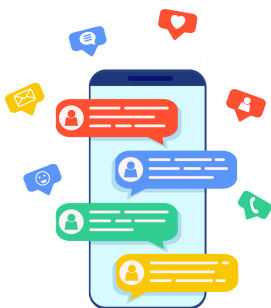


Online Support Groups - How to sign up (easy read)

This is an easy read guide to accessing our online support groups.

You can ask for help to read this guide. A friend, family member, or support person may be able to help you.



Our online support groups give you the opportunity to connect with others and get peers support from those who understand (no diagnosis is needed). Our groups use a virtual chat-room where you can anonymously join the conversation by typing or just by watching the chat—it's completely up to you!

You can find all of our groups on our web page which can be accessed by following this [link](#) or alternatively scan this QR code:



What groups we operate and when are the groups?

We run five different groups based on different needs:



Swan Group (Anorexia) – Mondays, 6:45pm-7:45pm



Nest Group (Any Eating Disorder) – Tuesdays, 6:45pm-7:45pm



Kingfisher Group (Bulimia & Purging Behaviour) – Wednesdays, 6:45pm-7:45pm



Hummingbird Group (ARFID) – Thursdays, 6:45pm-7:45pm



Nightingale Group (Binge Eating Disorder) – Fridays, 6:45pm-7:45pm

Once you've chosen a group depending on what eating disorder you align with the most, click the purple button for that group to join.

The Nest - General Support Group
A support group for anyone with an eating disorder
[General Support Group](#)

Kingfisher - Bulimia Support Group
A support group for anyone who has or thinks they may have bulimia or display some purging tendencies (such as laxative use, over exercising, self-induced vomiting or diuretics)
[Bulimia Support Group](#)

Nightingale - BED Support Group
A support group for anyone who has or thinks they may have binge eating disorder.
[BED Support Group](#)

Swan - Anorexia Support Group
A support group for anyone who has or thinks they may have anorexia.
[Anorexia Support Group](#)

Hummingbird - ARFID Support Group
A support group for anyone with an ARFID (avoidant restrictive food intake disorder) diagnosis and/or experiencing ARFID symptoms
[ARFID Support Group](#)

After you click on the group you are interested in and have read the information on the page, click 'go to chat room'.

Access The Nest Chat Room
[Go to chat room](#)

If this is your first time using an online group, click 'Sign up'. If you have logged in before, click 'Log in'

Login

Email

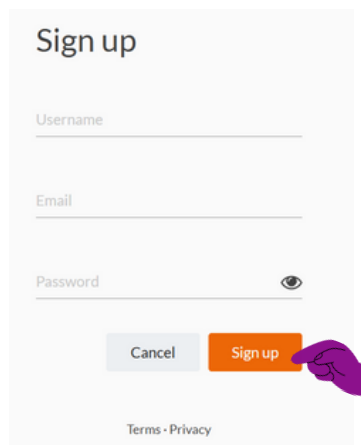
Password

[Forgot password?](#)

[Sign up](#)

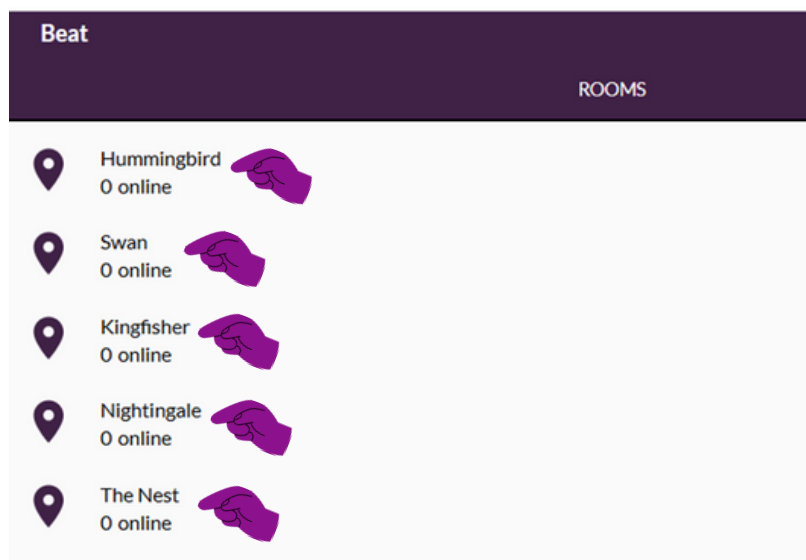
[Log in](#)

If you're signing up for the first time, you'll need to create a username, set a password, and enter your email address. Since our groups are designed to keep users anonymous, please choose a username that does not reveal your identity. For example, you might use a pet's name, your favourite colour or your favourite flower—but avoid food or drink names. Once you've completed the fields, click 'Sign Up' to continue.

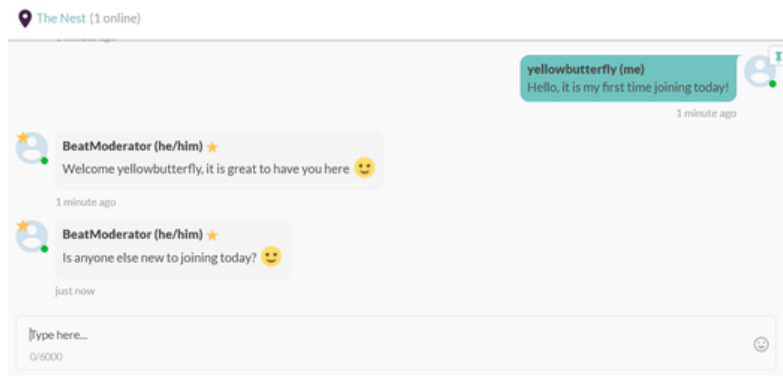


The image shows a 'Sign up' form with three input fields: 'Username', 'Email', and 'Password'. The 'Password' field has an eye icon to toggle visibility. Below the fields are two buttons: a grey 'Cancel' button and an orange 'Sign up' button. A purple hand icon is pointing to the 'Sign up' button. At the bottom of the form, there is a link for 'Terms · Privacy'.

Once you have signed up, click the group that you are wanting to join.



Then you will be in the room.



Before using the online support groups, please read our group guidelines to ensure the safety of everyone who joins. You can do so by pressing this [link](#) or scanning the QR code:



If you need any further support, please [email us](#) or contact our [helpline](#).

