

# First Steps ED ANNUAL REPORT 2023

The all-ages National Eating Disorders Charity.  
Passionate about bringing hope, opportunities,  
and choices to the lives of all who are affected by  
eating difficulties and disorders.



# Offering hope, opportunities, and choices.



First Steps ED is a specialist eating disorder charity that supports individuals of all ages, genders, and backgrounds. We provide a range of personalised individual and group therapy services including psychotherapy, peer support, and guided self-help groups to assist anyone dealing with eating disorders, such as body dissatisfaction, compulsive exercise, and other disordered eating behaviours.

Our community involvement further complements our work, and we regularly deliver psychoeducational workshops in schools and community organisations. Our dedicated team is committed to helping all individuals, families, and caregivers to transform their perceptions of body image and their relationship with food.

# First Steps ED acquired **Talk ED**



In July 2023, First Steps ED acquired Talk ED, strengthening resources and impact for anyone affected by an eating disorder.

The acquisition has provided new opportunities for the services to develop existing programmes of support, fundraising, and to expand commissioned pathways across England and the UK

Both teams now operate as one under First Steps ED, where the Talk ED identity has been utilised to develop a new training and awareness package for schools and businesses and to provide a platform for professionals to access resources and digitally-enabled care, supported by experts-by-experience.

# 20 Years of First Steps ED

As we look into 2024, First Steps ED celebrates 20 years of service. We are excited to celebrate two decades of empowering individuals through the education and treatment of eating disorders.

As we reflect on the past 20 years, we are filled with gratitude for the countless lives we have touched and our positive impact on our community. Thank you to everyone who has supported us over the past 20 years.

2024 will be a year full of celebrations, and we look forward to what the future holds for First Steps ED. Here's to 20 years of success, growth, and transformation!



Thank you to David Wilson Homes East Midlands and The Barratt Foundation for the support of First Steps ED

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# About us



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

Our team of seasoned professionals adopts a person-centred, quality-assured, research-based approach to their work (when working with service users). We are dedicated to collaboration and serving as an integrated partner in health and education settings, advocating for seamless care, timely access, comprehensive services, and effective care coordination.

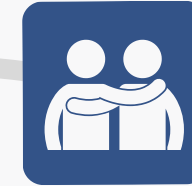


We have a collaborative and progressive culture and a value-led team of staff, volunteers and placement students who help curate our stakeholder-led co-production eating disorders. Our foundations are built on engaged leadership, data-driven improvement, empanelment, and team-based care; focus on our service users underpins our culture and behaviours and many of them become befrienders, volunteers, and future employees. These values are central to our mission, guiding us to provide the necessary care and support to those seeking our assistance. We aim to offer a real chance at recovery so that individuals are not defined by their illness.

# Our Principles

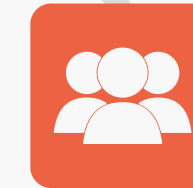
Since 2004, First Steps ED has been at the forefront of improving the lives of people of all ages, genders and backgrounds impacted by eating disorders, and has built a reputation as an evidence-based eating disorder charity in the UK.

Our principles of equality, diversity and inclusion 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.



## Passion

We are inspired by you to make a difference.



## People

We are empathic, understanding, and non-judgmental.



## Potential

We recognise all your potentials and achievement to continue to develop.



## Partnership

We are inclusive, open and value your experience and contribution.



## Professional

We are ethical, accountable expert leaders in eating disorders and mental health.

# Reflecting on **our impact**



Our views on the key developments and achievements of the last year, and a look to the future.

## Demonstrating our impact

The past year has been marked by significant achievements and milestones. Our referral numbers are higher than ever, which suggests that our hard work and dedication have not gone unnoticed, showcasing our dedication to bringing about positive change for individuals impacted by eating disorders.

Our efforts have enabled us to extend our services to three new locations throughout the UK, reaching out to diverse communities and offering vital resources and support to those in need, with a rise in referrals from men.

Looking ahead to the upcoming year, we are filled with hope and a renewed sense of purpose. Our commitment to making a real impact remains unwavering, and we are enthusiastic about expanding on the solid groundwork we have laid. Together, we can work towards a brighter and more inclusive future for individuals affected by eating disorders.

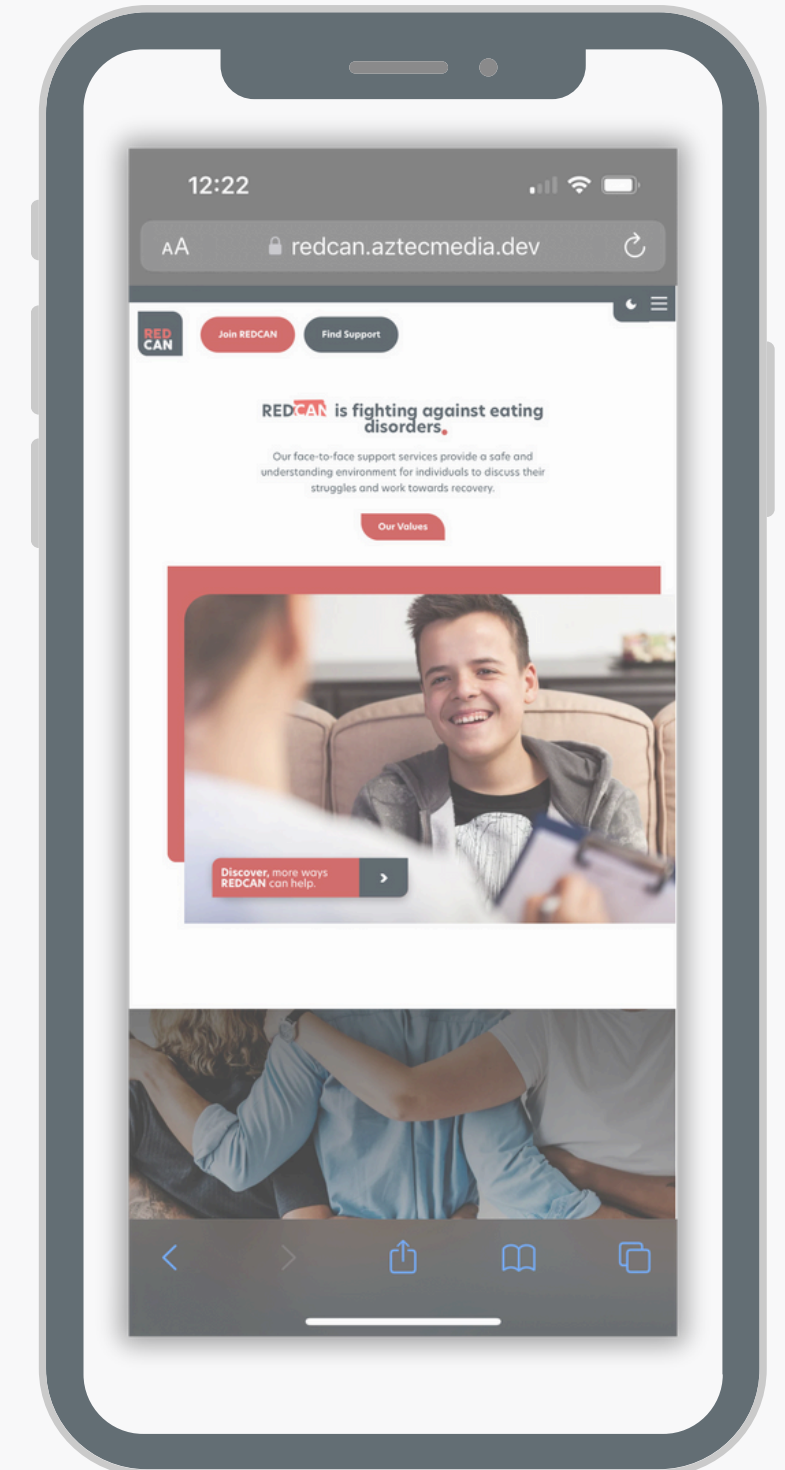




## an Alliance of Eating Disorders Charities across the UK

REDCAN is the Regional Eating Disorders Charity Alliance/Network. There is a total of ten regional eating disorder charities, coming together to form the UK's Voluntary Community and Social Enterprise provider collaborative, delivering expert-by-experience care. Learn more at [redcan.org.uk](https://redcan.org.uk)

The REDCAN alliance is a credible source for ED support, services and resources. FSED chairs REDCAN and meet monthly with clinical leads. Whilst our pathways and service offerings may differ, our person-centred approach to eating disorder intervention and recovery is effective and continues to provide a lifeline to individuals and families throughout the UK. an Alliance of Eating Disorders Charities across the UK



## Chair's Report



**Karen Jackson**  
First Steps ED Chair

It has been another year of growth and development for our service teams and volunteers and as a board of trustees we are delighted that we continue to support children, young people and adults as well as parents and carers from more areas across England.

As you will see from the report we are supporting more people and whilst this is evidence of our success it does stretch our services and we continue to look at innovative ways to reach and support individuals who reach out to us.

The board are very proud of the initiatives and partnership working that takes place across our charity as we strive to increase our offer and support to all.

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.

Our staff, workers, volunteers and beneficiaries continue to drive our co-production approach to developing new services which during this annual report period has seen the charity further expand its individual and group therapy pathways for Avoidant Restrictive Food Intake Disorders (ARFID) which in one NHS Integrated Care System (ICS) accounts for over a third of service users supported.

Last year's research and innovative service development on developing a new pilot service for children and young people with disordered eating and high body weight which affects 1 in 4 living with obesity has opened a new integrated pathway working with pediatricians in acute and specialised services with the NHS Complications for Excess Weight Clinics (CEW).

We have continued to invest and expand our digital services road map, with the first eating disorder app commissioned by the NHS to support early intervention and prevention for marginalised individuals and communities which demonstrated its utility and effectiveness and following investment in our staff are now commissioned to provide Enhanced Cognitive Behavioral Therapy.

## CEO's Report



**Kevin Parkinson**  
First Steps ED CEO

During the summer we welcomed new colleagues to the First Steps ED family following completing the merger and acquisition of Talk ED which enabled us to expand our Nutrition counselling services which are now integrated into our eating disorder pathways. We also implemented a new organizational development and monthly training programme to upskill our staff, volunteers and trustees with an emphasis on health inequalities and obesity and diabetes both co-occurring risks with disordered eating and disorders.

Through our strong stakeholder engagement with NHS Regional eating disorder clinical networks, and directly with NHS specialist CAMHS and adult eating disorder services, we continue to increase our commissioned and funded services working as an integrated pathway partner delivering our respected shared care and step-up and step-down services across the Midlands, and Home Counties.

We were privileged to take over the Chair and Clinical Lead roles for the VCSE National Provider Collaborative the Regional Eating Disorder Charity Alliance/Network (REDCAN) to continue our joint objectives of bringing expert-by-experience charity eating disorders care services closer to home across England, Scotland, Wales and Northern Ireland and look forward to handing this over to Eating Distress North East (EDNE) in the autumn of 2024.

Above all, I want to extend my praise and admiration to our staff, bank staff, volunteers and placement students who between them ensure that 150 people across our extended workforce were providing individual and group therapy and support services every day to over 2,000 beneficiaries in this past year plus directly supporting over 100 parents/carers with the education and support to enable continuity of care and self-care to happen in our beneficiaries homes across the country.

## Financial Report

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds (unaudited) £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	70,253	-	70,253	20,399
Charitable activities	5	60,384	1,268,642	1,329,026	836,091
Investment income	4	2,233	-	2,233	2,312
Other income	6	9,360	-	9,360	78,404
<b>Total</b>		<b>142,230</b>	<b>1,268,642</b>	<b>1,410,872</b>	<b>937,206</b>
<b>EXPENDITURE ON</b>					
Raising funds	7	-	-	-	20,442
Charitable activities	8	119,458	1,052,346	1,171,804	860,998
<b>Total</b>		<b>119,458</b>	<b>1,052,346</b>	<b>1,171,804</b>	<b>881,440</b>
<b>NET INCOME</b>					
Transfers between funds	17	22,772	216,296	239,068	55,766
		164,437	(164,437)	-	-
<b>Net movement in funds</b>		<b>187,209</b>	<b>81,859</b>	<b>239,068</b>	<b>55,766</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		446,467	22,256	468,723	412,957
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>633,676</b>	<b>74,115</b>	<b>707,791</b>	<b>468,723</b>

### Another year of growth

- Around £50k increase in donations
- 52% increase in contracted services
- 22% decrease in private practice income
- Investment income approx. the same

There has been an overall increase of 50.5% in total income for First Steps ED

- 33% increase in expenditure to deliver our charitable activities

# Performance and Service Impact

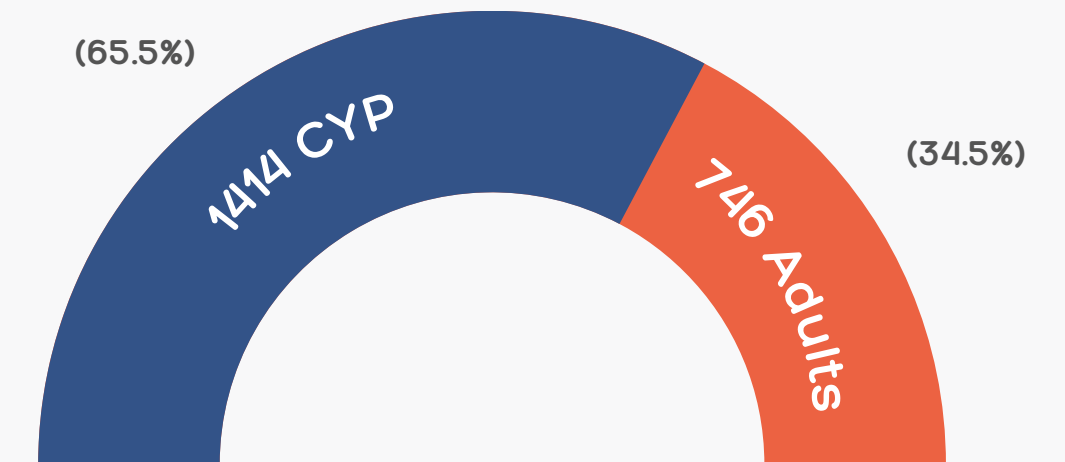


Reflecting on what we have achieved in the last year within our core services.

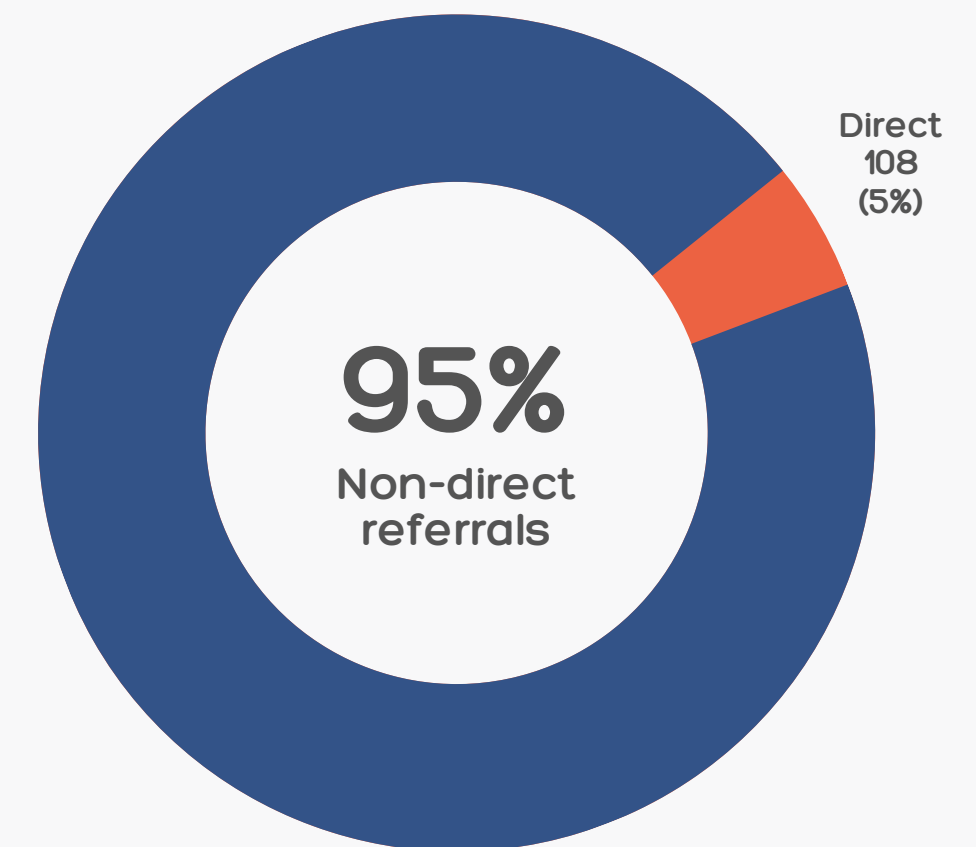
## Demographics of our service users

First Steps ED ensures secure data capture and information gathering by using a range of digital forms. These are tailored to evaluate outcomes and impacts, as well as to gauge the service user's feedback on the support provided.

NHS Adults, CAMHS eating disorders services, GPs, school professionals, and parents/carers can make referrals to First Steps ED, with support delivered face-to-face in local community settings, in schools and online via video clinic. Individuals can also self-refer to our services.

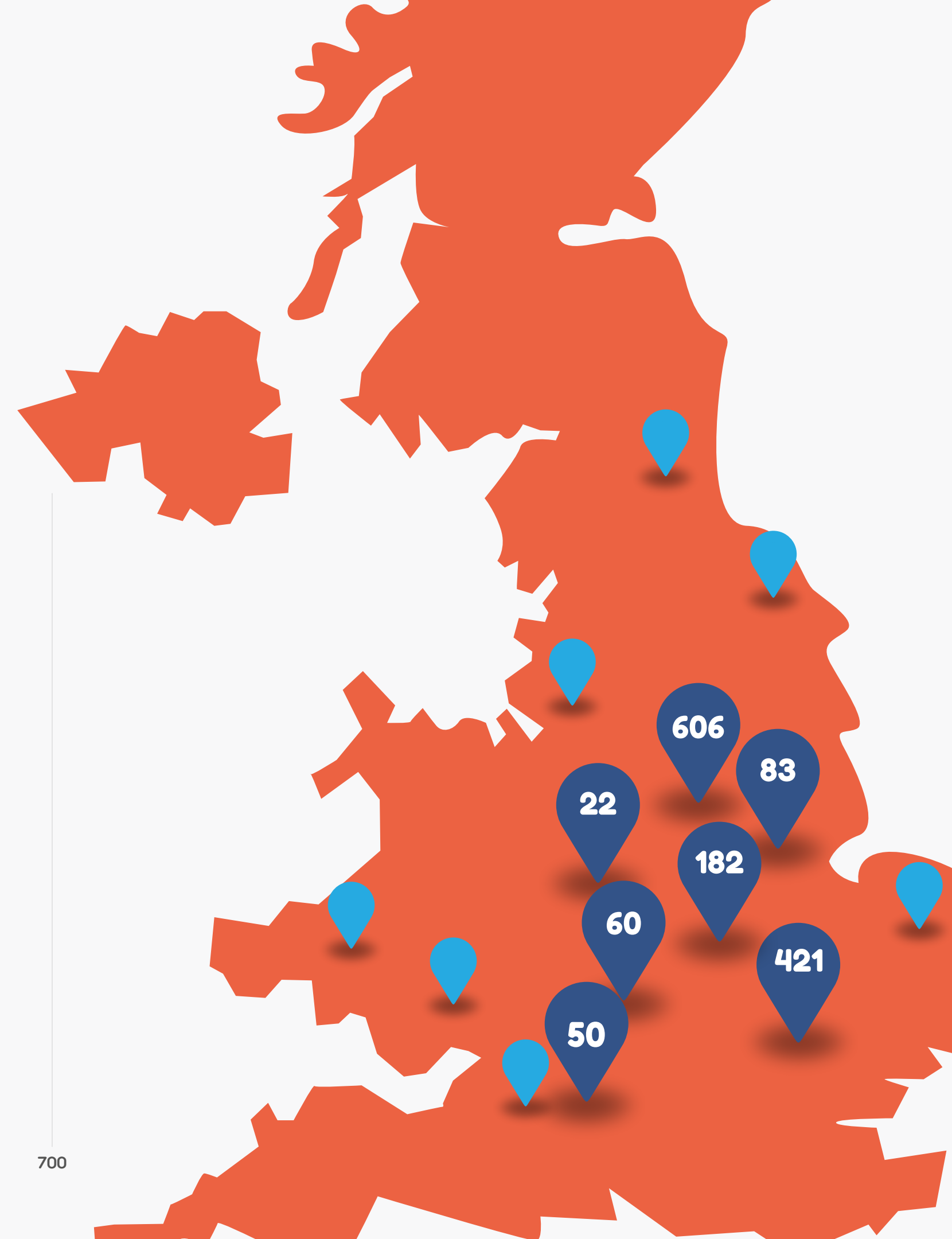
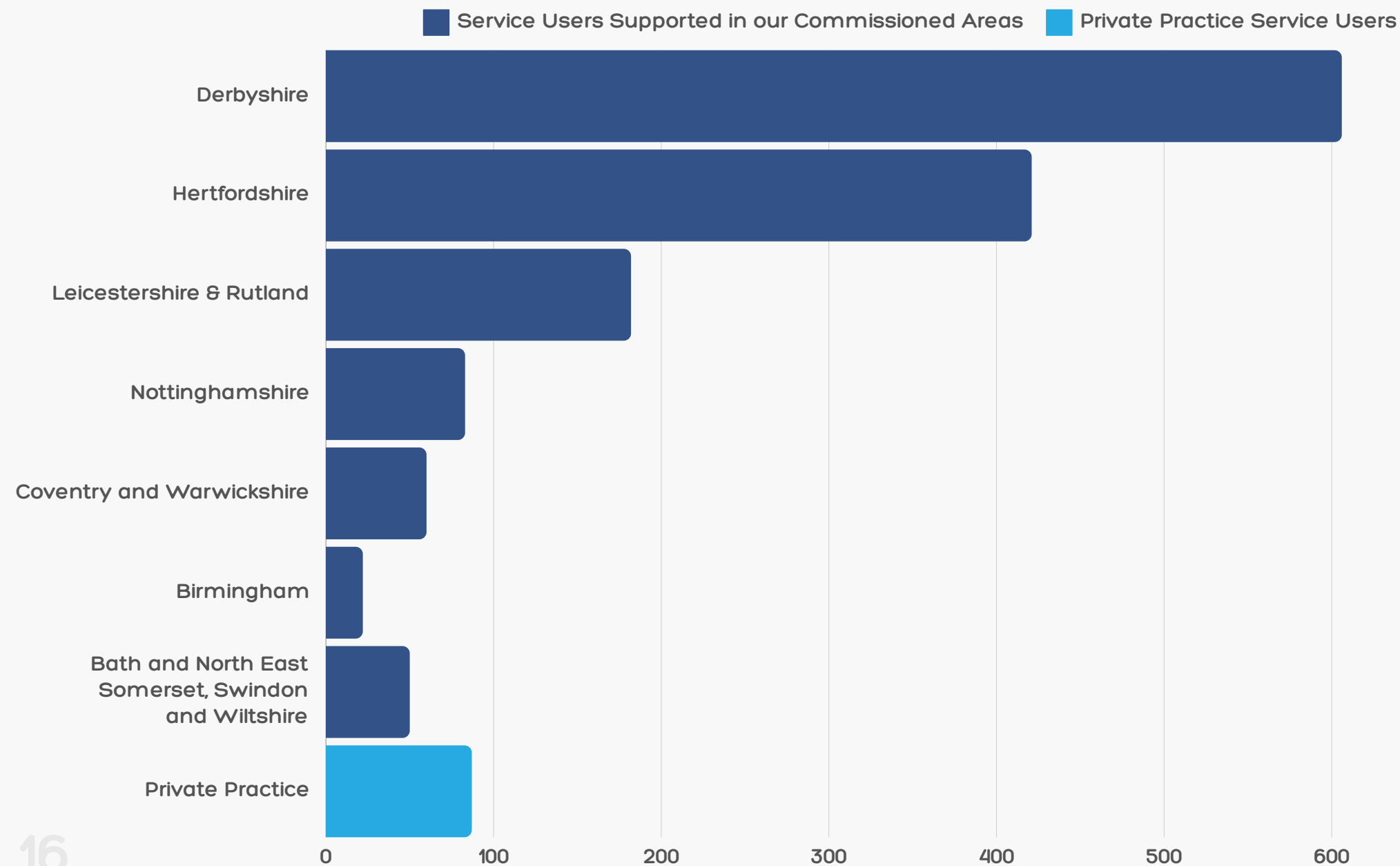


Adult and CYP referrals  
April 2023 to March 2024

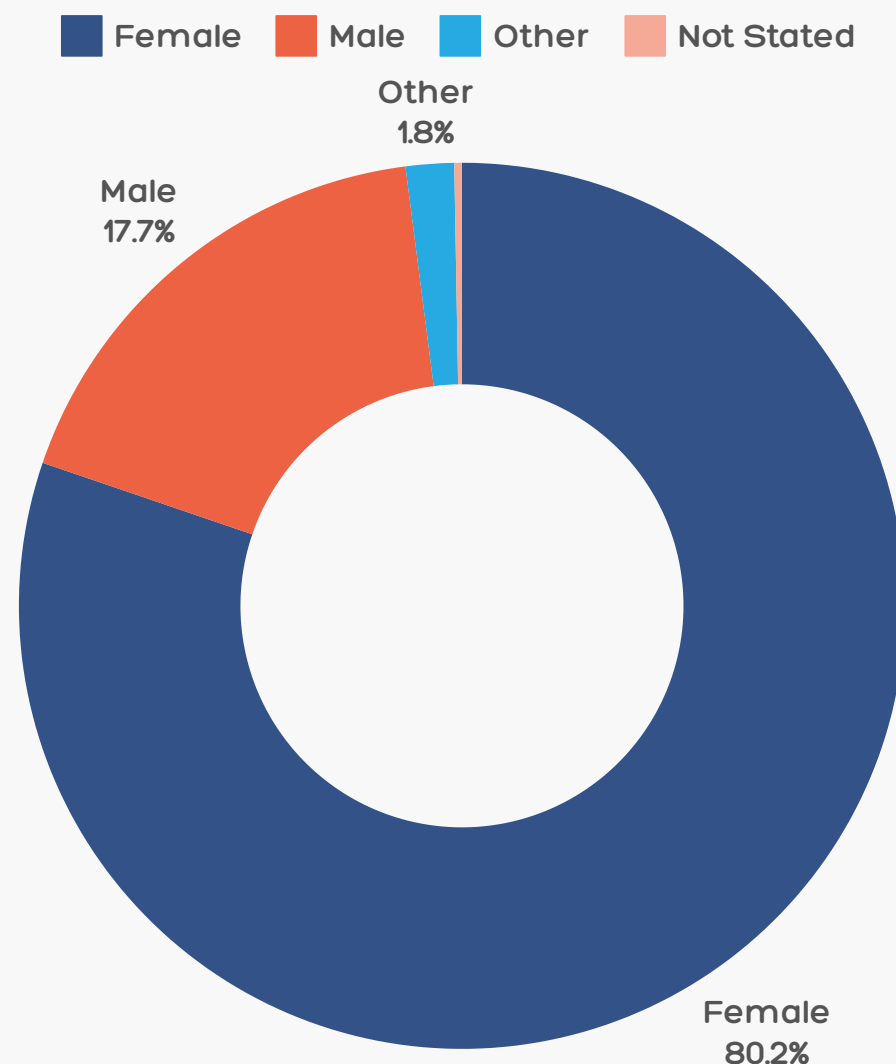


Direct and non-direct referrals  
April 2023 to March 2024

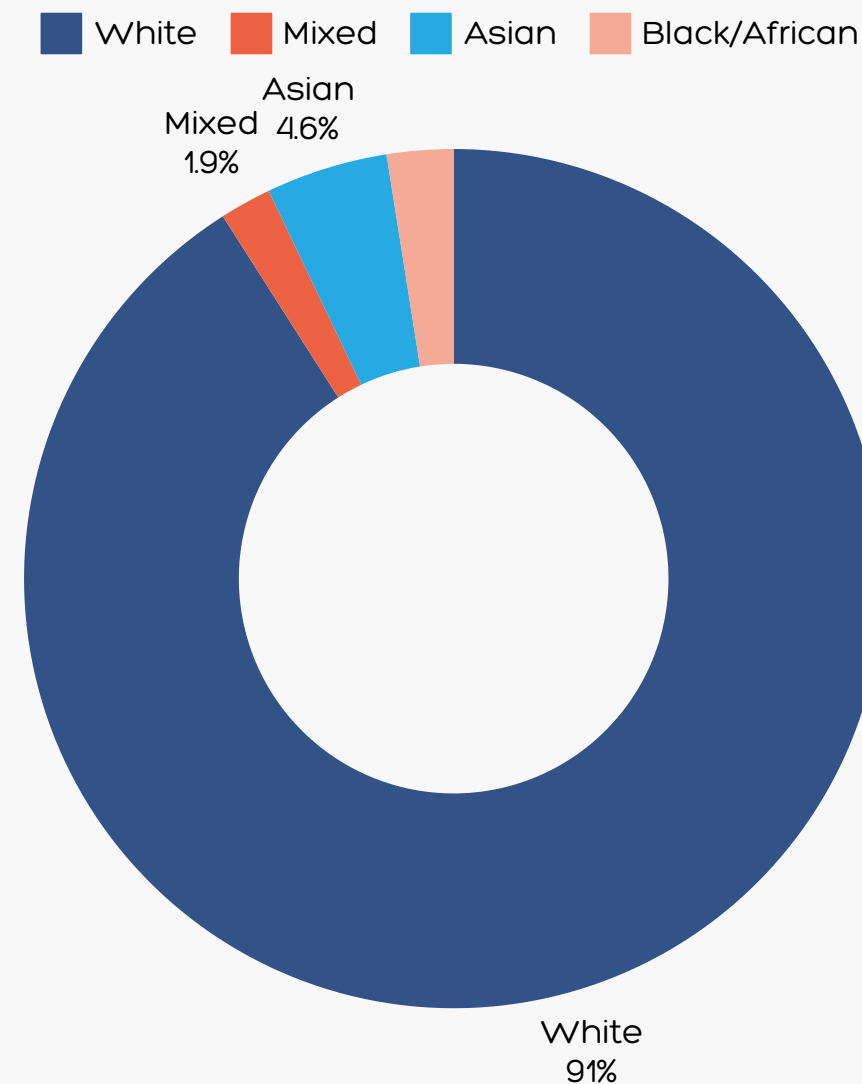
Our referral data, helps us identify where we direct our resources leading to better outcomes for our community. We support service users nationally, within and outside of our commissioned areas.



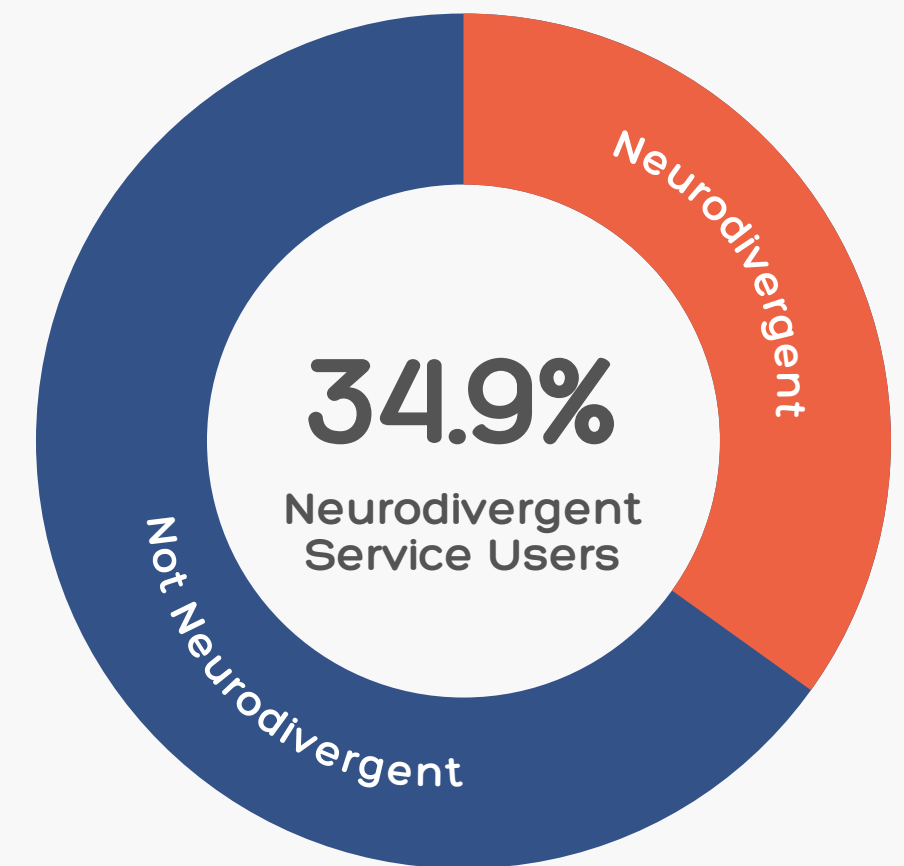
Understanding the demographics of our referral data helps us address the needs of different groups effectively and ensures inclusivity in planning and development. When analyzing such data, it's also crucial to explore the underlying factors that contribute to these figures and work towards creating a more balanced and equitable society for everyone.



GENDER



ETHNICITY



NEURODIVERSITY

## Our Services

We aim to empower you to be in control of your recovery through one-to-one professional and group support. Our services are available for ages 5 and above.

Throughout 2023, we supported **852** adults and **1203** Children and young people through our pathways of support.



## One to One Support

One-to-one support at First Steps ED is one of our core services, which recognises the unique experiences of all clients, with or without a formal diagnosis.

The aim is to provide a safe, non-judgemental, and understanding space to give our clients the time and freedom to talk.

## Psychotherapy

Psychotherapy helps to support individuals with a particular life obstacle that they want to overcome. Psychotherapy at First Steps ED can be accessed by individuals aged 16 and above, who struggle with disordered eating and eating disorders.

Our Specialist Support Officers and Psychotherapists are highly trained, skilled, and knowledgeable about the treatment of eating disorders

## Befriending Service

Befriending is our award-winning weekly support programme. We match a service user with one of our highly trained befrienders who volunteers to provide ongoing support to the service user

107

individuals were  
supported through  
Befriending

It is offered in a range of formats, including email up to twice a week and video/telephone calls once a week. Befriending provides flexibility and a level of anonymity, providing a sense of control in recovery

## Eating Disorders in Student Services

Loughborough University has commissioned our Eating Disorder in Student Services (EDISS) programme to deliver peer support for students at Loughborough University presenting with mild-to-moderate disordered eating habits.

209

One-to-One sessions  
were carried out for  
students

50

students were  
supported through our  
EDISS programme

The contract also provided further funding for weekly psychoeducation workshops designed specifically for students in the academic setting.

# First Steps ED ARFID Pathway

First Steps ED are trailblazers in developing our ARFID pathway which has allowed First Steps ED to support individuals and families with ARFID (Avoidant Restrictive Food Intake Disorder).

Working alongside volunteers and those with lived experience, we have designed our ARFID pathway through integrative evidence-based support. A number of ICBs have commissioned our ARFID pathway, and to be able to support other professionals we have developed our CPD accredited training in ARFID

Over the past year, we've supported **956** people with ARFID/ARFID traits, that's nearly **45%** of all service users.

Asking for help isn't always easy but your mental health matters.

**FIRST STEPS ED**  
Registered Charity 1185092 | @FirstStepsED

A parent's guide to  
**ARFID**

Registered Charity 1185092 | @FirstStepsED



Download for free here  
<https://bit.ly/3Ma5O7w>



Our team and those with lived experience co-produced our 'Parent's Guide to ARFID' to promote early intervention and effective treatment for sufferers.

Like many people, Adam found out later in life he wasn't just a fussy eater.

Adam shares in his blog how ARFID affects him, and how First Steps ED has helped and continues to support him in his recovery journey through one-to-one support and befriending.

Read Adam's Story here  
<https://bit.ly/3X7qNy8>



# Guided self-help groups and psycho-education workshops

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

Service users have access to a variety of age-appropriate workshops tailored to their needs, which are all delivered virtually by our trained Specialist Support Officers and volunteers. These workshops are co-created with service users in mind when selecting the topics for each week.

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



## School Body Image Workshop

Our sought-after school workshop helps pupils evaluate their relationships and explore topics contributing to poor body image.

Our sessions are tailored to the age of the pupils and delivered in a sensitive yet thought-provoking way by a member of our CYP specialist team. We delivered **20** School workshops in Derby/Derbyshire in the past year..

## ARFID Workshops

Our research-informed four-week ARFID support group offers information to help identify triggers and navigate difficult situations.

The workshop is peer-led, and developed by staff and volunteers with first-hand experience. We look at the symptoms, their impact, distractions, coping strategies and setting personal goals.

**435**

Children and Young People attended our weekly workshops



In February, we launched our new Guided Self-Help group for those with long standing eating disorders.

## Pip's Place: Next Steps

Next Steps is a Guided Self-help group offering professional support to people with long standing eating disorders, and provides hope for those who have been stepped-down or discharged from specialist clinical care.

Each group is led by one of our trained Specialist Support Officers, who has knowledge and experience supporting a wide range of eating difficulties. Each week focuses on a different topic in order to share ideas and support moving forward in recovery.

Next Steps has been made possible through the incredible generosity of hundreds of people who have donated in memory of Pip McManus.



## Skills for Carers

Parents/Carers access our services whilst their loved one could be accessing First Steps ED one-to-one service, and/or as NHS inpatients and outpatients.

- Three-Week Maudsley Collaborative 'Skills for Carers' Workshops (monthly/online)
- Monthly Carers Online Drop-in group, Counselling and Psychotherapy for carers up to 6 sessions based on New Maudsley Method
- Befriending (matched to Parent/Carer as 6 to 9 months via email/video)

**418**

parents/carers and older siblings (18+) were supported by First Steps ED





Charity No. 1185092  
[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

## Parent and Carer Feedback

"Thank you for giving me this opportunity. It has been an enormous help during a period of significant change and transition for our family. It is an excellent service and my befriender's dedication is to be commended. I have truly appreciated it."

"Nobody wants to see their child struggle and without the support of First Steps, we would still be faced with a huge lack of support and endless waiting lists."

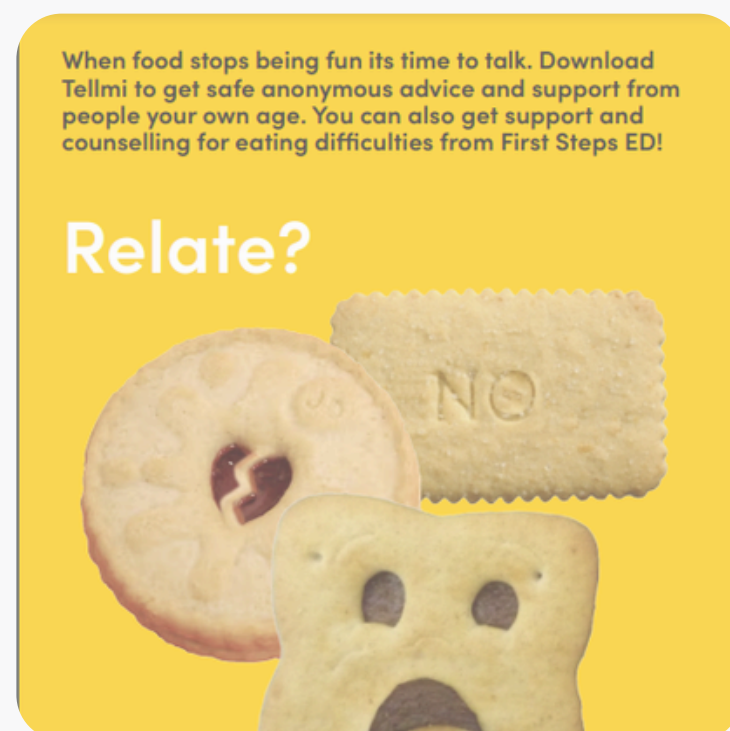
"Overall an extremely valuable and informative service. I like the understanding that you are not alone, about the ED voice and how best to approach the issue with my daughter."

# Tellmi



Our digital pathway with Tellmi continues to offer an exclusive service provision for children and young people in Leicestershire and Rutland. The service has had a positive effect on wellbeing as well as a potential reduction in the use of other services.

**148** young people were supported through First Steps ED and the Tellmi app combined.



## Youth Disordered Eating Webinar - Creating an Effective Support Pathway

In December we joined Tellmi to deliver a webinar designed for healthcare professionals, discussing how we have collaborated to create a scalable and impactful solution to support young people struggling with disordered eating across Leicestershire and Rutland.

We also heard from a SuperPeer Volunteer from Tellmi, who uses their own experience to support other children and young people struggling with disordered eating.

The webinar received overall positive feedback from 141 professionals who attended. An additional 57 individuals viewed the webinar recording.



Scan the QR code to watch the webinar

# Integrated Community Support (ICS)

Our ICS Specialist Support Officers offer company and assistance during mealtimes. This can range from one to five sessions a week either at home, in school or in public (such as restaurants or cafes).

The service user builds a relationship with the SSO that creates a safe and trusting space to open up around their eating disorder,

**232**

home and community ICS support sessions were delivered



## Company

Mealtimes can be a daunting, isolating and/or intense experience, so being joined by someone can relieve the pressure at the moment and take the focus away from food.



## Goals

Our team can help individuals work through setting and achieving goals, from eating out in public or challenging themselves around trigger foods.



## A Confidant

Our team can give individuals the time to discuss their thoughts and feelings with someone they have a rapport with, often making difficult conversations easier.



## Motivation

Some benefit from motivation during mealtimes, including words of encouragement, having bites in synchronicity or a celebration after their meal to enjoy their wins.

**933**

Private Therapy  
Sessions Delivered

## Private Practice

Counselling and psychotherapy supports individuals with a particular life obstacle that they want to overcome.

Counsellors and psychotherapists in First Steps provide 1:1 therapy to individuals aged 16 and above with eating disorders. With experience delivering both online and in-person support, we provide evidence-based interventions and benchmark ourselves against leading eating disorder organisations worldwide.



### TIER ONE

You'll work with one of our passionate student therapists who are working towards their qualification whilst on placement with First Steps ED.

**£25**



### TIER TWO

You'll be paired with a qualified therapist with experience working with a mix of eating disorder presentations, with free access to paid workshops

**£45**



### TIER THREE

As with 'Tier Two' but with a qualified therapists with considerable experience working with a wide range of eating disorder presentations.

**£60**



### TIER FOUR

You'll work with one of our qualified therapists, accredited with a recognised psychotherapy governing body with over 450 hours client hours.

**£70**

# Skills for Professionals:

## Accredited Eating Disorder Training

We continue to deliver our accredited Continued Professional Development (CPD) training for professionals.

Our trainers have delivered **57** training events over the last 12 months to **189** teachers, therapists, University students, carers, health professionals and others, across England.

Our CPD courses are now available as self-guided e-courses which offer flexibility for busy professionals and enable learners to progress at their own pace. Since launching our self-guided format, we have had 120 professionals download our CPD courses and further their knowledge in ED topics.



21

Healthcare Professionals from  
Nottingham/Nottinghamshire  
attended our CPD Training sessions

37

Healthcare Professionals from  
Coventry and Warwickshire  
attended our CPD Training sessions

"I have always thought of ED as being very difficult to recover from, but there was a sense of hope and the possibility of a different life being possible. I think I'll be able to speak more helpfully with those I come into contact with who are struggling with their relationship towards food."

"I was taught some new terminology and some useful insight into managing these conversations with young people."

## Professional Feedback

91%

of those who attended said that the training met their expectations.

91%

of attendees agreed that the training was well organised

92%

of attendees agreed that they were well engaged during the training.

## Our Social Impact

Our social contributions are invaluable, providing much-needed support and information to individuals on their journey to recovery, as well as their families and carers.

### Our Volunteers

Our passionate volunteers co-facilitate our workshops alongside core staff members, helping to create a diverse and enriching environment where our service users can build resilience and learn coping strategies to gain a better understanding of their experiences. Many of our volunteers were Psychology students at Nottingham Trent University, as part of the ongoing employer relations between the university's Department of Psychology and First Steps ED.

First Steps also serves as a vital training ground for students on counselling placements. It is a challenging and rewarding opportunity for aspiring professionals to gain valuable hands-on experience working with individuals affected by eating disorders.



## Equality, Diversity, Inclusion

At First Steps ED, we value equality and diversity. These values guide our person-centered approach. They also shape our service-user-led strategy. It is important to us to include these values in everything we do as part of our mission. We make sure everyone, no matter their background, has the help they need to recover from eating disorders.

First Steps ED has observed an increase in boys and men seeking help for eating disorders. However, there is still work to be done to change the misconception that only women are impacted by these issues.

**17.7%**

of service users  
identified as male

**34.9%**

of service users were  
neurodivergent

## Breaking Barriers

Our goal is equality for all. Diversity makes our community stronger by bringing different perspectives, experiences, and talents together. This helps us better understand and support those we serve.

We partnered with experts by experience to create a video highlighting the unique experiences of people in different communities suffering with eating difficulties and body image struggles. Watch it here [www.youtube.com/watch?v=Ys\\_xevPnQxI](https://www.youtube.com/watch?v=Ys_xevPnQxI)

**EQUALITY  
DIVERSITY  
INCLUSION**

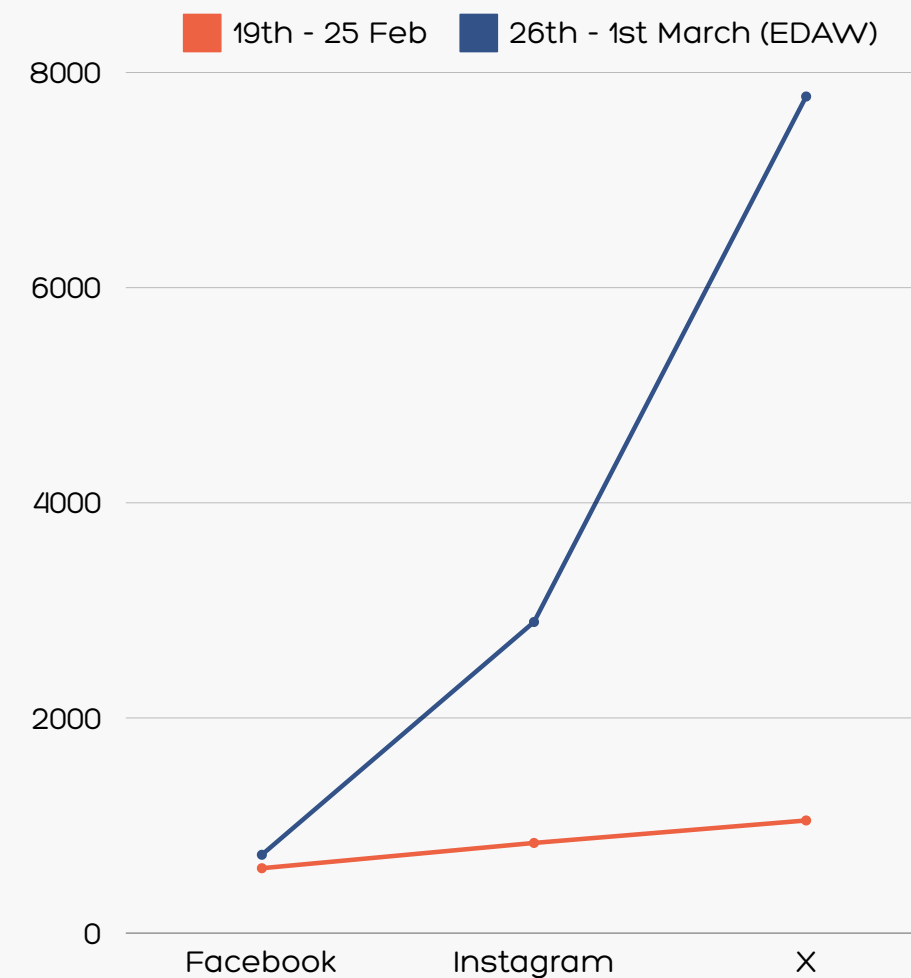
BREAKING DOWN BARRIERS  
IN EATING DISORDERS

# Eating Disorders Awareness Week

We had a successful Eating Disorder Awareness Week in March and worked closely with our REDCAN partner charities on a joint campaign theme of Equality, Diversity, and Inclusion.

During EDAW, we saw an increase in reach, engagement, and new followers across our social media platforms compared to previous weeks.

This indicates a strong interest and need for discussion of EDI in the community. It's encouraging to see such broad engagement and presents an opportunity for us to further develop the support that we offer to be inclusive of a wider audience.



Reach across platforms over EDAW compared to the previous week



## Research Projects



We support relevant research opportunities and dissertations here at First Steps ED.

25

research projects supported  
across 2023

### **Mia Morgan, PhD Student in Psychology – University of Derby**

The PhD project aims to develop the first nature connectedness intervention specifically for people with disordered eating (DE), in collaboration with people with lived experience of DE and other key experts working in the area.

### **George Mycock, PhD Student – University of Worcester**

The PhD looks to explore why cis-men in the UK who are experiencing appearance concerns (i.e. disordered eating, body image issues, eating disorders, etc) oriented towards muscularity are not accessing treatment. To investigate this key question, the planned programme of research

### **Pamela Thomas, PhD Student – UCL**

The PhD project aims to understand people's lived experience of an eating disorder, to contribute to the design of a smartphone app to help them manage their eating disorder symptoms and help towards recovery.

## Social Media

We are continuing to develop our virtual community, with increased engagement on our social media and the development of the Talk ED channels.



Facebook

19,500\*

people reached, with  
4k followers.



Instagram

14,400\*

people reached, with  
4210 followers across  
our accounts



Twitter

8064

followers across our  
accounts



LinkedIn

2000

followers and growing  
professional community.

\*The number of unique accounts that saw any of our posts or stories at least once. Reach is different from impressions, which may include multiple views of your posts by the same accounts. This metric is estimated.

We actively look for new content to achieve a consistent flow of posts to be published on the First Steps ED blog.

**50**

Blogs posted on the  
FSED Blog

**878**

average reads on  
blogs per month

Our most successful blog focuses on ARFID. Moreover, there has been an increase in individuals keen to share their personal stories on the blog, drawing a substantial monthly readership.

## Living with ARFID: Beyond Picky Eating

"I found out from my mum that I'd first begun to refuse food as early as 2 years old. The more I looked back at it, the more I realised that my childhood was littered with negative memories of food."



2483 Reads



## Peer Support, Therapy and Befriending: What's the Difference?

"Peer support, psychotherapy, and befriending are all forms of support provided at First Steps ED with the goal of helping you to understand your mindset and process your eating disorder."



2322 Reads



## Our Funding and Commissioners

As a charity, we are commissioned by NHS organisations and through grants from funders whose objectives align with our aims and founding principles



### National Lottery

The National Lottery Community Fund and Awards For All finances are allocated to cover extra staff expenses for organizing services aimed at adults aged 18 and above. This includes coordinating befriending services, hosting weekly groups, workshops, training sessions, and counseling for individuals dealing with eating disorders. The funding is also used for volunteer costs such as recruitment, orientation, safeguarding, and continuous training and growth.



### Children in Need

Funding from Children in Need is allocated to cover additional staff expenses for organizing services for children and young people under 17 years old. This includes weekly groups, body image awareness workshops, steering groups, and volunteer opportunities. Each year, more than 250 children and young people benefit from this initiative. They have reported increased knowledge and skills in managing their eating disorders and mental health, reduced feelings of isolation, and decreased stigma surrounding mental health.



## NHS Derby and Derbyshire Integrated Care Board

This 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 peer support service and staff costs towards coordinating our counselling and psychotherapy service supporting adults, 18 years plus.



## Leicester, Leicestershire and Rutland Integrated Care Board

Our LLR funding is for our children and young people's services up to 25 years of age, including CBT-T, CBT-E, Befriending, Parent and Carer support and Workshops. We're also funded for our eating disorder app collaboration with Tellmi. The project aims to enhance access to early intervention and prevention healthcare services.



## Hertfordshire and West Essex Integrated Care Board

Our Hertfordshire funding is spent on staff costs towards coordinating our Early Help Eating Disorders Service, available to 5 to 18 years, and Early Intervention Parent/Carer support programme. These initiatives provide crucial support to young individuals and their families, ensuring that they have access to the resources and guidance they need.



## Coventry and Warwickshire Integrated Care Board

The Coventry and Warwickshire ICB has commissioned First Steps ED for CBT-T, Parent and Carer Counseling, Skills for Carers 3-week program, and Professional CPD training. These services collectively create a strong support system, nurturing a community built on empathy, strength, and optimism.



## Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board

Through Oxford Health NHS Foundation Trust, BSW ICB commissioned First Steps ED for a combination of Adult, Children and Young People CBT-T, CBT-E and Befriending. This comprehensive approach ensures that individuals receive the tailored support they need to manage and overcome eating disorders.

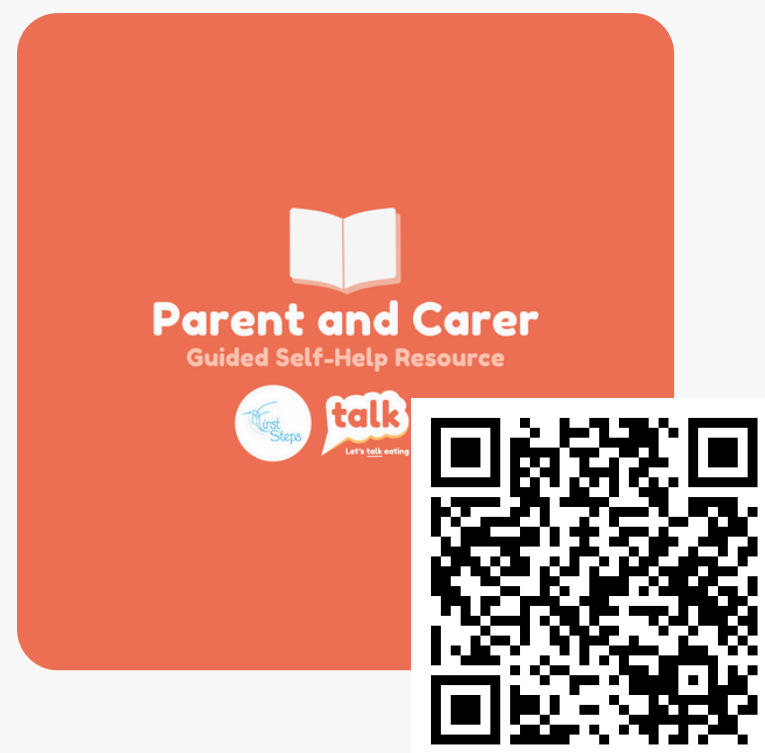


## Loughborough University EDISS (Eating Disorders In Student Services)

Our Eating Disorders In Student Service is directly commissioned by Loughborough University for one-to-one support and weekly drop-in groups for students. Students can also take advantage of our Befriending Service where our team will match an individual with one of our highly trained and supervised befrienders for ongoing, flexible support

# Our Resources

## Parent and Carer Guided Self-Help Resource



Find out more here  
<https://bit.ly/46Rpivr>

## First Steps to Recovery Self-Help Resource



Find out more here  
<https://bit.ly/46Rpivr>

## Accredited CPD Training for Professionals



Find out more here  
<https://bit.ly/46Q5Qeo>

## Your Guide to Fundraising for First Steps ED



Find out more here  
<https://bit.ly/3M9FURt>



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