

FIRST STEPS ED

FUNDRAISING GUIDELINES



Thank you for considering First Steps ED for your fundraising. You may already have an idea of what you want to do, but before you get started, it is important to ensure your activity is safe for yourself and everyone involved.

If you are in recovery or have previous experience of an eating disorder it is important to always put yourself first. Please read this document and do not organise or take part in an event which could cause problems for yourself or your recovery.

If you are in recovery, please consider the following points:



Speak to your family and friends about the event. Ask for advice and support in making sure that it's the right time to undertake this kind of activity.



If you plan on sharing your story, think about whether you are ready to talk about your experiences and the impact this could have on your recovery.



It is important to talk to your doctor (or support worker) about your plans and how it could impact your recovery.



Avoid any high-pressure or goal-orientated challenges. Do not take on too much or put any unnecessary pressure on yourself.



If you become unwell, you should withdraw from your fundraising. Don't worry about how far along you are, make sure you are putting yourself first.

Sport and physical challenges:

Taking on a physical challenge is a popular choice for fundraisers, whether that be a local park run, cycle or something more extreme such as a skydive, trek or triathlon. However, if you're struggling with your relationship with exercise or an eating disorder, this kind of challenge might be difficult and not good for your recovery.

If this sounds like you, our team discourages any sporting or endurance challenge. It's important to consider the risk involved and the impact a challenge like this could have on your recovery.

If you feel as though you're ready to take part in a physical challenge, first make sure you're doing this for the right reasons, ensuring you have a strong support network present on the day. Don't forget to be mindful of other people affected by eating disorders who might not be in the same stage in their own recovery.



Remember...

Fundraising should always be fun! If it's having a negative impact of your mental or physical health then it is time to take a step back and focus on your recovery first.



Inappropriate challenges we do not endorse:

Whilst it's great to come up with your own original ideas, it is important to keep it legal and safe. As a specialist eating disorder charity, it's also important that your fundraising is appropriate and does not undermine the struggles faced by our service users and anyone struggling with their relationship with food. **Eating disorders are serious mental illness and we will not accept donations from any activities which trivialise someone's struggle or experience.**

With this in mind, we will not endorse or accept donations from fundraisers which involve anything listed below;

- Fasting
- Weight gain or loss challenges
- Any kind of eating competition or challenge
- An activity that undermines the experience of an eating disorder

CONTACT: INFO@FIRSTSTEPSED.CO.UK

CHARITY NO. 1185092
WWW.FIRSTSTEPSED.CO.UK