

EXPERT BY EXPERIENCE (EBE) OVERVIEW ROAD MAP

Who can become an EBE?

- Lived/ caring experience of eating disorders
- Live in the UK
- Can recognise and manage eating disorder thoughts and triggers in healthy ways.
- Willing to discuss any current eating disorder thoughts or behaviours with the Co-Production team so we can ensure it's safe for you to take part.
- No diagnosis or previous professional support is required; if you are currently in treatment, we will ask how this could affect your involvement.
- Specific requirements vary by project



1 Recruitment

The recruitment process includes learning about the project at an information session, sharing your interest and experience through an expression of interest form, completing consent and wellbeing forms, having an informal chat with the team, and joining a training session to prepare for co-production. This helps us get to know you and ensure that you are supported to take part safely.

2 Panel Discussions

Join panel discussions, facilitated by Beat staff, with others who have lived or caring experience of eating disorders and hear updates from researchers on how your inputs have shaped their work. Panels run from 5:30–7:30 pm on Zoom and are paid at £27.50/hour in line with NIHR guidelines.

3 Additional opportunities

Between panels, you may be invited to share your thoughts on other aspects of the project or contribute to Beat initiatives.

4 End of a project

Receive a certificate recognising your contribution and choose whether to stay connected for future opportunities.