



Registered Charity 1185092

First Steps ED

YOUR COMPANY'S CHARITY OF THE YEAR



**FUNDRAISE AND HELP PROMOTE YOUR
COMMITMENT TO MENTAL HEALTH**



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INTRODUCTION

Founded in 2004, it is the unwavering hard work, dedication and passion of our trustees, volunteers, partners, funders and incredible staff which enables us to continue our multi-award-winning and quality-assured support to those struggling with eating disorders, as well as parents, carers and a network of professionals.

The First Steps ED team work across the Midlands providing support, training and resources. It is to our team and our stakeholders that we express the greatest and sincerest gratitude that we can grow and continue to be the eating disorder charity in the Midlands.

Founded on experience.

We are proud to be commissioned by NHS organisations, as well as through grants from funders whose objectives align to our aims. Our founding principles are based on the experiences of individuals who have had, are still living with, and have recovered from eating disorders and other mental health conditions.

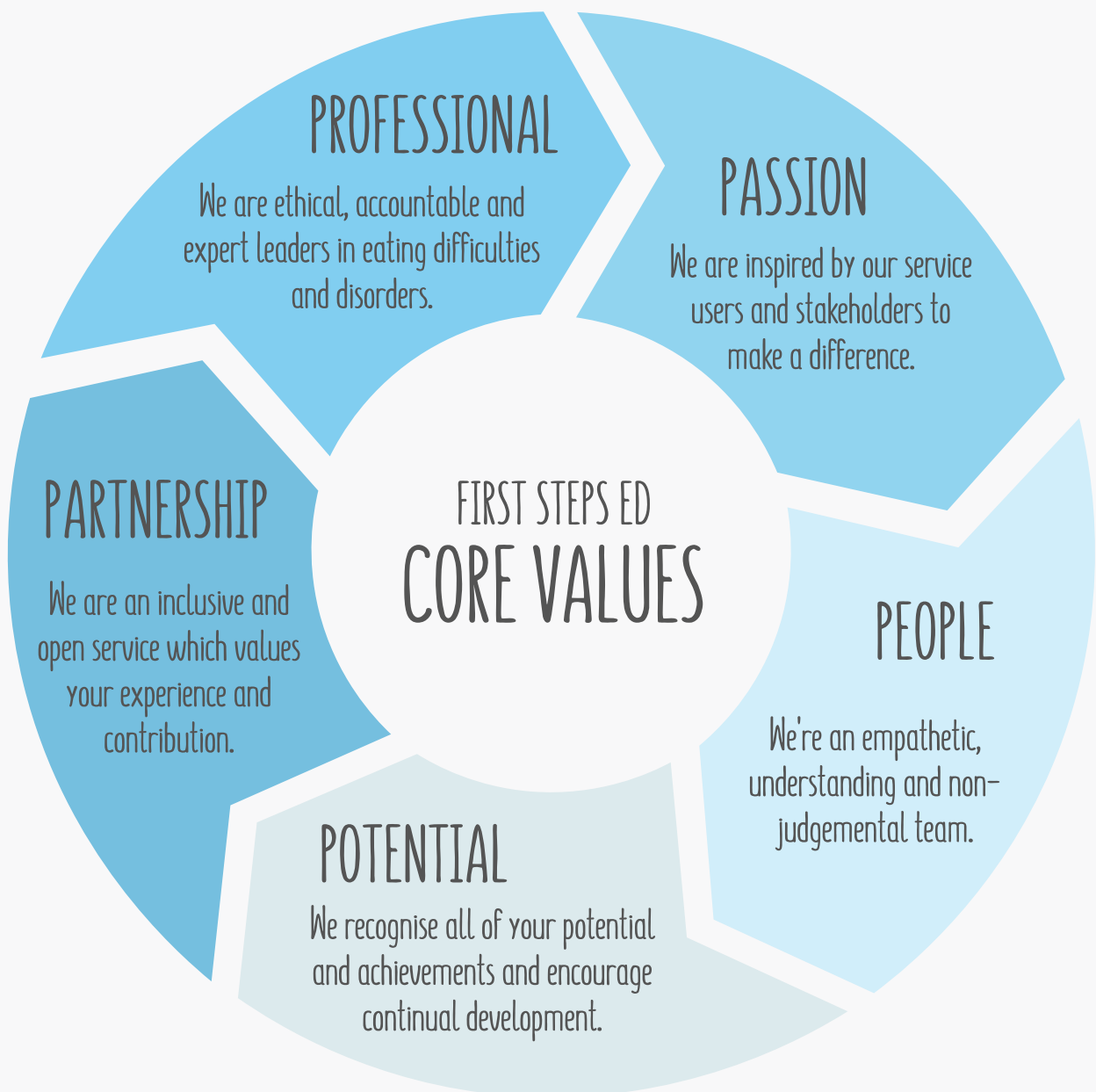
Early intervention and prevention

Developed by people who have lived experience of eating disorders and co-morbid mental health disorders, we provide non-clinical early intervention and prevention services that complement the NHS and Public Health in the community.



We believe that support should be available for all those affected by eating difficulties and disorders, including family, carers, parents and support professionals.

Eating disorders are rarely about food – sufferers often just use this as a way of coping with their underlying emotional difficulties or mental illness in more severe cases. Our values are being passionate about recovery and believing in what we do – we define these as our core 5-P's:



CHARITY OF THE YEAR

Together, we can help break down mental health stigma and create safer spaces for those struggling with their relationship with food, weight and body. Supporting First Steps ED throughout the year is a great way to engage your own team and stakeholders with our work, whilst raising vital funds through enjoyable fundraising activities. Whether you've supported us before, or you're still learning more about what we do, we'd love to have you on board.

'Charity of the Year'...

...is an exclusive partnership between your company and your favourite charity, no matter the size or background of your business. By partnering with First Steps ED, you help us ensure we can continue the important work with those who are struggling with food, mood and body image, as well as their families who are looking for support in playing an important role in their loved ones recovery. You are also letting your staff and stakeholders know that you are supporting a worthy cause which helps to boost morale. Your community knows that their hard work each year contributes to something beyond the workplace.

Your partnership with us is unique to you, and can last one or more years, depending on your own goals and objectives.



REASONS TO CHOOSE US

Mental health problems affect people of all ages, genders and backgrounds, and it likely to be an issue which has affected your staff and their families.

By choosing us as your charity of the year, we can offer a range of benefits to your business, from media coverage and social media awareness, access to support and training, as well as volunteer opportunities for those who wish to give back to their community.



Positive local and national PR

We have links to local and national organisations who are often happy to share stories and fundraising initiatives. We are also happy to support you in sharing information with your own connections. We also have our own social media pages, website and blog so we can share all your fundraising efforts to our extended community.



A clear display of commitment to an important cause

Choosing us as your **Charity of the Year** highlights a clear passion for promoting mental health, early intervention and prevention. By partnering with us and benefiting from all of the opportunities available to you, not only can you play an active role in promoting workplace mental health, you will also be showcasing your commitment to protecting your staff's wellbeing.



Exclusive access to visits, workshops and speakers

A big part of what we do is education and early intervention, and we believe that having open conversations with our community helps to break down stigma and misconceptions around body image and mental health.

Our team will be happy to join you to provide workshops and talks to staff to offer education around workplace mental health, body image and eating disorders in the hope to promote a healthier relationship with food and body (as well as explain a little more about what we do.)



CPD-accredited training for professionals

Your team will have access to the First Steps ED CPD training packages which includes either our full-day training course or the option to attend any of our 90-minute CPD modules. Each of our courses aim to raise awareness and knowledge about eating disorders and disordered eating, and demonstrates a range of information and support tools that can be adopted in various professional settings.



Access to volunteer opportunities

Volunteers don't need to have a lived experience, we are always happy to hear from people in our communities who are looking to make a positive contribution. Your team might like to support our befriending service, become a trainer, hold a coffee morning... The opportunities are endless!



Dedicated support from our fundraising team

We have a dedicated team to help you with any fundraising events, initiatives and resources. We want to make sure you have the tools and expertise to bring your staff and students fundraising ideas to life, from planning, promotion and support on the day!



Encourage team development through fundraising

Not only does fundraising allow us to come together and work towards a common goal, it also provides an opportunity to understand leadership, the importance of charity and community and also be a part of something which will get them talking about mental health.



Updating you every step of the way!

Our team can talk you through our services and help you set your own fundraising target for the year. When you donate, we'll keep you updated on the difference you're making and highlight new service innovations, increased awareness and any recent case studies to help highlight how your company is helping lives impacted by poor body image and difficulties around food.



CPD TRAINING OPPORTUNITIES

First Steps ED's CPD accredited foundation courses aim to raise awareness and knowledge about eating disorders and disordered eating, as well as demonstrate a range of information and support tools that can be adopted in various professional settings.

The 90-minute modules are aimed at professionals who may encounter vulnerable adults or children who could be at risk of developing disordered eating thoughts or behaviours.

Our team understands what it takes to support someone struggling with an eating disorder, and it all starts with the right knowledge and training. We believe in early intervention and trust that better education around disordered eating behaviours can play an important role in protecting those who are at risk of developing an eating disorder, as well as offer effective support to those who are struggling with their relationship with food.

Each one of our trainers have experience in delivering our CPD modules both online and in-person, providing confidence in organisations and individuals who choose our 'Skills for Eating Disorder Support' training programme.

Your team can access any of our training modules free of charge when you choose us as your 'Charity of the Year'. However, if you have chosen not to partner with us, individuals are still able to access our public CPD modules which are available throughout the year and cost from £49 per module. Company's can also work directly with our training team to book private training sessions at a time that suits them. To learn more you can contact us at training@firststepsed.co.uk

Current modules:

- Eating Disorder: All Ages and Genders
- Body Image and Perception
- Eating Disorders in Boys and Men
- Nutrition and Mood
- Eating Disorders and Exercise Addiction



First Steps ED
Charity of the Year

HOW YOUR MONEY HELPS

By working with us to build awareness, raise funds and start a conversation around mental health, your team will help transform lives affected by eating disorders and poor body image.

One-to-One Support

- Peer support for children, young people and students
- Award-winning befriending service
- Counselling and Psychotherapy

Donations can contribute to resources for our service users so they can follow their own progress through recovery and recognise the small wins and achievements they make during this time. It can also be a lifeline to service users with financial hardship, who need assistance in accessing counselling and psychotherapy which will help them towards a more sustainable recovery.

Skills-Based Support Workshops & Groups

- Young Person's Wellbeing Workshop
- Body Image Workshop
- Finding Peace with Food Workshop
- Athlete's Workshop for students
- Waiting Well Group
- Student Support Group

We are frequently developing our workshops and group support which are our legacy services. Your fundraising will go towards our facilitated group sessions which provide education and a safe environment for service users to share their struggles and experiences. It can also contribute to new innovations and the development of future groups and workshops.



Complementary Therapies

It is important to First Steps ED that we are able to offer choice and opportunity throughout recovery, and this includes our service options. We are proud to offer our award-winning kundalini yoga series twice per month to service users who are looking for a service which focuses on breathing and mindfulness. We are also working with a trained Reiki practitioner who offers this form of energy healing to promote wellbeing and rebalancing the mind, body, and soul. **Your fundraising will help us continue our research and seek out new service options.**

Carers Support Pathway

- Skills for Carers
- Befriending service

Our team recognises the role of family and carers within recovery, as well as the impact a supportive role can have on parents, partners and siblings during this time. Your donations can help us continue the support we offer to those in a carers role, including our skills-based workshop 'Skills for Carers' which with your funding we can offer for free. We are also able to offer an extension of our befriending service to parents and carers who need a safe space to talk about their experiences and difficulties in supporting their loved one.

Awareness, Training and Research

- Support in school and workplaces
- CPD training (public and private)
- Investing and working collaborative with other organisations and charities to develop existing knowledge of eating disorders through innovative and national research opportunities.

By getting involved with our charity, whether it be through volunteering, donations, fundraising or simply sharing one of our posts online, you are helping us campaign for better eating disorder awareness. Together we can make sure more people get the support they need, as soon as they need it.



HERE'S HOW WE'VE HELPED MEGAN



"I can honestly say that I don't know where I would be today if First Steps hadn't been there. Their team didn't need me to tick any criteria to offer support, just knowing I needed it and asking for help was all I needed to do.

I started off having one-to-one sessions, talking about my difficulties with food and body image and went to the young persons support group. It was great to feel like I wasn't the only one who was struggling with this and have someone fully understand where I was coming from.

First Steps even helped me with an emergency referral to CAMHS-ED. Through the medical help from CAMHS and support from First Steps ED I was able to restore the weight I had lost, but recovery is not straight forward. It didn't happen overnight. It certainly wasn't easy. Recovery is very up and down and some days you will feel like waking up and slipping back to old habits, but fighting the urge is the only thing that will truly make you better.

For me having someone understand the way my brain was thinking made recovery so much easier. My parents went to the 'Skills for Carers' group at First Steps, for me this was the best thing in my recovery journey.

I felt less guilty for my anorexia as I knew that they had a better understanding of how to help me and had a group of people they could talk to who all were going through the same.

I don't know when I'll say that I'm fully recovered, but thanks to First Steps ED I have the tools and understanding to fight back against the thoughts that I have when they arise. I still have my days when I struggle and feel like I don't deserve to eat and hate the way my body looks, but I now have enough respect for my body to make sure it has the right nutrients that it needs to function.

If I had to give any advice for someone who is at the beginning of their recovery journey it would be don't be afraid to speak out and say you need help, don't accept no as an answer and focus on your own journey. Every recovery journey is different, just because your journey may be different to someone else it doesn't make you any less deserving of help."

- Megan, First Steps ED Service User



START FUNDRAISING

If you've chosen to make First Steps ED your **Charity of the Year**, you can enjoy fantastic fundraising opportunities that will bring you and your team closer together, all alongside our dedicated fundraising team. Here are just some of the most popular school fundraiser ideas to get you started:



Hold a Raffle

This one is for everyone! Sell tickets to colleagues, family and friends for the chance to win donated prizes. This is one of the easiest fundraising ideas and fun for everyone involved!



A Sweet Treat

Workplaces love a foodie fundraiser. Get everyone involved in the baking, or hold an event where your staff show off their best bakes and vote for the winners!



Pay-to-Play!

Invite your team and their families to a pay-to-play night. Choose a game (bingo, quiz night, beetle drive etc!), and charge a small entry fee for anyone who'd like to join. Why not contact other local businesses to donate a prize for the event.



Team Charity Match

When the weather warms up, organise a 'friendly' game of football or rounders between your teams. Families will love the chance to watch their loved ones compete so sell tickets for the event, or have buckets around on the day.

Contact Us:

Contact us today about making First Steps ED your charity partner of the year, and together we can promote early intervention, prevention and supportive spaces for young people and their mental health. Our dedicated fundraising team are waiting to hear from you and help get you started!

First Steps ED

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Thank you! We hope you can join us in providing hope, choice and opportunities to lives affected by eating disorders.



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