



Charity No. 1185092
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ANNUAL REPORT

2021

A leading eating disorders charity, passionate about providing hope, opportunities, and choices to lives affected by eating difficulties and disorders.





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Offering hope, opportunities and choices.

First Steps ED continues to be developed by people with lived experience of eating disorders and co-morbid mental health disorders, either personally or through caring for someone close to them.

We provide early intervention and prevention services that compliments the NHS and Public Health in the community working closely in the health and education environments.

First Steps ED has been at the forefront of improving the lives of people of all ages impacted by mental health and eating disorders and since 2004 has built a reputation as a leading Eating Disorder Charity in the UK, with a dedicated team of staff and volunteers who are focused on bringing hope, opportunities, and choices that recovery is a real possibility and people are no longer defined by their illness.





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As a registered charity (1185092) we have charitable objectives, which are:

1

The relief of individuals of all ages (and their families) whose lives are affected by diagnosed and undiagnosed eating difficulties and disorders and other mental health issues by providing information, advice, and support.

2

The preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders and other mental health issues by providing information and support.

3

To advance education for the public benefit by providing training for carers, professionals, and the public, of people suffering from eating disorders, and other mental health issues.

This years annual report will showcase not only who we are and what we do, but also the achievements and challenges we have faced this last year.



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About us

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Registered office

Woburn House, Vernon Gate
Derby, DE1 1UL

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First Steps ED (FSED) has been at the forefront of improving the lives of people from all ages, genders and backgrounds impacted by eating disorders since 2004 and has built a reputation as a leading Eating Disorder charity in the UK.

Our team are experts by experience, within a person-centred, quality-assured, research-based organisation. We are passionate about partnership and working as an integrated partner in the health and education environments, promoting continuity of care and prompt access to care, as well as comprehensiveness and care coordination. These values are at our heart of what we do, helping us to ensure that the people who approach us for help, receive appropriate care and support, and the real possibility that recovery is achievable and they no longer need to be defined by their illness.

As an organisation we have a collaborative and progressive culture and a floor-to-board value-led team of autonomous staff, volunteers and placement students who help curate our stakeholder-led coproduction in eating disorders and obesity.

Our foundations are built in engaged leadership, data-driven improvement, empanelment, and team-based care, with our service users underpinning our culture and behaviours with many becoming befrienders, volunteers, and future employees.



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We are passionate about offering a service which is inclusive, empathic, understanding and non-judgmental.

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Support should be available for all those affected by eating difficulties and disorders regardless of age, disability, race, sex, gender identity, religion or belief, sexual orientation, marriage or civil partnership status.

These principles of equality and diversity underpin our person-centred, service user led approach to mental health, alongside our core values and being passionate about recovery and believing in what we do.





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Reflecting on **our impact** in 2021 and 2022.

Developments, achievements and looking to the future.





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Chair's Report

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Carolyn Gilby
First Steps ED Chair

This is my second year as Chair of the Board of Trustees, and it has been another tremendous year for our teams and volunteers.

The past year has continued to be unprecedented for both children, young people, and adults, which has seen our services support 50% more people than the first year of the Covid19 pandemic. With education establishments and employers returning slowly following the many lock downs, the effects of social isolation, lost support networks and an uncertain future has continued to be a difficult and challenging year for all.

The board of trustees are incredibly proud of the way our staff and volunteers have responded and gone above and beyond, every day, to ensure that we were able to deliver services to so many more people from the Midlands and further afield. Our congratulation to our teams who through the senior management team supported by our Governance Committee updated our Quality Management Systems and following our external audit secured ISO9001-2015 accreditation for the first time.

On behalf of the board of trustees I would like to thank everyone involved in supporting so many through their eating disorder recovery journey. Our thanks also go to our committed funders, commissioners, and partners for their ongoing support in these challenging times enabling First Steps ED to be there when you needed us.



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Our staff, volunteers and service users have continued to drive our coproduction approach to developing new services which during this annual report period has seen the charity continue to design and make available a range of new individual and group therapy services including a new Waiting Well initiative to respond to referral demands which meant adults receiving their initial assessment were able to access support straight away.

We were pleased to see a small number of NHS eating disorders services adopt this same initiative with one NHS Adult eating disorder service commissioning our own model for their patients whilst supporting their own growing patient waiting list. Eating disorders and high body weight often co-occur, share many underlying factors, and may adversely affect emotional and physical health. Both can also be challenging to treat in clinical settings. However, disordered eating is frequently overlooked in overweight and obesity prevention and treatment efforts and eating disorders in people with larger bodies go underdiagnosed impacting the individual.

Obesity is the fourth risk factor for ill health and premature death in Europe and positioned as a lifestyle choice by evidence-based NHS and Public Health services in eat less and move more.

CEO's Report



Kevin Parkinson
First Steps ED CEO



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As a direct result self-stigma and discriminatory practices have become considered acceptable in all strata of society. Currently there is no systematic approach to resourcing prevention or treatment and long-term pathways for NHS tier 2 and tier 3 weight management services for over weight or obese and bariatric services for clinically obese patients which we are working to change.

Food insecurity and access to, nutritional food is a global problem, with 25% of the world population impacted by food insecurity, this is only becoming more acute following the cost of living and rise in food banks. Our service users told us that they would benefit from education and counselling in nutrition, so we set about creating a new 4-week support programme, 'Finding Peace with Food, and offering Nutrition Counselling, expanding our services with a team of qualified Nutritionists.

The relationship between food environment and disordered eating and the intersection with race/ethnicity, gender identity and sexual orientation or weight status in relation to disordered eating has continued to rise in all ages, and we set about designing new policies and services to address both eating disorders and high body weight in underrepresented groups including children as young as 5 years old impacted by Public Health policy and school healthy eating initiatives which appear to be increasing disordered eating and disorders in children and young people.

As we continue to invest and expand our digital services road map, we have continued to partner with digital healthcare experts and proud to be part of the coproduction NHS project team to launch the first peer-reviewed eating disorder information app for individuals and parents/carers and a new eating disorder support app in partnership with a local NHS CAMHS ED service for 11- to 25-year-olds from their smart phones to access peer support and psychotherapy services.

Kevin Parkinson, CEO



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Our social impact

First Steps ED was originally run by volunteers and they continue to play an important role in helping us to keep our doors open to those struggling with eating difficulties and disorders.

We believe that the opportunity to become a volunteer following a sustained period of recovery is very motivating and can offer someone accountability in their own recovery. Some individuals with enduring and lifelong eating disorders find that this opportunity can enable them to thrive.

Opportunities come in many forms, from peer support, facilitating workshops, awareness raising, fundraising, and utilising their lived experience to co-deliver our accredited training to professionals.

It's true that our volunteers, befrienders, and student counsellors remain our most valued assets.





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Social media performance

We recognise both the positives and negatives that social media brings into people's lives and have continued to develop both our virtual community and reach across England, the UK and further afield now enjoying strong collaborative communications with other non-profit and healthcare professionals working in the eating disorder community across the globe.



Facebook

12,500

people reached
per month, with over
3800 followers.



Instagram

13,000

people reached per
month, with nearly 1900
followers.



Twitter

24,000

impressions per month,
with over 3650
followers.



LinkedIn

870

followers and growing
professional
community.





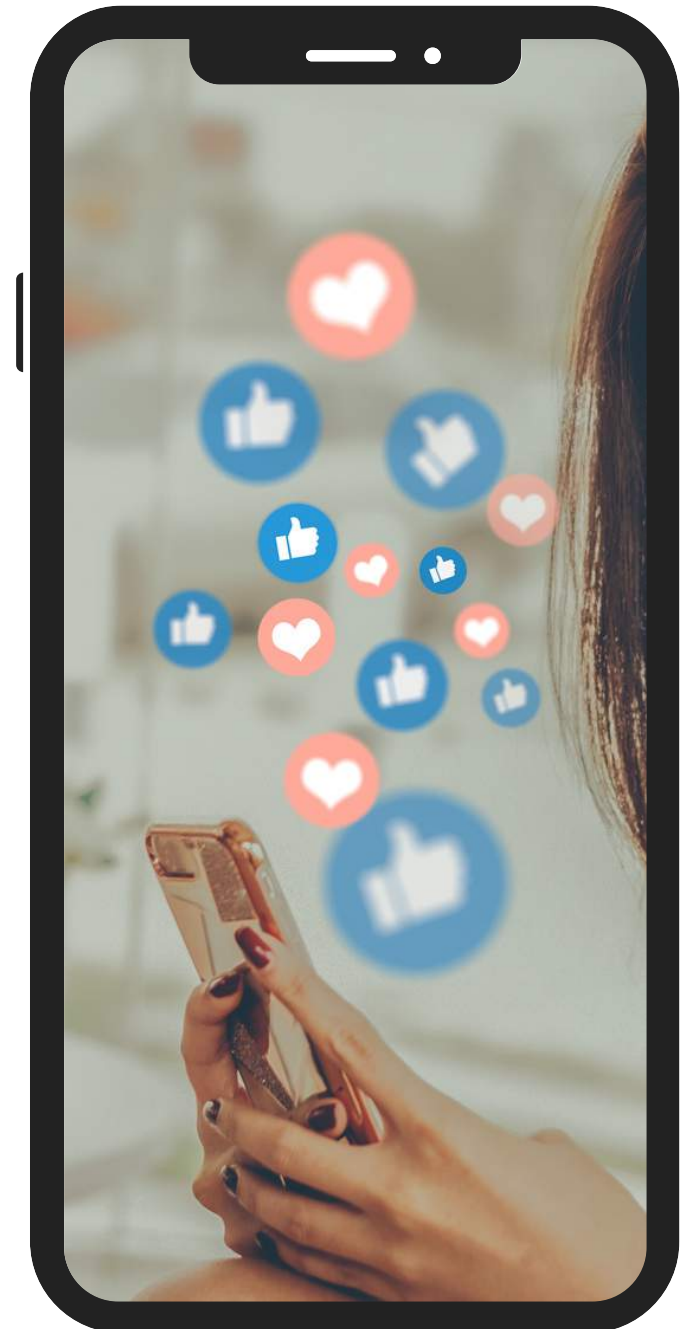
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A trusted **digital platform**

In 2021, we recognised that young people were moving away from Facebook, choosing to engage on other platforms such as TikTok and Instagram. Whilst our digital approach has changed, Facebook continues to be an important channel for our legacy followers and community who continue to engage in the content and resources we share, with 70% more page visits every month since the previous year.

Twitter has also seen increased activity, with a 40% uplift in engagements and 50% increase in profile visits. We also have an increased amount of followers who are promoting @firststepsed alongside national eating disorder charity BEAT Eating Disorders, or as a stand alone service and recommended charity for support and/or trusted information around eating difficulties and disorders.

We have also developed our 'New Faces, New Voices' anti-stigma campaign, providing a platform to those choosing to share their lived experience, helping to break down barriers to access, reducing health inequalities and offer support and inspiration who are struggling themselves.



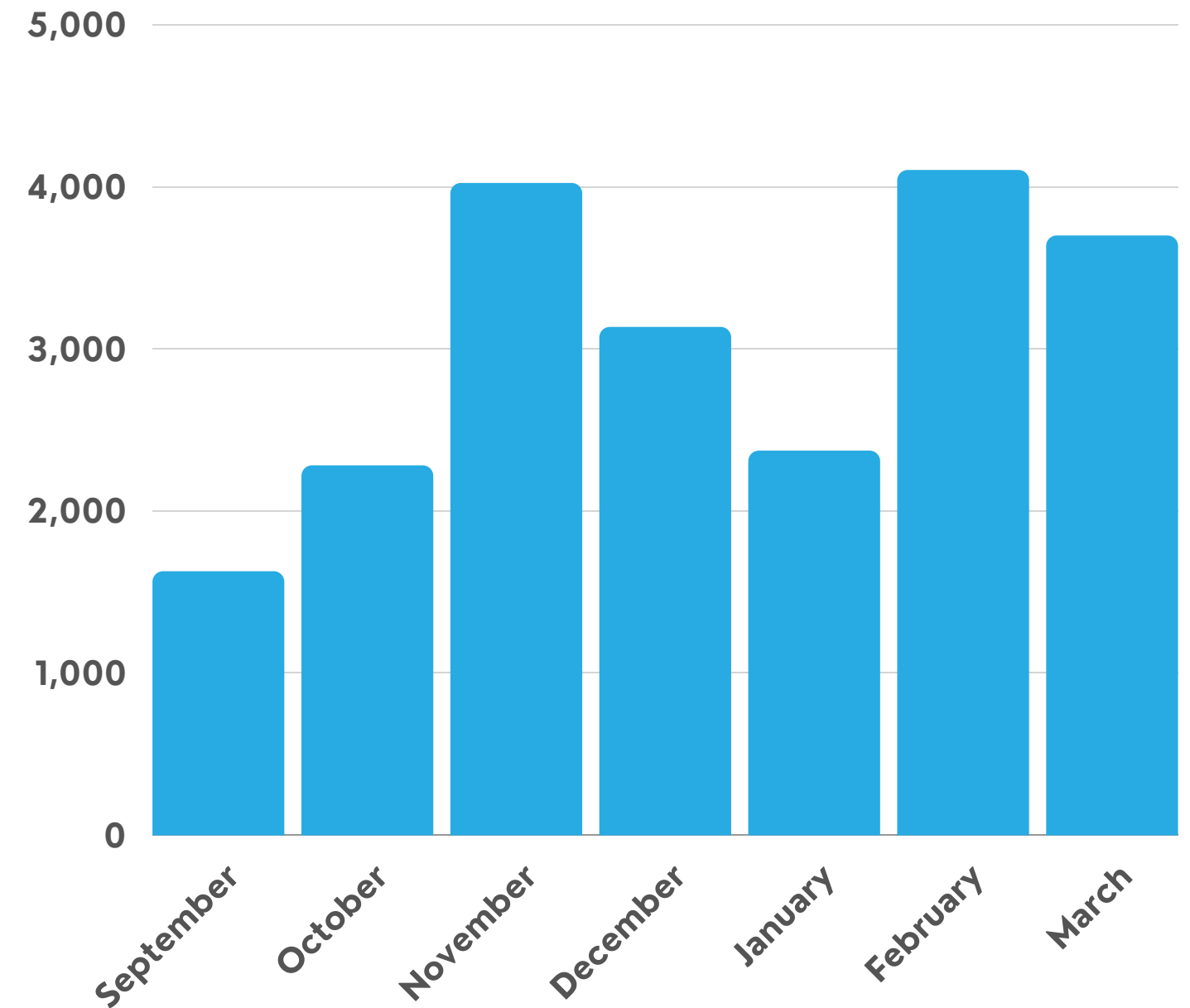


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Our principles of equality and diversity underpin our person-centred, service user led approach to mental health and a big part of the reason we decided to launch our blog space.

In 2021, we launched a consistent weekly campaign of new voices, features and stories, sharing everything from First Steps ED updates, as well as stories and features from our community. It is exciting to see the platform grow, which we hope to develop further for 2022.



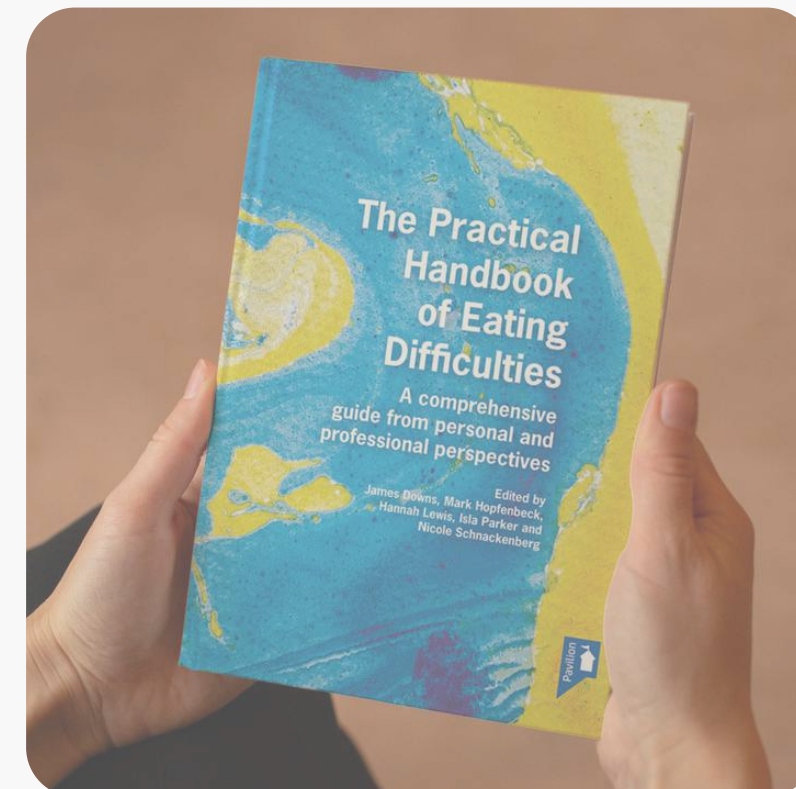


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From the Patient Public Involvement and Engagement Committee

The involvement of service users and carers is vitally important in making sure our activities are relevant to our key stakeholder groups and all the people our organisation impacts.

Our Patient, Public Involvement and Engagement (PPIE) committee was created to ensure that our patients and the wider public are involved in the activities we undertake. Patients and the public bring a wealth of experience and provide valuable perspectives on the way that our services are designed and delivered.





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Going digital: A paperless organisation

In 2020 we started the journey to become a paperless organisation and predating Covid19 also piloted digital face to face services to be able to offer video clinic and group video clinics which in the past year we fully realised.

We also realised our goals to become a digital first service which has increased access and created capacity for us to handle more cases and handle them better.

Further reading: [Financial Times:- Give charities same help as small businesses to boost UK productivity, ministers urged.](#)

Eating Disorders Awareness Week 2021

For those who follow us already, you'll have already seen our impact for Eating Disorder Awareness Week in 2021, where we campaigned for better education and awareness for all professionals especially those working in children's and young people's services. The PPIE team were busy creating content, gathering real-life testimonials from service users, making media appearances, writing blogs, and addressing the misconceptions associated with eating disorder presentations.

It was a terrific team effort, and we covered the theme with the sensitivity, seriousness yet hope for recovery that it deserves.



Quality systems, digital services and cyber security

Alongside our digital projects working with healthcare and technology partners with the eating disorder information app and the eating disorder support app, we also completed a full procurement for our information technology and cyber security business requirements.

Following a successful independent audit in June we achieved ISO9001 accreditation for our Quality Management Systems, and in November we entered a new 5-year Information Technology Managed Service Provider contract with a ISO27001 partner who worked with our board and teams to develop a technology road map which will ensure the charity stays abreast of standards and regulation to protect our stakeholders personal information and data and our staff continue to work safely against the ever changing tactics and threats from cyber security.

Chapter contribution to 'The Practical Handbook of Eating Difficulties'

Our PPIE committee lead for communications, Georgie, joined forces with colleague Antonia to co-write a chapter titled: The role of peer support in helping people with eating disorders to recover.

This prestigious practical handbook is comprised of contributions from mental health practitioners, psychologists, campaigners, academics and researchers and we are proud to have been invited to produce a chapter (published in Autumn 2021.)



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All Party Parliamentary Group (APPG) into eating disorders research funding

On behalf of the All Party Parliamentary Group (APPG) for Eating Disorders, we submitted written evidence to its inquiry into funding for eating disorders research. The APPG were keen to receive insights from our PPIE Committee to questions surrounding current research in the field of eating disorders and how we feel this can be improved.

PPIE coordinated First Steps ED written response which will contribute towards the inquiry's findings and recommendations published in Spring 2021.

Supporting a new national eating disorder information App

The PPIE Committee were delighted to be asked to offer and review content for a new Eating Disorder Information App to benefit those with disordered eating and disorders by developer Dr Knut of Expert Self Care, in partnership with Bristol University, Eating Disorders Health Integration Team (EDHIT) and other VCSE eating disorder charities.

First Steps ED collaboration involves promoting the new app through NHS and Student Welfare networks published since Summer 2021.



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Investment in staff and service developments

Most of our staff are postgraduate psychology and masters' students starting with the charity on placement with many choosing to specialise in eating disorders. As an accredited training provider, we invest in our colleagues to ensure they have access to a range of training opportunities, which includes, asperges and autism, trauma and self-harm and suicide prevention amongst many other mental health topics.

This year, we were fortunate to release 2 members of staff to complete the two-year Cognitive Behavioural Therapy – Enhanced (CBT-E) postgraduate degree with Professor Glenn Waller, Department of Psychology, Sheffield University. Funded by Health Education England, this positive step forward ensures that our adult and young people services can continue to adopt the practitioner knowledge and skills to deliver evidence-based counselling and psychotherapy for our service users.

Our Safeguarding Lead completed the Avoidant Restrictive Food Intake Disorder (ARFID) clinical training with Winchester University. This is a train-the-trainer approach to bring the new skills into the staff team, following the increase in referrals and prevent onward signposting by the charity. ARFID is becoming one of the largest volumes of ED's presenting to NHS services and there's a growing body of evidence to suggest the link is with 'healthy eating' and neurological disorders including autism. Our plan is to launch an ARFID service in Spring 2022.



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Performance and Service Impact

Reflecting on what we have achieved in the last year within our core services.





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Adult Services

At the end of March 2022 we have been supporting 126 adults with 12 to 24 counselling and psychotherapy sessions having delivered 1664 sessions.

We also supported an additional 136 adults who accessed our Befriending Service receiving weekly email or video support sessions from our Befrienders who provided 6039 hours and a Social Return on Investment (SIRO) of £120,780.



Eating Disorder in Student Services

Our Eating Disorders in Student Services (EDISS) was funded by the Office for Student (OfS) through an emergency Covid19 grant awarded by Student Space and covered the costs for providing counselling and befriending to over 300 students aged 18 to 25 years who were referred to our service from over 50 Universities in England and Wales by their Student Wellbeing and Mental Health teams delivering 1,800 counselling sessions.

We utilised our National Lottery Grant to fund our EDISS Peer Support Group which delivered 49 groups and was attended by 414 students making this weekly group our second most attended weekly Recovery Self-help Group.



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Our Adult Service team supported 562 adults and delivered over 9,601...

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New Binge Eating Disorder Initiative – 4 Week Workshop

We have been receiving a high number of referrals regarding binge eating disorder and following service user feedback expressing that they feel restriction and purging takes priority during support sessions our staff coproduced a new 4-week Binge Eating Disorder Workshop for Young People and Adults ages 15 years +. The workshop is delivered virtually over Microsoft Team delivering 30 minutes for social peer support following each psychoeducation workshop.

New Finding Peace with Food (Nutrition) – 4 Week Workshop

Developed in the autumn of 2021, our workshop is offered to our Adults following receiving counselling and psychotherapy who may need education on nutrition as part of their longer-term recovery journey. Service Users can elect to self-fund this service at the beginning of their care plan with some Service Users under other eating disorders services also choosing to attend as this provision is not widely available.



New Individual Therapy – Nutrition Counselling

Developed alongside our Nutrition workshops, following service user feedback we have invested in our resources and now employ qualified and accredited nutritionists many with a dual qualification in eating disorders. This service continues to be positive for adults who have received IAPT, CBT or therapy previously and currently chose not to access this type of support but are seeking education and support in nutrition.

Body Image and Perception

In response to analysis of the range of data collected by the charity it was apparent that weight stigma and anxiety around Body Image and Perception has continued to increase since the March 2020 pandemic and the charity decided to create new resources in the form of an e-intervention iCBT and to make it available for anyone through our digital resources.



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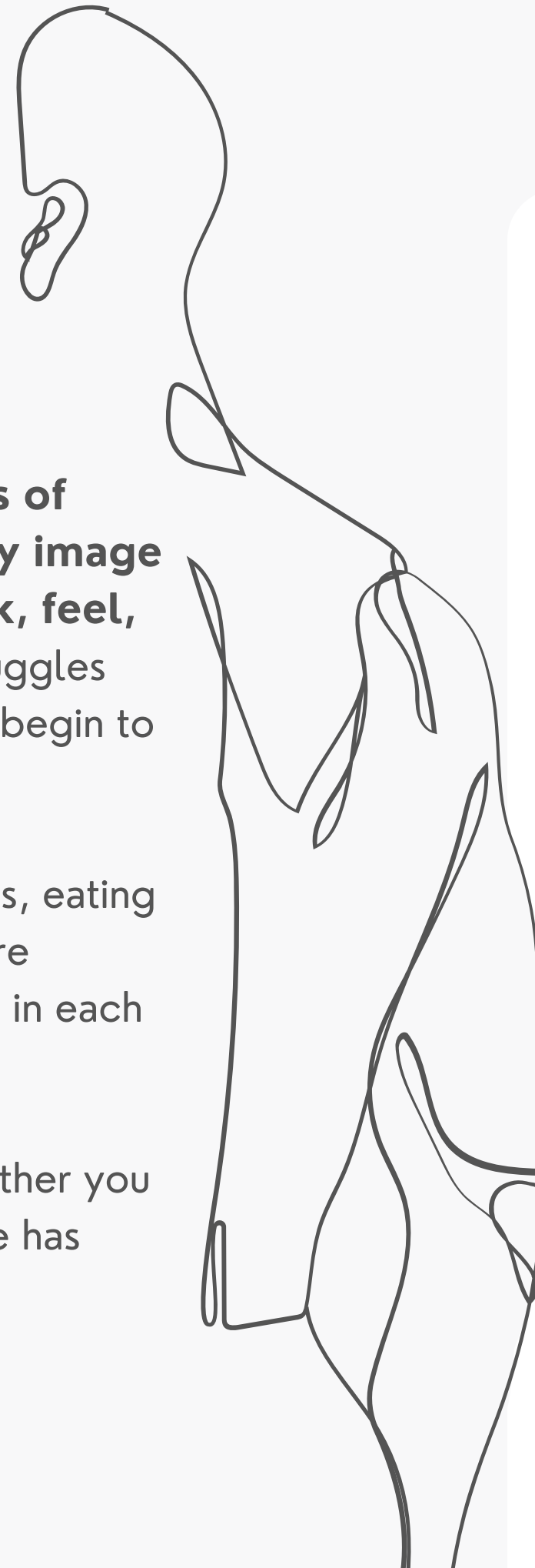
3500

downloads

In our 'Understanding Body Image' series of resources, we explain exactly what body image is and how it can affect the way we think, feel, and behave. We also explore where our struggles with body image come from, and how we can begin to create a kinder relationship with our bodies.

We were mindful about using specific diagnosis, eating disorder labels, stereotypes or criteria to ensure everyone could relate to the content available in each guide.

No matter who you are, and regardless of whether you have an eating disorder diagnosis, this resource has been designed for you.



Here's what Twitter is saying...



"Great resource to help gain a better understanding of what lies behind body image and the challenges associated with eating disorders/difficulties. Sure, this will be useful for staff in schools". #PSHE #Wellbeing. Chelsea Community NHS Hospital School.

"So pleased to see this resource – I have worked in specialist obesity services for over 10 years and have never seen a dedicated resource for body image".

"This will support so many people! Thank you for making it @FirstSteps ED". British Dietitians Association (BDA) Obesity Specialist Group (BDAOSG)".



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Children and Young People (CYP) Service

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Our eating disorder peer support is available to 5 to 17 years and delivers 10 sessions over 8 weeks with 2 follow up's after one month and three months. Children and Young People (CYP) are also offered the opportunity to attend our four-week psychoeducation 'Wellbeing Workshop' programme and join our CYP assembly where they work alongside our staff team in coproduction against our continuous service improvements.



A collaborative care approach...

Due to the ongoing anxiety resulting from social isolation CYP's referred to our services has increased by 73% with more CYP struggling with their body image and relationship with food. Our NHS CAMHS eating disorders colleagues have continued to work closely through our multi-disciplinary team approach stepping NHS patients down into our services allowing them to discharge effectively to provide CYP with continuity of care.

Where we are commissioned by the NHS for mild to moderate eating disorders services, we flow monthly data to the NHS Digital Mental Health Service Data Set (MHSDS) and complete the annual Data Protection Security Toolkit (DPST).



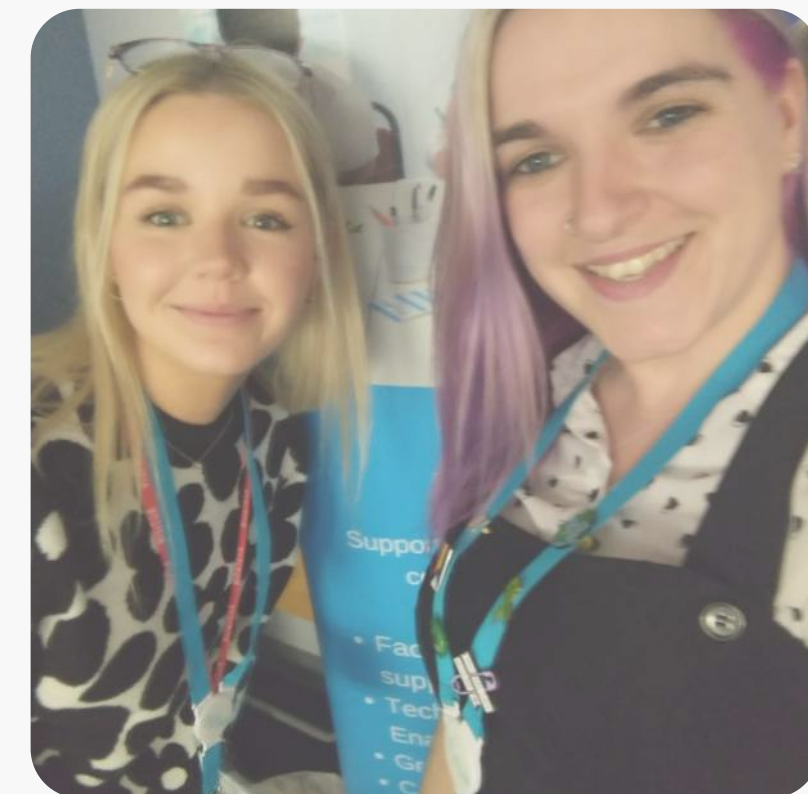
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348 children and young people received 899 one-to-one support sessions.

Each 45-minute session is designed to empower and motivate young people to overcome their struggles and take positive strides to improve their mental health, wellbeing and relationship with their body and food.

850 pupils attended our in-school body image workshops in the last year.

Recognising the importance of prevention and early intervention, our team also attended 20 schools to deliver our body image workshop awareness raising sessions, attended by 850 pupils in the past 12 months.





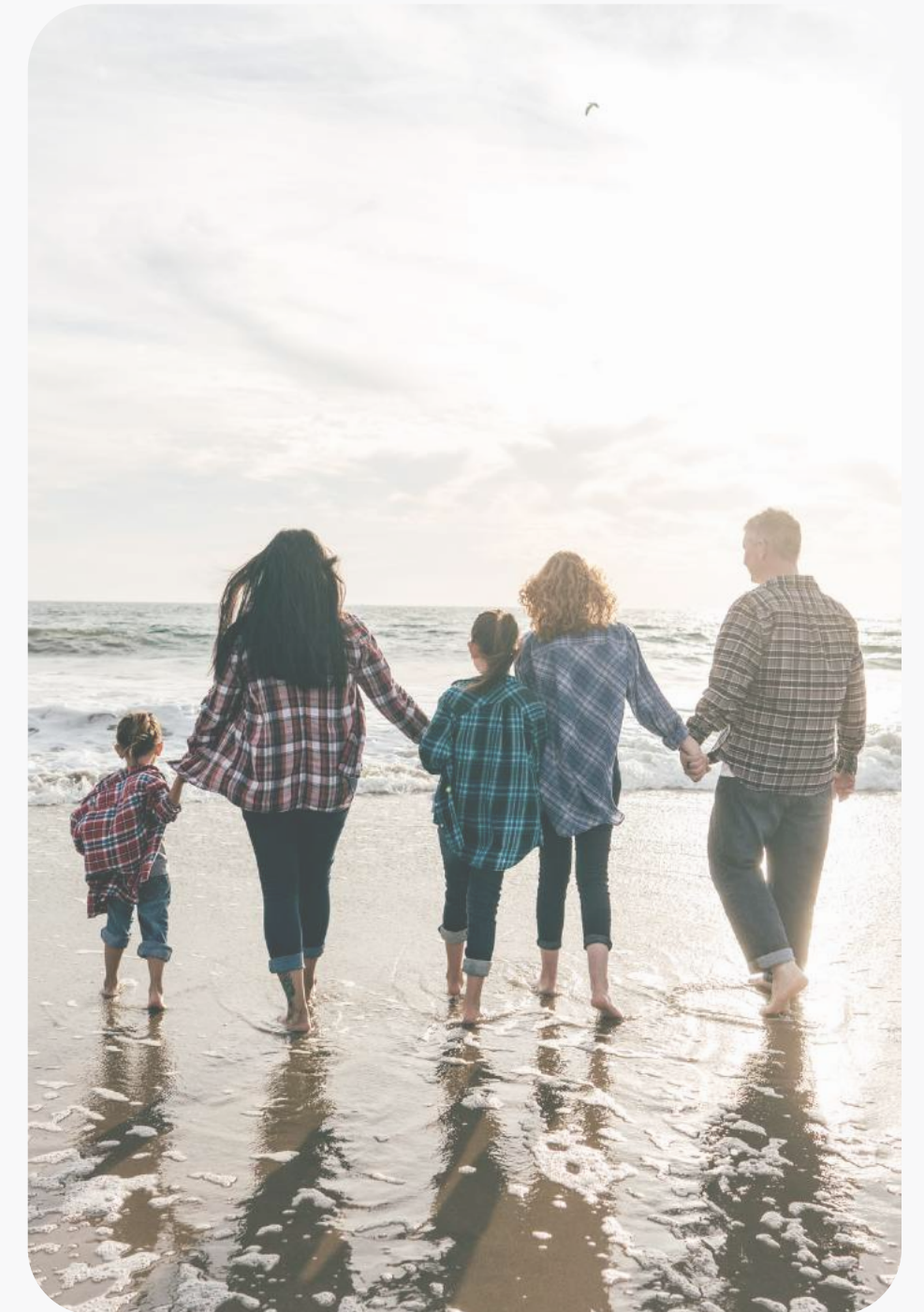
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Skills for Carers: Our **parent and carers support programme**

New Maudsley Method

We have continued to deliver our four-week Skills for Carers programme for parents, carers, and older siblings with 69 carers completing the 4-week workshop programme. These workshops are full of practical tips, real life scenarios and case studies and are designed to help carers develop self-reflective care giving skills to role model confidence, compassion, and courage on how to experiment with changing their own behaviour so they can be more helpful to their loved one.

Throughout the workshops, carers receive our research informed information and training on supporting their loved one from Professor Janet Treasure's Skills-based Learning for Caring for a Loved One with an eating disorder: The New Maudsley Method, for becoming a 'Change Coach' for your loved one.





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NHS VCSE Eating Disorders Partnership: Integrated Community Service (ICS)

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We work as part of a multidisciplinary NHS VCSE team with NHS Derbyshire Adult Community Eating Disorder Service (ACEDS) and Children and Young People (CYP-CEDS) which offers treatment to patients from inpatient and outpatient settings diagnosed with Severe and Enduring Eating Disorders (SEED).

Established in 2010, our Integrated Community Support team works under the NHS Care Programme Approach and attends multidisciplinary team (MDT) meetings, and through the range of different outreach locations where we work, regularly talk to multi-agency teams (MAT), which includes social care staff and teachers. This enables us to provide targeted intensive practical support in the community thus enabling people to access support and progress towards recovery.

Our joint service provides home and community supportive interventions from a variety of options agreed by the NHS Care Coordinator and may include for inpatients, supporting paediatric nurses during ward meal times, and being part of discharge plans, provide social activities, for example going to the cinema or for a walk, confidence building (person centred), food shopping, preparing meals, supported eating at home or in public, volunteering all focused on maintaining weight restoration and reducing social isolation to move back into full time education or employment.



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Stepped Care Approach to Treating Eating Disorders

We ensure that our stepped care approach is effective for step-up and step-down appropriate to our person-centred approach.

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Step up: If our staff feel it is appropriate to step-up a service user into NHS specialist eating disorder services, our embedded pathway enables us to respond effectively.



Step down: Our NHS partners also effectively step-down patients as part of their discharge planning process. This ensures that anyone coming to First Steps ED receives safe and effective professional support appropriate to their eating disorders requirements.

Where an individual comes to us for support where we may not have an established NHS pathway in place, with consent we will always work with the individuals General Practitioner (GP) requesting medical monitoring is put in place locally to ensure that we can continue to provide safe care whilst they access our services.



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Recovery groups and psycho-education workshops

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We always have a variety of topics in our support groups and we always aim to make them fun and stress free.

Service users of all ages have access to our comprehensive weekly Recovery Self-help programme a range of age appropriate and presenting conditions weekly workshops attended face to face or virtually and co-produced with service users who elect the psychoeducation topic schedule.

Longer term attendees are encouraged to lead activities which builds their confidence and often leads to develop further interest in volunteering for First Steps ED.





Weekly Recovery Self-help Groups:

- Waiting Well Clinic (16+, mild to moderate)
- Waiting Well Young People (14+, mild to moderate)
- Eating Disorders In Student Services [EDISS] (18+, University Students)
- Finding Peace with Food [Nutrition] 4 week workshops
- Understanding Body Image 4 week workshops
- Binge Eating Disorder [BED] 4 week workshops
- Kundalini Yoga 16+ moderate and enduring service users (bi-weekly)
- Maudsley Collaborative 'Skills for Carers' workshop (hosted monthly)



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Skills for Professionals: Accredited eating disorder training

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We continued to deliver our accredited Continued Professional Development (CPD) training for professionals which was attended by 600 via Microsoft Teams which meant that we were able to reach many more professionals which we targeted at those from the Childrens and Young People sectors including teachers and tutors.

We also delivered 12 half day or full day seminars to undergraduate students studying nursing, and for the first time we also delivered our eating disorders training to paramedic students at Staffordshire University.

600

professionals have attended one or more of our CPD modules, from healthcare professionals to teachers and other school staff.

308

health care professionals who attended our training can demonstrate an increased ability to correctly recognise signs and symptoms of eating disorders.

292

teachers and lecturers can demonstrate their ability to recognise the signs of an eating disorder and know where to signpost young people to.





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volunteer psychology and psychotherapist undergraduate students on placement have been recruited, inducted, and trained to help us meet the growing demand for adults support services.

6

experts by experience have been recruited to our training team where they use their lived experience to enhance our CPD training.

4

is the number of placement students we recruited into our employed team in the past year.

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Times Higher Education Award

We were also proud that the culmination of our four year partnership with our academic partners at University of Nottingham and Kings College London was recognised in the December 2021, Times Higher Education Award, where our Boys and Men Eating Disorder research project and new training which was previously accredited by the Royal College of General Practitioners and adopted by the Royal College of Nursing and Royal College of Psychiatry, received the Research Project of the Year in the Health Humanities category.

Further reading: ['Hungry for Words' Scoops Top Award from Times Higher Education'](#)



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About our work with Eating Disorders

A major challenge in improving treatment outcomes is to close the 'treatment gap'. Many people with a clinical diagnosis of anorexia nervosa and a large majority with bulimia nervosa and binge eating disorder (BED) delay seeking treatment for a decade or longer. Many factors contribute to this problem, but include low levels of health literacy, receiving support for weight loss management rather than the eating disorder, stigma, shame and poor affordability/access to evidence-based psychological therapies.

Prevention initiatives, clinician awareness and professions working in support roles often have limited knowledge of these conditions. This paired with the growth of social media has created an environment for stigma and isolation, where young people and adults are unable to find support due to inadequate identification of the diverse spectrum of eating disorders.

The prevalence of disordered eating and disorders may be higher in women and young people, yet Binge Eating Disorder is more common in men, and there is a growing understanding of Body Dysmorphic Disorder, Compulsive Exercise and Steroid Abuse becoming more recognised in all genders. All diagnosis may be more prevalent across socioeconomic groups than previously thought and risk minimisation can be achieved with improved literacy, reduced body idealisation and promoting a positive and healthy relationship with weight and eating.

Evidence-based therapies delivered by an eating disorders-informed professional are preferred by people with eating disorders and in our experience people in larger bodies. In addition to specific psychological therapy, treatment needs to address important nutritional, physical and mental health co-morbidities and thus is ideally from a multi-disciplinary team.



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About how we spent **our funds**

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The National Lottery Community Fund and Awards For All is spent on additional staff costs towards coordinating our services for adults including befriending over the age of 18 years and to deliver our weekly groups, our highly regarded Skills for Carers programme workshops and provide bursaries to attend our accredited eating disorder training for professionals and students. Our counselling and psychotherapy sessions are also funded to ensure that no adult in financial hardship is prevented from receiving support for their disordered eating or eating disorder. Each year over 350 adults will demonstrate the same benefits as with our Children in Need funding, and 125 families/carers will report an enhanced ability to support a loved one with their ongoing recovery journey in their home environments. This funding is also spent on a different cadre of volunteers and ambassadors covering costs for recruitment, induction, safeguarding, and ongoing training and development.



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Children in Need funding is spent on additional staff costs towards coordinating our services for Children and Young People under the age of 17 years and our weekly groups, body image awareness workshops, our steering groups and volunteering opportunities. Each year over 250 children and young people benefit from this project and report an increased knowledge and ability to manage their eating disorder and mental health, report reduced feelings of isolation and felt less stigmatised about their mental health with positive improvements in self-confidence and self-esteem.



NHS Derby Derbyshire Clinical Commissioning Group funding is spent on our staff costs towards coordinating working with children, young people, and their families between the ages of 5 and 17 years old through our children and young people's peer support service and staff costs towards coordinating working with adults through our counselling service. These services support a minimum of 180 children and young people and 69 adults registered with a GP in Derby and Derbyshire.



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Derbyshire Healthcare NHS Foundation Trust

funding is spent on our staff costs towards coordinating our NHS VCSE Integrated Community Support (ICS) Service team focused on hospital admission avoidance, discharge planning and recovery.



NHS Leicester, Leicestershire and Rutland Clinical Commissioning Groups

pilot funding is spent on our trailblazing eating disorder app partnership with MeeToo with a focus on engaging 11 to 18 year old BAME and LGBTQ+ people and communities to improve access to early intervention and prevention healthcare services.



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Student Space, commissioned by Student Minds funding is spent on our staff costs towards coordinating working with students and staff at our Eating Disorders In Student Services (EDISS) accessed by 50 universities in England and Wales. The service covers 6 to 10 counselling sessions, weekly support groups, and psychoeducation workshops and training for university mental health professionals.

And thank you to our **Small Grant Funders...**

**Foundation Derbyshire
Toyota Manufacturing UK Charitable Trust
Erewash Voluntary Action
Derby CVS**

Enabled our charity services to extend the number of psychoeducation groups and workshops, parent and carer skills workshops, accredited eating disorders training for professionals, and our printed research informed guide books and self-help guides to reach many more individuals, families/carers and professionals in more locations across the East Midlands to ensure that we can bring our support and services to people close to home.

We are grateful to our commissioners, funders and supporters fundraising vital funds for the charity which year on year ensures our resources become more accessible to individuals, their families and multi-agency professionals seeking help and support for eating disorders and high body weight.



Charity No. 1185092
firststepsed.co.uk

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First Steps ED is a registered Charity No. 1185092