

Don't be alone over eating disorder fears

WHEN she was seven years old Iona Burton wrote in her school book: My new year's resolution is to lose weight.

Iona's innocent childhood admissions revealed an eating disorder which would go on to blight the rest of her youth and leave her battling anorexia. The former Harrytown Catholic High School pupil says not eating at school became a habit.

She would throw her lunch in the bin and gave her snacks to friends, with only a bottle of diet coke to sustain her throughout the day

Now aged 24 and studying journalism at Salford University, Iona, from Woodley, has no idea how or why she developed an eating disorder.

Iona, who is using her experiences to help eating disorder charity Beat publicise February's national awareness week, said: "There was concern for me through school, although I'd always been a skinny kid.

by Gill Potts

"I was very underweight but I just got used to being tired and weak all the time."

Iona says at her lowest point her Body Mass Index (BMI) was 17.5 - a healthy adult should be between 20 and 25 and anything below 18 is deemed anorexic.

She says things really started to go downhill when she started at Aberystwyth University.

Iona said: "I was so far away from home and didn't know anyone, things got really bad. By the end of the first year I was collapsing and having blackouts. I was dizzy all the time and didn't make it to a lot of my lectures."

By the time Iona was referred to the North West Centre for Eating Disorders in Stockport she had to be forced to eat even an apple.

She said: "I still have a massive fear of gaining weight - I wish I could just let go and take that leap of faith and enjoy myself but there's always that fear."

"If anyone is worried they may have an eating disorder do not hesitate to get help, talk to anyone - keeping it a secret doesn't do you any good."

IF you're concerned about eating disorders, Beat is running a series of support sessions in the area during Eating Disorders Awareness Week, February 21-28.

You can drop into a session at Oakwood House, 251 Wellington Road South, Stockport, on Wednesday, February 23, from 5pm-7pm. For more information visit iloveme.org.uk/EDAW.

Beat spokesman Francis Burrows said: "The support sessions are a great place for young people, their family and friends to have open and honest discussion and to find out where to access further support."



GOOD TO TALK... Iona Burton

Roadworks loom ahead

THE half term means roadworks will be springing up across Stockport.

There will be 24-hour northbound lane restrictions on London Road, Hazel Grove, between Commercial Road and Brewers Green from February 19-27 to construct an entrance at the Asda store.

From Sunday until February 27 there is to be no left turns along Didsbury Road, Heaton Moor, at its junction with Station Road, while carriageway repairs take place.

Two way temporary traffic lights will be outside 160 Stanley Road, Heald Green, from Monday to February 24 from 9.30am to 3pm.

It will allow a pelican crossing to be upgraded.

And starting Monday until February 28 there is a 24-hour prohibition of driving on Aspley Street, from Wellington Street to Harvey Street, Stockport centre.

An alternate route has been provided.

Cancer talks

CANCER patients in Stockport can receive support and information during drop-in sessions at Boots stores this week.

Macmillan Cancer Support will host the sessions as part of Cancertalk week until February 22.

Cancer information specialists will be on hand to talk to.

For more visit boots.com/macmillan or call 0800 808 0000.

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