

ENDEAVOUR

Helping a child cope with ARFID?
You're not alone. Join Endeavour

Beat
Eating disorders

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

We know when someone has an eating disorder, **the impact goes beyond just that person**. And we know that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help**. Our programmes are free, confidential, and remote. So you can fit them around your needs, and the needs of your loved one.

ABOUT YOU

You might have noticed things in a young person (that's anyone aged 5 – 15) 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 or support 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.



ABOUT ENDEAVOUR

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
- A trained eating disorder clinician will guide conversation as you talk about your situation, what's worked well, and how to handle challenges

SO, WHAT DO WE NEED FROM YOU?

- 90 minutes of your time a week for group sessions, for eight weeks
- Some time in between to do some pre-reading for each session

That's it. We just need your willingness to be open, so everyone can get the most from each other's knowledge, and learn about **ARFID** together.

SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to **helpfinder.beateatingdisorders.org.uk** or scan the QR code to refer yourself to Endeavour. Once you've done that, we'll be in touch.

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

