

The logo features the word "Beat" in a large, bold, white sans-serif font. Below it, the words "Eating disorders" are written in a smaller, bold, white sans-serif font. The text is centered on a dark purple circular background. The overall design is modern and clean, with a vibrant, multi-colored background consisting of overlapping circles in shades of purple, red, orange, and teal.

# Beat

**Eating disorders**

# Welcome to Beat

## ☆ Who we are

Founded in 1989, we're the UK's eating disorder charity. Created to help people – of all ages, genders and backgrounds – to live a future free from these cruel mental illnesses

## ☆ What we do

We provide support to individuals and carers. Members of the Eating Disorders Forum for Northern Ireland, we campaign for change. And we work alongside healthcare professionals, policy makers and politicians to improve access, care and treatment. We raise awareness and provide training to professionals, community groups and other organisations.

## ☆ How we do it

Along with our community, and funding from Government, Lottery, etc.





**“BEAT offers hope. Not only has it given my family and loved ones resources to gauge an idea into the complexity of what I was going through, and how to empathise with me; but also offers those of us struggling with stories of hope across its channels.**



**BEAT reminds me of why I’m choosing recovery: for the bright and beautiful future that I truly deserve.”**

***Leah B, Co Antrim***

# What Beat does

## Support for Individuals and Carers – a summary

All free, confidential, no diagnosis needed, and anyone can self refer

- NI Helpline– 0808 801 0434
- Online Support Groups
- Message Board
- Email [nihelp@beateatingdisorders.org.uk](mailto:nihelp@beateatingdisorders.org.uk)
- Social Media [@beatED\\_NI](#) / [beatedsupport](#)
- POD – Peer Online Development: an amazing new resource!
- Specialist training courses for carers





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Training & Events

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Services for Carers

POD - Peer Support and Online Development for Carers

Worried about a friend or family member

Worried about a colleague

Worried about a pupil

Your role in treatment

Support In My Area

Beat Services In Scotland

Beat Services in Wales

Beat Services in Northern Ireland

Services for Carers in England

Find Local Support

Find out more about Support Services in NI and access online resources via our website:

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

## Dove – Over 25's Support Group

Dove is an online chat group for anyone with an eating disorder **aged 25 and over**.

[Read more](#)

## Phoenix – Young People's Support Group

Phoenix is an online chat group for anyone **under the age of 25** with an eating disorder.

[Read more](#)

## The Nest – General Support Group

A support group for anyone with an eating disorder, running daily from 8pm.

[Learn more](#)

## Kingfisher – Bulimia Support Group

A support group for anyone who has or thinks they may have bulimia.

[Read more](#)

## Nightingale – BED Support Group

A support group for anyone who has or thinks they may have binge eating disorder.

[Learn more](#)

## Swan – Anorexia Support Group

A support group for anyone who has or thinks they may have anorexia.

[Learn more](#)

## Aviary – Carers' Support Group

A support group for anyone supporting someone else with an eating disorder.

[Read more](#)

## Osprey – Men's Support Group

A support group for those identifying as men with an eating disorder.

[Learn more](#)



# Specialist Services for Carers

## **NI Carers' Fund Support:**

☆ **Developing Dolphins**

☆ **Raising Resilience**

☆ **Coping with Celebrations:  
Christmas, Passover and  
Ramadan**

690 people in NI over 2 years

## **Also**

☆ **Online resources – POD**

☆ **Carers Packs**

☆ **Solace**

☆ **Endeavour**

☆ **Aviary – online carers'  
support group**





# Welcome, Nicola



Click here to join one of our Coping with Christmas sessions

Your Learning

Meet

Course Catalogue

November 2022

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Twitter

Tweets from @beatED

Expert Chatroom



Peer support group hosted over Zoom over 8 weeks.

It's for **anyone** supporting somebody with an eating disorder and provides carers the opportunity to share their feelings and get support from others in a similar situation.

Whilst facilitated by an experienced eating disorder clinician, the sessions are led by the attendees..

Topics include discussion arounds meal plans, setting boundaries and understanding why change is difficult.



# Developing Dolphins

Caring for someone with anorexia or bulimia?

Developing Dolphins gives you  
the skills you need.

“ My parents benefited so much from these workshops! I immediately noticed the way they changed their approach to supporting me. ”

Beat has created Developing Dolphins for anyone caring in a personal capacity for someone with anorexia or bulimia.\* The course is based on the principles of the New Maudsley method developed by leading expert Professor Janet Treasure. Developing Dolphins is run over five weeks, with weekly 2.5-hour sessions and delivered by clinicians who work directly with people with eating disorders.

\*Please get in touch to find out more about Developing Dolphins for binge eating disorder.



“ [The course] really helped me to have faith and belief that, with the right guidance and support, our daughter could make a full recovery. ”

## What will I learn?

Over the five weekly sessions, you'll find out more about eating disorders, gain an understanding of the driving forces behind them, and learn some techniques to help your loved one in recovery and look after your own wellbeing.

### Learning outcomes:

- An increased understanding of eating disorders and the psychology behind them.
- Strategies for encouraging recovery, including motivational interviewing, collaborative goal setting, and more.
- Understanding and avoiding behaviour that could maintain the eating disorder.
- Tips for taking care of your own wellbeing while your loved one is recovering.

### Resources

You'll go away with useful tools and resources, including meal planning tools and *ED says U said: Eating Disorder Translator* by June Alexander and Cate Sangster. You'll also get ongoing access to support through our free and confidential helpline.

You will also have chance to speak to one of our Ambassadors and ask them questions about their experience to help you support your loved one.

**Supporting someone  
with an eating disorder?  
Learn the skills you need.**

# RAISING RESILIENCE

**Online carer skills workshops from Beat,  
the UK's eating disorder charity.**

## About Raising Resilience

Supporting someone with an eating disorder can feel overwhelming and isolating. The eating disorder can take over your loved one's life, and you may find it hard to understand what they're going through and how best to help them. At the same time, the eating disorder can deeply impact on your life and the lives of others supporting your loved one. It's vital that you have the knowledge you need to face the eating disorder, and the means to take care of your own wellbeing.

”

My daughter had been suffering... for four years and I was pretty exhausted by the roller coaster of emotions this involved for all of us. I found it incredibly hard to explain how I was feeling to anyone who hadn't had the same experience. The combination of guilt, anxiety, hope, frustration and fear was overwhelming at times and there was a definite impact on the whole family.

”

– Parent



## What is Raising Resilience?

Raising Resilience is a series of online workshops that take place live over Zoom. Along with others caring for someone with an eating disorder, you'll learn new skills from an experienced eating disorder clinician. There are five workshops in total, which run weekly for two and a half hours.

Throughout the workshop, you'll receive a pack of information on supporting your loved one from Beat, Professor Janet Treasure's *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*, and *ED Says U Said* by June Alexander and Cate Sangster.

## What does Raising Resilience cover?

The first four workshops will cover:

- Motivational techniques to help with recovery.
- Setting boundaries.
- Supporting your loved one during mealtimes and handling mealtime stress.
- The cycle of change and how to support your loved one at each stage of their recovery.

We'll follow these up with an additional workshop that covers the difficulties around Christmas, a time that may be especially hard for people with an eating disorder.

“ My parents benefited so much from these workshops! I immediately noticed the way they changed their approach to supporting me. ”

– Child of Beat carer workshop attendee



# Endeavour - ARFID carer support group

- For up to two parents/carers of young people aged 5-15
- Endeavour is an 8-week programme, involving 90-minute weekly group sessions delivered by Zoom.
- You will be sent a pre-reading each week to prepare you for relevant guided discussions and reflections in the carer support group, facilitated by a Beat Programme Officer.

What is ARFID – Avoidance/Restrictive Food Intake Disorder?

Common ARFID behaviours may include: avoiding/restricting foods based on senses and textures; concerns about the consequence of eating; and low interest in eating.

For more information about the behaviours and presentations of ARFID, please visit Beat's helpful webpage: [ARFID](#)

# Free Training Resources for Healthcare Professionals

The screenshot shows a web browser window with the URL [beateatingdisorders.org.uk/training-events/find-training/](https://beateatingdisorders.org.uk/training-events/find-training/). The page features four training resource cards arranged in a 2x2 grid. Each card has a title, a brief description, and a 'Read more' button. The cards are: 1. 'Training for GPs and Primary Care Clinicians' (light purple background), 2. 'Training for Medical Students and Foundation Doctors' (dark purple background), 3. 'Training for Nurses' (dark purple background), and 4. 'Training for Healthcare Professionals' (light purple background). A 'Privacy' link is visible in the bottom left corner of the browser window.

← → ↻ 🏠 🔒 beateatingdisorders.org.uk/training-events/find-training/ ⌵ ☆ 📄 N ⋮

### Training for GPs and Primary Care Clinicians

In collaboration with Health Education England, Beat has launched an eating disorders training package for GPs and Primary Care Clinicians.

[Read more](#)

### Training for Medical Students and Foundation Doctors

This course offers everything you need to deliver comprehensive eating disorders training in your medical school or foundation programme.

[Read more](#)

### Training for Nurses

This course offers comprehensive eating disorder training for nurses.

### Training for Healthcare Professionals

Ideal for GPs, nurses, dentists, cardiologists, and many other healthcare professionals.

Privacy

# Beat and the Public Sector Working in Partnership

Beat works with public sector partners across the United Kingdom to support people and their loved ones in their recovery journeys. We can provide non-clinical support quickly, effectively, and as early as possible, to complement the work of health professionals. We can provide some of our services free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with public sector partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for family members and others caring for a loved one with an eating disorder
- Support and training for health professionals
- Strategic support to health care providers
- Please click on the area of interest for more information. A summary of the services is also available as a printable information document:

[Download information document](#)



# Schools Professionals Online Training



SPOT (Schools Professionals Online Training) encompasses a range of interactive learning webinar videos delivered by our expert eating disorder clinicians, E-learning modules and weekly Q&A sessions with an eating disorder clinician and Lived Experienced Ambassador. The platform also enables school professionals to post questions on a community forum to share advice with their peers.

Now available free of charge to all primary and post primary schools in Northern Ireland

# How can we work together with you?

We're here to help support the work that you do.

If you'd like to know more,  
or arrange a meeting with Nicola, Beat's National Lead for Northern Ireland,  
please get in touch - [n.armstrong@beateatingdisorders.org.uk](mailto:n.armstrong@beateatingdisorders.org.uk)

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Follow our NI Twitter page: [@BeatED\\_NI](https://twitter.com/BeatED_NI)