

Solace Peer Support



Structured weekly peer-to-peer support groups for carers via Zoom

Video-based peer support for carers, facilitated by experienced eating disorder clinicians, normally supported by Beat's lived experienced ambassadors and volunteers.

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 help each other to develop confidence in supporting a loved one with an eating disorder towards recovery, while looking after their own emotional needs.

Duration and intensity

90-minute sessions over Zoom video conferencing each week for as long as the carer needs the service.

Details

Solace takes place via video conferencing, providing peer support for anyone supporting a loved one with an eating disorder.

Facilitated by experienced eating disorder clinicians and often co-delivered by a Lived Experience Ambassador, the sessions give carers the opportunity to share how they're feeling and receive support from others in similar situations.

Each session includes discussion based around a particular theme, such as meal plans, setting boundaries, or understanding why change is difficult. The groups are led by the participants, with the clinician responding to questions, ensuring a safe space and prompting conversation as necessary.

Groups will normally be co-facilitated by a Beat Ambassador or other Lived Experience volunteer. These are people who have recovered from their own eating disorder and who share their experiences to help others understand the illness, encourage hope and help them to believe that recovery is possible.

'I am just so grateful we have found you. I have been feeling so isolated and alone with this. It's awful to hear others stories but a comfort to know we're not alone and can support each other. It's also so valuable to have support and advice on strategies and how to cope with this dreadful illness'

'You've been a lifeline for our family while we are still waiting for treatment to begin'

Groups are arranged to run at the same time each week, with carers able to join all sessions or simply to attend when they need extra support and reassurance.

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 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.
- Developing Dolphins: focused training over Zoom to help people understand and support a loved one towards recovery
- Raising Resilience: a follow-up to Developing Dolphins via weekly live workshops over Zoom to help carers tackle specific challenges

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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