

ANCHOR

Caring for a young person with ARFID?
Introducing our new support programme for carers

Beat
Eating disorders

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

When someone has disordered eating, the impact goes beyond just them. But there is **hope**. Anyone with disordered eating has the potential to improve their relationship with food over time, especially when they - and the people around them - have the right tools to support them.

That's why we're creating a new support programme for carers of young people with **ARFID**: to help those who help. No diagnosis needed.

WHO'S IT FOR*

Are you a parent or carer of a young person aged 5 – 17 who has an ARFID diagnosis or is displaying ARFID behaviours? Do you need a safe space – somewhere you can open up to someone about how you're feeling? Are you able to commit to 12 weeks of weekly zoom calls?



ABOUT ANCHOR

Anchor is about creating a safe, supportive space to help develop your skills to support your young person (aged 5-17) and yourself.

- We'll pair you with a Beat programme officer who you'll meet on zoom each week for three months
- You will focus on specific topics you have chosen to build a bespoke programme to meet the needs of you and your young person
- You'll be guided to develop your skills to support your young person and how to support yourself
- You'll have pre-reading ahead of each session to help guide the discussion each week
- Topics that will be covered currently include: understanding ARFID, acceptance, challenges, advocacy for your young person, communication, self-care, strategies for expanding food intake and managing stress and building resilience.

SO, WHAT DO WE NEED FROM YOU?

You need to be available for 40 minutes once a week for 12 weeks and make time to do the preparatory work for each session.

**Please note as Anchor is currently in the pilot phase eligibility criteria may change as a result of the findings of the pilot.*

SCAN ME FOR



MORE INFO

WHAT NEXT?

Anchor is currently being piloted so is not currently widely available. When this becomes available in your area then scan the QR code or visit <https://bit.ly/4bIT5KD> to join our waiting list to be the first to hear. In the meantime, if you need support, contact our Helpline:

England:

0808 801 0677

help@beateatingdisorders.org.uk

Northern Ireland:

0808 801 0434

NIhelp@beateatingdisorders.org.uk

Scotland:

0808 801 0432

Scotlandhelp@beateatingdisorders.org.uk

Wales:

0808 801 0433

Waleshelp@beateatingdisorders.org.uk



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