Beating 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
- Social Media @beatED_NL / beatedsupport
- POD Peer Online Development: an amazing new resource!
- Specialist training courses for carers













Your Stories

Training & Events

About Us

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Learn about eating disorders

Types of Eating Disorder

Do I have an eating disorder?

How many people have an eating disorder in the UK?

Do men get eating disorders?

Eating Disorder Research

Glossary of terms

Downloads and Resources

Get help for myself

Get support through COVID

I need support now

Overturning bad decisions (and understanding good ones)

Online support

Recovery

Early intervention

Support someone else Support In My Area

Supporting someone with an eating disorder

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

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Beat Services In Scotland

Beat Services in Wales

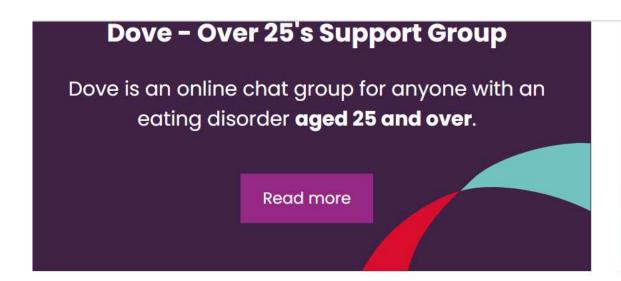
Beat Services in Northern Ireland

Services for Carers in England

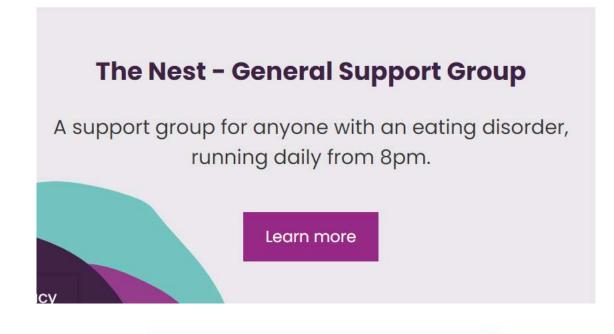
Find Local Support

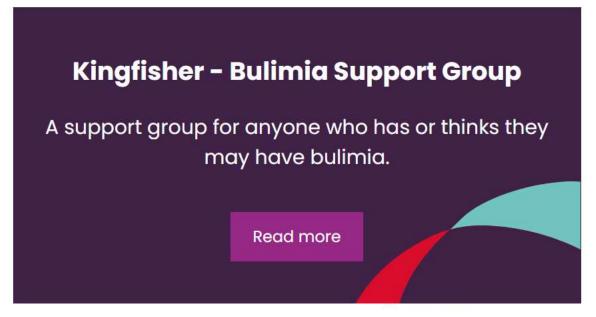
Find out more about Support Services in NI and access online resources via our website:

www.beateatingdisorders.org.uk



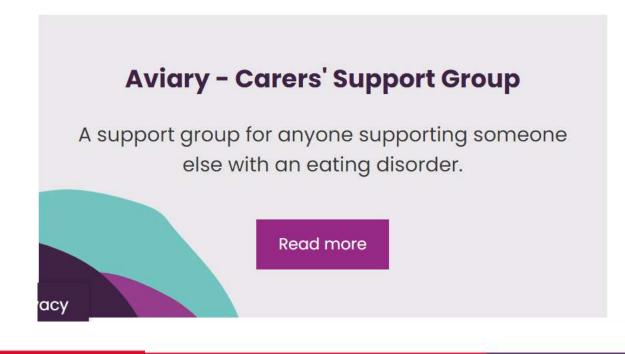


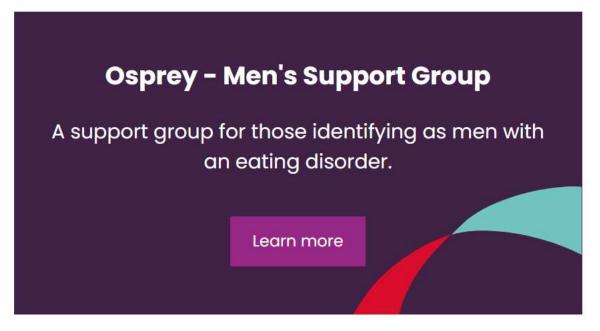














Specialist Services for Carers

NI Carers' Fund Support:

Developing Dolphins

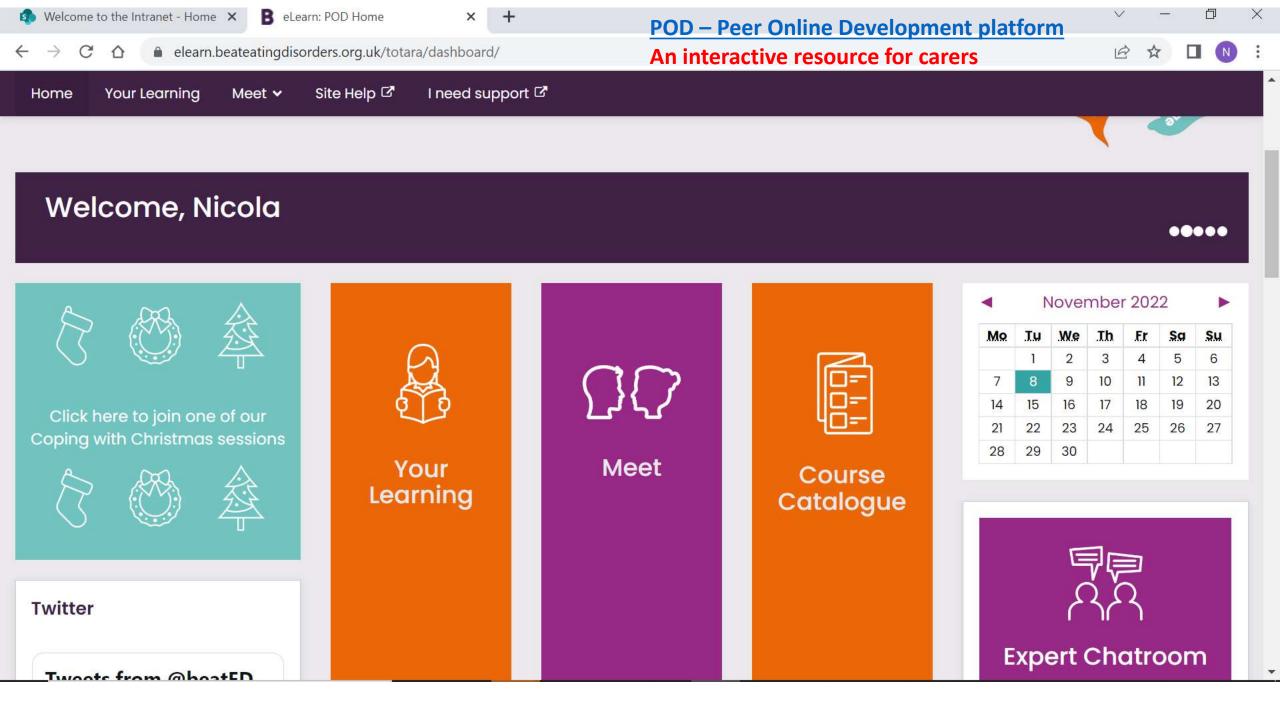
Raising Resilience

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



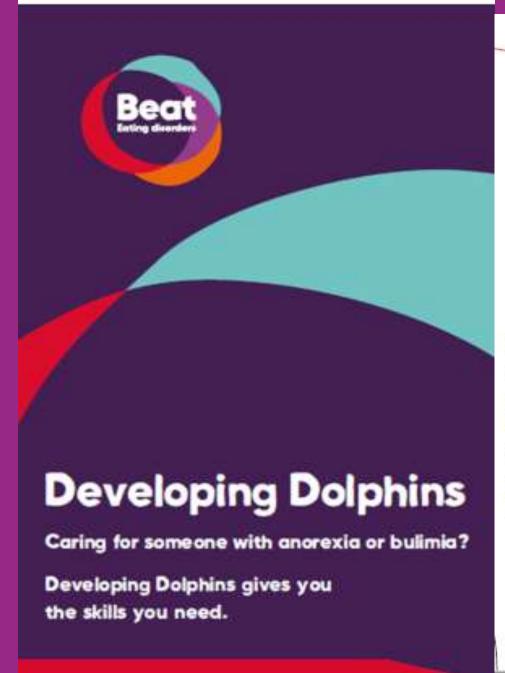


Peer support group hosted over Zoom over 8 weeks.

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.



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.

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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.

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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 angoing 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

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

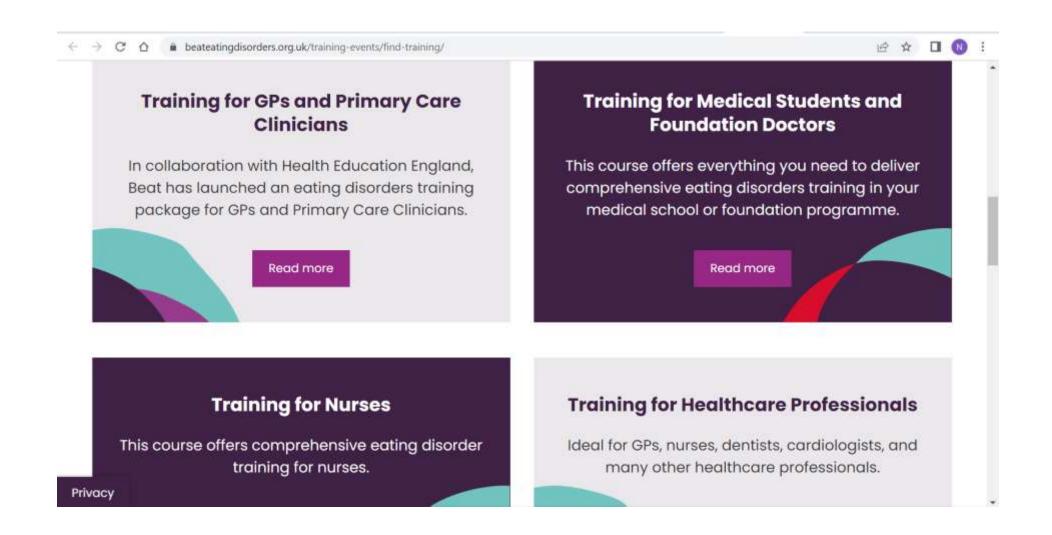
Endeavour - ARFID carer support group

- 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



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

www.beateatingdisorders.org.uk

Follow our NI Twitter page: <u>@BeatED_NI</u>