

Blossom peer support group

Structured weekly group sessions to enhance motivation to change



Online peer support groups to provide service users with a course of 8 weeks of structured motivational work, helping people to manage their eating disorder, reduce symptoms and avoid relapse while they are unable to access NHS treatment.

Who is it for?

Adults with disordered eating who do not yet meet any diagnostic criteria and who are therefore not able to access treatment, but who are likely to worsen if left without support, and for whom structured peer support may be a more suitable solution than 1:1 approaches.

Intended outcome

People with emerging eating disorders understand their illness, reduce symptoms and start to plan for recovery.

Details

Blossom peer support takes place through online groups using Beat's established peer support platform. Service users take part by typing their messages into the chat, which is moderated to ensure the space is safe and no triggering content is shared.

A specialist advisor takes small groups of participants through a structured motivational programme over 8 weekly online 90 minute support group sessions. Reflective tasks help to instil hope of recovery, enhance motivation for change and identify early warning signs. The Advisor will encourage and support service users to set and achieve goals, change behaviours, and develop or build on existing skills, empowering them to overcome obstacles to recovery.

'This group and my own work in my head has reminded me of my values and what I want to do in my one precious life. I don't want my life to be controlled by my ED, I want freedom.'

'Thank you so much, you have really changed my life and enabled me to get on the road to recovery.'

A manual is provided for all participants. Where appropriate, Beat's carer information pack will also be posted to help relevant family members or other carers to provide a supportive environment for their loved one as they wait for treatment.

More information

For more information about this service or a partnership with Beat, please contact Camilla Leach, Senior Partnerships Officer via c.leach@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 people with eating disorders:

- Bolster: 1-1 telephone coaching for adults with binge-purge disordered eating behaviours
- Staying motivated while on a waiting list: weekly support for people waiting for anorexia treatment
- Binge Eating Disorder guided self-help: NICE-recommended treatment for BED
- SharED peer support for young people: moderated 1-1 email support from a volunteer befriender

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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