

# DEVELOPING DOLPHINS

Supporting someone with an eating disorder?  
Gain the skills you need with Developing Dolphins

**Beat**  
Eating disorders

# WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

When someone has an eating disorder, the **impact goes beyond just that person**. But that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help**. Our programmes are free, confidential, and remote, so you can fit them around your needs.

# ABOUT YOU

**Are you supporting someone with an eating disorder? It can be hard to know what to do and say.** You might be looking for somewhere you can gain new skills – somewhere you can learn from experts. That's what we offer through **Developing Dolphins**, to parents, partners, siblings, and others.

# ABOUT DEVELOPING DOLPHINS

During this workshop series, you'll learn all about the psychology of eating disorders, plus a lot of handy tips to support your loved one.

- We'll run five workshops over Zoom
- You and others in a similar situation will learn from clinicians, and volunteers with their own eating disorder experience
- Over the series, you'll build up your knowledge, skills and confidence, so you can "swim" along with and guide your loved one
- We'll also send you an information pack and Professor Janet Treasure's *Skills-Based Learning for Caring for a Loved One with an Eating Disorder*

## SO, WHAT DO WE NEED FROM YOU?

You'll just need to be able to join us for one two-and-a-half-hour session per week, for five weeks. This will normally be on a weekday evening.



SCAN ME FOR



MORE INFO

## WHAT NEXT?

Head to [helpfinder.beateatingdisorders.org.uk](https://helpfinder.beateatingdisorders.org.uk) or scan the QR code to refer yourself to Raising Resilience. Once you've done that, we'll be in touch.

### England:

0808 801 0677

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

### Northern Ireland:

0808 801 0434

[NIhelp@beateatingdisorders.org.uk](mailto:NIhelp@beateatingdisorders.org.uk)

### Scotland:

0808 801 0432

[Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

### Wales:

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