heart of England Inter-Group

Overeater Anonymous



Dear Gym Manager,

We hope this letter finds you well and that you have not been too negatively affected by the lockdowns.

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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 Gym to help us spread this message. Enclosed in this envelope is a poster and a leaflet. If you could display it a visible place such as a community board, it may enable, then to reach out for help and support.

Many Thanks,

Heart of England Inter-Group

Overeater Anonymous