

Our Story

Our mission is to provide support and advice to parents and carers who have a loved one suffering from an eating disorder.

Introduction

The primary aim of fightED is to provide support and advice to parents and carers who have a loved one suffering from an eating disorder.

We know through our own experiences that eating disorders do not just affect the individual. They can have a devastating impact on the whole family.

How fightED was born

fightED (Fight Eating Disorders) was founded by the McLarnon family from Northern Ireland who had a daughter (Debbie) who suffered seriously from an eating disorder.

Due to the lack of adequate services or facilities in Northern Ireland, the McLarnons had to fight to have their daughter treated by specialist units in London.

<https://fighted.org/>

How we can help

We offer courses for families dealing with eating disorders. Our approach provides education, skills and the techniques to help and support carers on this process.

Our approach: the Maudsley Model

The New Maudsley Model is a world-renowned approach which provides education, skills and the techniques to help and support carers adopt a more adaptive approach to their loved one's eating disorder.

The aim of the New Maudsley Model is to help parents and carers feel more confident and empowered in their caring role, to reduce their anxiety, and improve communication lines in the family, ultimately helping them best support their loved one on their path towards recovery.

It aims to do this by:

- Strengthening carers' beliefs in their abilities to make change possible
- Giving carers the opportunity to express concerns about the illness
- Discussing the basic principles of behaviour change
- Teaching communication skills (ability to express & process emotions)
- Promoting respect, satisfaction and a unified approach within the family
- Teaching the skills of problem solving
- Maximizing carers skills (warmth with limits and boundaries)
- Highlighting factors which may be aggravating the problem

It is an extremely credible and recognized model, used in many countries around the world. It has been available to parents and carers in the rest of the UK for over 20 years, and the aim of fightED is to offer it to the parents and carers of Ireland for the first time.

It is "designed to equip carers with a skill set which enhances communication and is often used in inpatient and outpatient settings by clinicians." It provides carers with "...the skills and guidance that will best help them support their loved ones on the path towards recovery."

The New Maudsley Model has been, and continues to be, scientifically tested. Recent results showed significant reductions in carer anxiety and depression, as well as significant increases in carer psychological wellbeing and self-efficacy. Carers also reported an improvement in the wellbeing and eating disorder behaviours of the sufferer.

fightED has selected a group of facilitators who have recently been trained by one of the founders of the New Maudsley Model. These facilitators will roll out this training course for parents and carers across Ireland.

EATING DISORDERS ADVICE

Eating disorder sufferers generally suffer from low self-esteem and feelings of inadequacy. They use food as a coping mechanism to deal with difficult or painful emotions. Controlling food can help them feel more in control when everything else feels overwhelming or out of control.

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SUPPORT US

100% of monies raised and donated is reinvested directly into helping fightED to continue delivering their vital service.



FOR PROFESSIONALS

Are you working with individuals with eating disorders? fightED offer a 2 day training course for GP's, nurses, counsellors and therapists, or anyone who else working with eating disorders. This training has received a Certificate of Quality Assurance from the National Counselling Society.

