

# SharEd Peer Support



Peer-to-peer support for young people provided over e-mail by volunteer befrienders

Six months of support from a Beat befriender aged between 18–35 years old who has recovered from their own eating disorder; moderated by a Beat Helpline Advisor.

## Who is it for?

Young people aged 14–25 with an eating disorder,

## Intended outcome

Reduced isolation, improved quality of life and a belief in recovery.

## Duration and intensity

Emails 1–3 times a week, for up to 6 months.

## Details

Young people referred to the SharEd service are matched with a “buddy”, – a volunteer aged 18–35 who has recovered from their own eating disorder. The buddy will provide befriending service in the form of up to 3 emails per week.

The pairs are mediated by Beat and the content of all emails is moderated to ensure safety for everyone involved.

The befrienders offer a listening ear, provide encouragement and signpost to other services that might be helpful during the service user’s journey. They are trained by Beat and supervised throughout their service by the Beat Peer Support Coordinator. Training consists of boundaries in communication, active listening skills based on motivational interviewing principles and safeguarding policies and practices.

*“I can’t express how supported I have felt from speaking and connecting with you. I truly have looked forward to every email because I know on the other end will be someone who understands me and is rooting for me. So, thank you so much.”*

This service was created in partnership with NHS Lothian.

## 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](mailto: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](http://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
- Blossom: online peer support groups for people unable to access eating disorder treatment

## 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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