

AMBASSADOR AND ADVISOR SCHEME

This exciting scheme gives young people affected by eating disorders the opportunity of taking a more active part in the life of **beat**.

We need your help in becoming the voice of young people, being heard in a range of settings including national conferences, in newspapers and on television and in major research and government consultations.

We hope that as an **Ambassador**, you will help change the stereotypes of young people affected by eating disorders. To stand up as empowered and empowering young people who have had first hand experience of a terrible disorder and have unique insight into how services could better address and support their needs. We know many of you have already made us aware of the difficulties you faced along the way and the services you feel should be changed. This would be your chance to stand up and tell others how you feel about this.

We hope that our ambassadors will be able to share their experiences with other young people including talking in schools and colleges as part of our on-going education work.

Ambassadors and Advisors will receive monthly e-mails about what is happening at **beat** and updates from the other Ambassadors and Advisors. Should you not contact us for a while we will contact so that we know how you are. Ambassadors are recovered or recovering from an Eating disorder. As an Ambassador you have to fill out a media questionnaire, sign a consent form and meet us at one of our young people's meetings.

Advisors do not need to fill out the questionnaire, consent form or meet us. Advisors take part in reviewing **beat's** own services for young people. This would give you the opportunity of looking at all areas of our youth work and membership schemes and feedback on them to our Board of Trustees. Maybe you could join the board as a Youth representative. We will then use that feedback and ensure that we try and implement any suggestions for change, including updating literature etc.

We hope that once we have modelled this role within **beat**, other professionals involved in eating disorders may wish to consult with our advisors and allow them to comment on their services, something which has already happened and we hope will happen more in the future!

If you are interested in becoming an Ambassador or Advisor for **beat**, email ypf@b-eat.co.uk and we will reply to you as soon as we can.

Under 18

beat will need your parents/carers consent/approval to become an Ambassador.

We will be asking parents or an appropriate other to attend our training days to support you and learn more about the project.

18 years or over

We would like parents to be aware you are taking part in the Ambassador and Advisor scheme and what this involves.
