

Nexus Carer Support Programme



A weekly scheduled coaching call with practical skills to support recovery

Twelve weeks of telephone support for parents, siblings, partners and others caring for a loved one who has an eating disorder. A trained Beat advisor will provide carers with a place to talk about what they're going through and empower them to help their loved one achieve positive change.

Who is it for?

Parents, partners, siblings, and other carers of a loved one of any age who has had an eating disorder for no more than 5 years.

Intended outcome

Carers gain the skills needed to support their loved one through treatment and into recovery.

Duration and intensity

12 weeks, with one 50-minute phone call in the first week, then one 40-minute phone call per week.

Details

Nexus is a coaching service, based on Prof Janet Treasure's book '*Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*'. Service users receive a copy of the book to refer to as they put their new skills into action.

Through the calls, service users and advisors will develop a safe, confidential and supportive space where the advisor will act as a sounding board, guiding the user to find their own solutions as well as offering practical techniques to help motivate positive change in their loved one.

Nexus begins with an initial call to discuss the service user's experiences, so that the advisor can gain an understanding of the situation. The advisor will then support the service user to set and achieve goals across the programme, for example whether that's trying a particular communication skill with their loved one or finding half an hour for some important self-care.

Generally calls take place at the same time every week, however we allow participants to rearrange calls up to three times.

More information

For more information about this service or a partnership with Beat, please contact Camilla Leach, Senior Partnerships Officer via c.leach@beateatingdisorders.org.uk.

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

Other services for carers of people with eating disorders:

- ECHO: weekly 1-1 telephone peer coaching from a specially trained volunteer carer who has themselves previously supported someone to recovery from an eating disorder
- Solace: weekly video peer support groups facilitated by a clinician and a Lived Experience volunteer
- Developing Dolphins: focussed training over Zoom to help people understand and support a loved one towards recovery
- Raising Resilience: a follow-up to Developing Dolphins via weekly live workshops over Zoom to help carers tackle specific challenges

Beat and NHS working in partnership

Beat works with NHS partners to help people get into treatment faster and to achieve a quick and sustainable recovery. Our belief is that we can provide non-clinical support quickly, effectively and cheaply, leaving NHS clinicians more time to do the clinical work that they have been trained for.

We can provide some of our services to NHS partners 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 NHS 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

All our services are developed in consultation with NHS and academic partners, and co-produced with our beneficiaries with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians:

Abigail Cardwell (Lead Occupational Therapist, South West London and St George's Mental Health Trust)

Dr Erica Cini (Consultant Psychiatrist, East London Foundation Trust)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse, 2gether Trust)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead, NHS Lothian)

Sarah Fuller (Specialist Eating Disorder Dietitian, East London NHS Foundation Trust)

Jess Griffiths (Eating Disorders Practitioner and Clinical Lead, Beat)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead, Cardiff and Vale NHS Trust)

Dr Rhys Jones (Consultant Psychiatrist, Leeds and York Partnership)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead, Central and North West London NHS Trust and East London NHS Trust)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network)

Dr Paul Robinson (Consultant Psychiatrist; Principal Teaching Fellow, University College London)

Professor Janet Treasure (Consultant Psychiatrist, South London and Maudsley Trust)

All services are delivered either by experienced eating disorder clinicians or by specially trained helpline advisors under the supervision of a clinician. Where suitable, they are co-delivered by Beat lived experience trainers and volunteers.

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