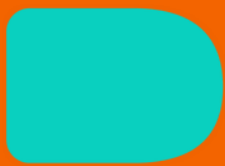


# Beat Support

Support available for anyone  
affected by eating disorders in  
Wales



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

## We're here to support you

If you're living with an eating disorder, you need and deserve help. And we're here for you, every step of the way. From our Helpline to our one-to-one web chat service, our team understands what you're going through.

Sometimes it feels like you've got a long, difficult journey ahead. And you might do. Taking on an eating disorder is hard work – whether you're unwell or standing by someone who is. That's why it's important to be kind to yourself. You may have tough days, but know that you can get through. And that it's not your fault.

We're also there to help those who help. So, if you're caring for someone with an eating disorder, you're in the right place. And remember, you need support too. Our support is free, confidential, and remote.

So, you can access it without leaving your living room.



## Helpline Support

Our Helplines are open from 3pm– 8pm, Monday to Friday.

You can contact our helpline to speak one-to-one with an advisor via the phone, webchat or email.

**Call:** 0808 801 0433

Access webchat via the Beat [website](#) .

Email: [waleshelp@beateatingdisorders.org.uk](mailto:waleshelp@beateatingdisorders.org.uk)



# SUPPORT FOR PEOPLE WITH AN EATING DISORDER

## Online Peer Support Groups

Our peer support groups are an inclusive safe, and welcoming online space where people with similar experiences can talk. Our groups are for anyone suffering from an eating disorder or who believes they may have an eating disorder; a formal diagnosis is not needed.

- People can attend as often as they like with no pressure to attend every time.
- The groups are chat-based, so cameras or microphones are not needed for someone to take part
- The groups are fully moderated and facilitated by trained advisors
- Groups take place on various evenings of the week
- You don't have to have a formal diagnosis of an eating disorder to join the groups

### What groups are there?

- The Nest, a general online support group for anyone with an eating disorder
- Kingfisher, an online support group for anyone who has or thinks they may have bulimia
- Nightingale, an online support group for anyone who has or thinks they may have binge eating disorder
- Swan, an online support group for anyone who has or thinks they may have anorexia.
- Hummingbird, an online support group for anyone with an ARFID (avoidant restrictive food intake disorder) diagnosis and/or experiencing ARFID symptoms

Find out more about these groups by visiting our [website](#).



# SUPPORT FOR PEOPLE WITH AN EATING DISORDER

## Momentum

### *Take the first step to beating binge eating disorder with Momentum*

You might have a formal diagnosis of binge eating disorder, or you might just know something's wrong. The urge to binge eat and the distress that causes isn't something you have to just live with. Momentum is here to help.

We hope to help you develop the skills you need to beat binge eating. Momentum is a clinically recommended guided self-help programme. That means you'll go through a workbook in your own time, and we'll be in touch regularly to support you.

- We'll send you a copy of the guided self-help book *Overcoming Binge Eating*, and pair you with an advisor who'll support you at every step
- You'll work through the book over three months
- Your advisor will check in as you go through the programme, answering questions and helping you feel positive about the changes you're making

Find out more about Momentum by visiting our [website](#).



**"This programme was the first place  
where  
I felt really listened to.**

**Speaking to the  
same person provided continuity  
and was incredibly valuable as this  
is not an easything to be open  
about."**

# SUPPORT FOR CARERS

*Parents, partners, siblings, friends*

## Nexus

Could you use a safe space? Somewhere you can open up to someone about how you're feeling, while they empower you to support your loved one? You're in the right place. Parents, partners, siblings – if you're caring for anyone with an eating disorder aged 13 or older, help's just a phone call away with Nexus.

Nexus is all about creating a safe, supportive space where we help you find the answers yourself.

- We'll pair you with a Beat advisor who'll call each week for three months
- They'll be a sounding board, helping you set and achieve goals as you take care of your loved one
- They'll also offer you practical ways to bring about positive change
- You'll get a copy of Professor Janet Treasure's Skillsbased Learning for Caring for a Loved One with an Eating Disorder to read as you put your new skills into action

Find out more about Nexus by visiting our [website](#).



**“Having advice and support from someone who really knows what they are talking about is such a relief. When I describe my daughter’s difficulties, I can tell that the story is very familiar and the advice given is tried and tested and I can trust it”**

# SUPPORT FOR CARERS

*Parents, partners, siblings, friends*

## Endeavour

You might have noticed things in a young person that worry you – like very few foods they'll eat, issues with certain food textures, or just having little interest in eating. Or they might be formally diagnosed with ARFID (avoidant/restrictive food intake disorder).

Either way, it can be tough. There isn't a lot of information out there for ARFID, and you might not know how to handle things. Whether the person you're supporting has been diagnosed or not, Endeavour can help.

Endeavour connects you with other people in the same boat. You can talk openly about your situation, with people who really understand.

- You'll join one group Zoom call a week for two months
- Ahead of each session, we'll send you some reading to help you get the most out of the discussion
- An advisor will guide conversation as you talk about your situation, what's worked well, and how to handle challenges

Find out more about Endeavour by visiting our [website](#).



**“I found the experience validating in terms of hearing from others in a similar position. The reading material was also incredibly informative. It validated my approach, which is a really nice feeling. It allowed me to be more confident and not question myself as much and to be a better advocate for my son”**

# SUPPORT FOR CARERS

*Parents, partners, siblings, friends*

## POD

Having a loved one with an eating disorder can be lonely and isolating. But it doesn't have to be. Peer support and Online Development (POD) is a safe online learning platform that provides you with online modules, resources and spaces to talk with peers to help you support your loved one with an eating disorder. With POD's catalogue of online learning modules, you can better understand what your loved one is going through, their eating disorder and how you can support their recovery. And, most importantly, how to look after yourself.

Whether you're a parent, sibling, extended family member or friend, POD can help you!

Sign up for POD now by visiting our [website](#).

