

# Beat and NHS working in partnership



Quick, effective and low-cost non-clinical support that leaves clinicians more time to do what they do best.

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

We 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 NHS partners.

We provide the following services:

Support For People with an Eating Disorder	
<p><b>'Bolster' support programme</b></p> <p>Weekly telephone 1-1 coaching support for adults with emerging eating disorders who are not yet able to access treatment.</p>	<p><b>'Motivate' support for people on a waiting list</b></p> <p>A weekly scheduled phone calls and moderated peer support groups, to help adult service users remain motivated while waiting for treatment for anorexia or bulimia nervosa.</p>
<p><b>'Momentum' guided self help</b></p> <p>NICE-recommended treatment for adults with BED delivered over 12 weeks by Specialist Advisors using the guided self-help book 'Overcoming Binge Eating'.</p>	<p><b>'SharEd' peer support for young people</b></p> <p>Six months of support from a Beat volunteer befriender in the form of 1-3 emails per week, moderated by a Beat Helpline Advisor.</p>
<p><b>'Synergy' support for under 18s</b></p> <p>Weekly support combining 1-1 and family sessions for 14-17 year olds with disordered eating that does not yet meet the diagnostic criteria for anorexia or bulimia nervosa but who are likely to worsen if left without support.</p>	<p><b>Online peer support</b></p> <p>Various groups are available free of charge every day, catering for different support needs. All are moderated by a Beat Helpline Advisor.</p>

Support For Families & Carers	
<p><b>'Nexus' carer support programme</b></p> <p>Over 12 weeks of 1-1 telephone coaching, an advisor will provide carers with practical skills to help their loved one achieve positive change.</p>	<p><b>'Solace' peer support</b></p> <p>Structured weekly peer-to-peer support groups for carers via Zoom facilitated by an eating disorder clinician and a lived experienced volunteer.</p>
<p><b>'Synergy' support for under 18s</b></p> <p>As above: weekly support for 14-17 year olds with disordered eating, combining 1-1 and family sessions.</p>	<p><b>Online peer support</b></p> <p>Various groups are available free of charge every day, catering for different support needs. All are moderated by a Beat Helpline Advisor.</p>

Training & Information For Families & Carers		
<p><b>Developing Dolphins</b></p> <p>Training via Zoom to empower carers to provide the best possible guidance as they help a loved one towards recovery.</p> <p>Carers are taught to gently 'swim' alongside their loved one, giving them guidance to make their own progress.</p>	<p><b>Raising Resilience</b></p> <p>Live workshops over Zoom to help carers tackle specific challenges commonly faced, with a focus on developing and practising additional skills needed to help and support someone with an eating disorder.</p>	<p><b>Carer information pack</b></p> <p>A printed package to be given to carers when their loved one is diagnosed with an eating disorder.</p> <p>Currently available free-of-charge thanks to a National Lottery grant, and will always be included with any service commissioned.</p>

Strategic support to health care providers and training for clinicians		
<p><u>Outreach</u></p> <p><b>'SPOT': School Professionals Online Teaching.</b></p> <p>Teachers and other secondary school based professionals learn how to spot the early signs of an eating disorder, and how to talk effectively to a young person who may be suffering, encouraging and supporting them to seek treatment as soon as possible.</p> <p>Delivered online via e-learning and webinar, with a full resource pack and lifetime access to coaching support via regular Zoom-based clinician-led group sessions.</p>	<p><u>Early Intervention</u></p> <p><b>Direct referrals.</b></p> <p>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.</p>	<p><u>Clinician Training</u></p> <p><b>Beyond the Symptoms.</b></p> <p>Tailored education packages for various clinical groups ensuring they understand eating disorders, how to spot and respond to the early warning signs, signpost to ED services, and overcome service user resistance. Suitable for a range of staff including those working in A&amp;E, primary care, dental surgeries and more. Delivered via webinar, e-learning and live Q&amp;A, with continued access to regular Zoom-based clinician-led group sessions for ongoing support and consultation.</p>

## More information

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.

For more information about this service or a partnership with Beat, or to discuss other ways we can help, please contact the team via [PublicSectorCommissioning@beateatingdisorders.org.uk](mailto:PublicSectorCommissioning@beateatingdisorders.org.uk).

Information sheets on each service are also available at [beateatingdisorders.org.uk/commission-us](https://beateatingdisorders.org.uk/commission-us).

All Beat 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.