

Raising Resilience

Workshops to help carers tackle specific challenges commonly faced when caring for a loved one with an eating disorder.



A series of 5 weekly live workshops delivered over Zoom by experienced eating disorder clinicians and lived experience tutors, with a focus on developing and practising the skills needed to help and support someone with an eating disorder.

Who is it for?

Parents, partners, siblings, and other carers of a loved one of any age who has had an eating disorder for no more than 5 years.

Intended outcome

Carers have additional skills and increased confidence in supporting their loved one in challenging times and in looking after their own emotional needs.

Duration and intensity

One 2½ hour workshop weekly, for 5 weeks.

Details

Each weekly workshop addresses a different topic, empowering carers with motivational techniques, handling mealtime stress, setting boundaries, supporting each stage of recovery, and coping with Christmas and other difficult times.

Participants receive an information pack including 'ED Says U Said' by June Alexander and Cate Sangster.

Participants on similar courses said:

'I CANNOT believe such helpful, professional advice is free. Why didn't I get in touch with Beat sooner?'

'Great course to both improve the understanding of eating disorders, and to provide the tools and techniques to care for our daughter effectively. Also helpful to learn from others' experience'

Raising Resilience is designed as a follow-up programme for people who have attended the 'Developing Dolphins' workshops but will still be useful for carers who have not received any previous training.

More information

For more information about this service or a partnership with Beat, please contact the team via PublicSectorCommissioning@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of NHS eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us.

Other services for carers of people with eating disorders:

- ECHO: weekly 1-1 telephone peer coaching from a specially trained volunteer carer who has themselves previously supported someone to recovery from an eating disorder
- Nexus carer support: weekly coaching calls from a Beat Advisor.
- Solace: weekly video peer support groups facilitated by a clinician and a Lived Experience volunteer
- Developing Dolphins: focused training over Zoom to help people understand and support a loved one towards recovery

Beat and NHS working in partnership

Beat works with NHS partners to help people get into treatment faster and to achieve a quick and sustainable recovery. Our belief is that we can provide non-clinical support quickly, effectively and cheaply, leaving NHS clinicians more time to do the clinical work that they have been trained for.

We can provide some of our services to NHS partners 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 NHS 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 clinicians
- Strategic support to health care providers

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

Abigail Cardwell (Lead Occupational Therapist, South West London and St George's Mental Health Trust)

Dr Erica Cini (Consultant Psychiatrist, East London Foundation Trust)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse, 2gether Trust)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead, NHS Lothian)

Sarah Fuller (Specialist Eating Disorder Dietitian, East London NHS Foundation Trust)

Jess Griffiths (Eating Disorders Practitioner and Clinical Lead, Beat)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead, Cardiff and Vale NHS Trust)

Dr Rhys Jones (Consultant Psychiatrist, Leeds and York Partnership)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead, Central and North West London NHS Trust and East London NHS Trust)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network)

Dr Paul Robinson (Consultant Psychiatrist; Principal Teaching Fellow, University College London)

Professor Janet Treasure (Consultant Psychiatrist, South London and Maudsley Trust)

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

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