



Registered Charity 1185092

# Join Us in Making a Difference Partner with First Steps ED



## CHARITY PARTNER

A partnership to promote your commitment to mental health and wellbeing for all ages, genders and backgrounds.



# HERE'S MEGAN'S STORY



"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

# INTRODUCTION

## **About First Steps ED**

Founded in 2004, First Steps ED is the UK's second-largest eating disorder charity. Renowned for its evidence-based approach, First Steps ED supports individuals and their families affected by a range of eating disorders, offering 1-2-1 support, counselling, psychotherapy, peer support services, and training for professionals. The charity is committed to inclusivity, ensuring support regardless of age, disability, race, gender, religion, or sexual orientation. Our team at First Steps ED works across the UK, offering support, training, and resources to those in need.

## **Founded on Experience**

We are proud to be commissioned by several NHS organisations, however, receive no guaranteed statutory funding. Our principles are rooted in the experiences of individuals who have lived with, and recovered from, eating disorders and other mental health conditions.

## **Early Intervention and Prevention**

Developed by people with lived experience of eating disorders and related mental health challenges, we provide non-clinical early intervention and prevention services. Our work complements the NHS and Public Health efforts in the community, helping to ensure timely support and better outcomes.

**Join us in making a meaningful difference. Together, we can offer hope and support to those affected by eating disorders across the UK.**



# PARTNER WITH US

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

## **Become a Partner**

A partnership between your company and First Steps ED , no matter the size or background of your business , is an opportunity to create great things.

Partnering with First Steps ED will help us 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'll show your staff and stakeholders that you are committed to supporting mental health in the workplace whilst supporting a worthy cause.

Your partnership can include choosing us as Charity of The Year, sponsorship, making a donation, volunteering your skills and so much more.



# 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 partner , we can offer a range of benefits to your business.**



## **Positive local and national PR**

We have links to local and national media who share stories and fundraising initiatives. We can support you in sharing information with your own connections. We have an active social media following , website and blog where we will share your fundraising efforts too.



## **A clear display of commitment to an important cause**

Choosing us as your **Charity Partner** 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 be showcasing your commitment to protecting your staff's wellbeing.



## **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!



### **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 can join you online 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.



### **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.

Each of our partnerships are tailor-made to suit what works best for your business. We want our partnership with you to be flexible giving you the chance to share what you do best and using your services, employee time, knowledge and financial support to make an impact in the lives of people with eating disorders.

# CPD TRAINING OPPORTUNITIES

First Steps ED's CPD-accredited foundation courses aim to raise awareness and knowledge about eating disorders and disordered eating. Your team can access any of our training modules free of charge when you choose us as your Charity Partner. You can also work directly with our training team to book private training sessions.

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



## 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.

Funds will support one of our essential services such as our award-winning befriending service, our online peer support group, Pip's Place, for service users with longstanding eating disorders or our general Counselling and Psychotherapy services

Donations can contribute to resources for our service users, to support service users with financial hardship to access support or 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.

Donations may fund our complimentary therapies or support those in a carers role, including our skills-based workshop 'Skills for Carers'



# Contact Us

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

First Steps ED

[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

[emmag@firststepsed.co.uk](mailto:emmag@firststepsed.co.uk)

01332 959760



**At David Wilson Homes, we make a conscious effort to have a positive impact on the communities in which we build. We're very pleased to hear that our donation will make a difference to First Steps ED, and hope that it enables the charity to improve and maintain the fantastic services it provides to those struggling with poor body image and eating disorders.**



**Mark Cotes, Managing Director at  
David Wilson Homes East Midlands**