

HARNESSING HOPE

An online carer skills workshop designed specifically for those supporting someone with an eating disorder of five years plus.

Delivered over five weeks by an experienced eating disorder clinician, you will have the opportunity to meet other carers, share experiences and develop skills to support yourself and your loved one.

Who is it for?

Anyone aged 18+ who is supporting a loved one with an eating disorder that has been present for five or more years. This could include parents, grandparents, siblings, people supporting a parent, roommates, partners and friends.

We are only able to accept carers onto the workshop if their loved one:

- Has a diagnosis of Anorexia Nervosa, Bulimia Nervosa , Binge Eating Disorder and Other Specific Feeding Eating Difficulties (OSFED)
- Has had an eating disorder consistently for five years or more
- Is aged 18 or above

Intended Outcome

- Provide carers with a sense of hope that recovery is possible
- Provide skills to support their loved one and their journey to recovery
- Improve communication between carer & their loved one with an eating disorder
- Reduce carer isolation
- Encourage carer wellbeing

Duration and intensity

The workshop runs weekly for 5 weeks, each session lasting two and a half hours.

Details

We are aware of the impact caring for someone with an eating disorder can have on a person's mental and physical health.

We aim to reduce this by highlighting the importance of carer wellbeing and prioritising selfcare. Topics covered in **Harnessing Hope** include:

- Developing and maintaining hope
- The impacts of starvation
- Functions of an eating disorder
- Accommodating & Enabling behaviours
- Caring from a distance
- Coping with setbacks
- Finding balance

Carers will receive an eLearning workbook to use alongside each session, and be signposted to additional learning materials on POD that they can refer to and continue to access in the long term.