

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.

Support for people with an eating disorder

Bolster: Weekly telephone one-to-one coaching support for adults with emerging eating disorders who are not yet able to access treatment.

Motivate: Weekly phone calls and monthly moderated peer support groups to help adults stay motivated while on a waiting list for treatment for anorexia or bulimia nervosa.

Momentum: NICE-recommended treatment for adults with binge eating disorder using the guided self-help book *Overcoming Binge Eating*, delivered over 12 weeks.

SharED: Six months of support from a Beat volunteer befriender in the form of one to three emails per week, moderated by a Beat Helpline Advisor.

Online peer support: Various groups are available free of charge every day, catering for different support needs. All are moderated by a Beat Helpline Advisor.

Support for carers and families

Nexus: Over 12 weeks of one-to-one telephone coaching, an advisor will provide carers with practical skills to help their loved one achieve positive change.

Solace: Structured weekly peer-to-peer support groups for carers via Zoom facilitated by an eating disorder clinician and a lived experience volunteer.

Compass: Ten weeks of individual coaching support for carers of young people (12-17) who are yet to start treatment for anorexia, bulimia, binge eating disorder or OSFED.

Developing Dolphins: Training via Zoom to empower carers to provide the best possible guidance as they help a loved one towards recovery. Carers are taught to gently 'swim' alongside their loved one, giving them guidance to make their own progress.

Raising Resilience: Live workshops over Zoom to help carers tackle common challenges, with a focus on developing and practising skills to support someone with an eating disorder.

Endeavour: Eight weeks of 90-minute support groups over Zoom for carers of people aged 5–15, who have either been diagnosed with ARFID or are presenting with symptoms. Up to two carers per young person can feel supported in a safe space facilitated by a Programme Officer.

Information pack: A printed package to be given to carers when their loved one is diagnosed with an eating disorder. Currently available free of charge thanks to a National Lottery grant and can be included with any service.

Online peer support: Various groups are available free of charge every day, catering for different support needs. All are moderated by a Beat Helpline Advisor.

POD (Peer Support & Online Development): POD is our online platform carers that provides easily accessible training and support. E-learning modules, recorded webinars, message boards and downloadable resources at your fingertips. Free for all carers across the UK.

Support for professionals

SPOT (School Professionals Online Training): Secondary school-based professionals learn how to spot the early signs of an eating disorder, talk to a young person who may be suffering, and support them to seek treatment as soon as possible. Delivered online via e-learning and webinar. Funded nationwide.

Beyond the Symptoms: Tailored education packages to help clinical groups understand eating disorders, spot and respond to early warning signs, signpost to services, and overcome service user resistance. Suitable for those working in A&E, primary care, dental surgeries and more. Delivered via webinar, e-learning and live Q&A.

Direct referrals: Allowing referrals from charity partners will save considerable GP time while optimising the chances of eating disorder services being able to treat people more quickly and effectively. Beat's Helpline is ideally placed to make referrals with or on behalf of people seeking an assessment for a likely eating disorder and we will provide this service free of charge for any willing partner.

More information

All services are delivered either by experienced eating disorder clinicians or by trained Programme Officers under the supervision of a clinician. Where suitable, they are co-delivered by Beat lived experience trainers and volunteers.

All Beat services are developed in consultation with clinical and academic partners and co-produced with our beneficiaries with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians.

For more information about partnering with Beat, or to discuss other ways we can help, please contact PublicSectorCommissioning@beateatingdisorders.org.uk.