

PAVING THE WAY IN WALES

Our impact 2021-22

Beat is the UK's eating disorder charity – we're for everyone, everywhere.

So last year we continued our vital work in Wales. We held the government accountable for promises already made. And we made connections that will help us help more people in the future.



THE ROAD FROM REVIEW TO REALITY

In 2018, the Welsh government commissioned an independent review of eating disorder services. The review set out a vision of a “**world-class**” service: a service that provides immediate support and builds trusting relationships between clinicians and patients. A service that puts people at the centre and never turns away someone in need.



Jo Whitfield, NATIONAL OFFICER FOR WALES

Now, we need to hold the government to that vision. We've followed progress closely, comparing any changes made to those promised. And this year, we published our *3 Years On* report, calling for...

01.

A new framework for eating disorder services, focused on early intervention and prevention, support for families and other carers, and investment in frontline workers

02.

A permanent National Clinical Lead for Eating Disorders

03.

People with lived experience of eating disorders to be formally involved with developing and evaluating eating disorder services

While there's still progress to be made, it's been a promising start.

During Eating Disorders Awareness Week 2022,

Members of Senedd debated this report and the future of eating disorder services in Wales.

READ 3 YEARS ON

They mentioned Beat

30

times, praising our work and stressing the importance of our findings

"WHEN BEAT TELLS ME, 'YOU KNOW WHAT? THE FRAMEWORK WE CURRENTLY HAVE ISN'T DOING IT FOR US, WE NEED TO BUILD SOMETHING NEW', IT'S A CLEAR MESSAGE TO US THAT WE NEED TO MOVE IN THAT DIRECTION."

– Rhun ap Iorwerth, DEPUTY LEADER OF PLAID CYMRU

Meanwhile

11

parliamentary questions, about eating disorders have been put to the Deputy Minister for Mental Health and Wellbeing by Members of Senedd

FUNDING FOR A BETTER FUTURE

The Welsh government awarded Beat

£71,628

to fund our vital services

£50,000

will go towards our brand-new Helpline for Wales.
So you can now call [0808 801 0433](tel:08088010433) or email
Waleshelp@beateatingdisorders.org.uk, and
request Welsh language speakers.

£21,628

will fund spaces on two of our support
programmes:

Nexus offers a safe and supportive space for those caring for someone
with an eating disorder.

SharED pairs young people with eating disorders with an email befriender
who's had an eating disorder themselves, so users get support from
someone who really understands.

**“KNOWING THAT THE BEFRIENDER
HAS LIVED EXPERIENCE OF EATING
DISORDERS HELPS ME TO OPEN UP
AND NOT FEEL EMBARRASSED.”**

– SharED user

SO WHAT'S NEXT?

We're looking to the future – and we hope you'll help us out!

**“WE'RE DELIGHTED WITH OUR PROGRESS IN WALES,
AND THE FUNDING WE RECEIVED WILL MAKE A HUGE
DIFFERENCE. BUT AS OUR REPORT SHOWS THERE'S STILL
A LOT TO DO. NEXT YEAR, WE'LL BE CONTINUING OUR
WORK TO MAKE SURE AMBITIOUS PLANS FOR
WORLD-CLASS TREATMENT BECOME REALITY.”**

– Jo Whitfield, NATIONAL OFFICER FOR WALES