

Bolster Support Programme

Coaching support for adults with emerging eating disorders.

Telephone sessions of 40 minutes each, delivered over three months by Beat's trained Programme Officers, using the Centre for Clinical Intervention's 'Break Free from ED' programme.

Who is it for?

Adults (aged 18+) with disordered eating that does not yet meet the diagnostic criteria for anorexia or bulimia nervosa, who therefore cannot access treatment, but are likely to worsen without support.

Intended outcome

People with emerging eating disorders are supported to reduce disordered eating symptoms, avoid relapse and move towards recovery.

Details

Bolster is based on the Centre for Clinical Intervention's 'Break Free from ED' programme, which is sent to all service users.

An initial 50-minute telephone call between the service user and a Programme Officer to establish expectations, ensures they understand the programme and allows the Officer to hear the service user's situation. The Officer will then call the service user at the same time for 40 minutes each week. The phone calls are a supportive, safe, confidential space. The Officer acts as a sounding board and helps the service user set achievable goals and address any new issues.

Service users will keep a self-monitoring diary using an app, guided by their Programme Officer, and will weigh themselves weekly. The Officer will encourage and support service users to change behaviours and develop or build on existing skills.

Where appropriate, Beat will post a carer information pack to relevant family members or other carers, to help them provide a supportive environment for their loved one as they wait for treatment.

More information

For more information about this service or a partnership with Beat, please contact the Public Sector Commissioning team via publicsectorcommissioning@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of clinical eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us.

Other services for people with eating disorders:

- Motivate: weekly support to help people waiting for treatment to stay motivated towards recovery.
- Momentum guided self-help: NICE-recommended treatment for binge eating disorder.
- SharED peer support for young people: moderated one-to-one email support from a volunteer befriender.

Beat and the public sector working in partnership

Beat works with public sector partners across the United Kingdom to support people and their loved ones in their recovery journeys. We can provide non-clinical support quickly, effectively, and as early as possible, to complement the work of health professionals.

We can provide some of our services 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 public sector 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

We develop all our services in consultation with clinical and academic partners. We co-produce our services with our beneficiaries, with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians, who provide guidance across all our areas of work.

Our services are delivered by trained Beat personnel – both staff and volunteers. These include experienced eating disorder clinicians, trained Beat staff and volunteers with ongoing access to supervision by an experienced clinician.