Working in partnership with service providers
Why you should work with Beat

Beat works in partnership with healthcare providers to continuously improve the health and wellbeing of the population, reduce health inequalities and assure quality of services.

Beat aims to support healthcare providers in designing and delivering innovative and quality services which enhance productivity and are part of the prevention agenda.

Beat offers services that will help to meet the strategic goals of clinical commissioning groups, mental health foundation trusts, and voluntary and independent sector providers. We are referenced throughout the Joint Commissioning Panel for Mental Health (JCP-MH) guidance for commissioners of eating disorder services.

Services can be tailored to the needs of providers and service-users to enhance and improve treatment and recovery times. Integrating Beat with eating disorder services will increase access to support services improving outcomes throughout the care pathway.

Everything we do is driven by the needs of people affected by eating disorders and their carers. We can offer engagement opportunities through our network of members, volunteers and Young Ambassadors who can inform and shape future services.
Beat
■ working with community eating disorder services, AMHS and CAMHS
■ co-production for delivery of services
■ supporting the delivery of the mental health strategy

Self help and support groups
Volunteer-led peer support groups and online support groups to complement treatment programmes for both carers and sufferers
Collaborative care skills workshops
■ Empowering environment – empower carers to be effective in aiding recovery
■ Provide added value for IAPT and wellbeing services

Professional education programme
Primary care training
■ Include sufferer and carer involvement
■ Young Ambassadors contribute to training

Carer and patient engagement
Beat assured auditing process and quality mark
Young Ambassadors, members, volunteers
■ Improves quality of services
■ Part of service design
■ Added social value by engaging with communities
■ Decision making

Helpline support services
Phone, email, text, messageboards and live chat
■ Provide added value for IAPT and wellbeing services
Since 1989 Beat has been supporting people affected by eating disorders and campaigning on their behalf. We have daily contact with sufferers and carers and have expertise in the patient’s experience.

Beat provides helplines, support groups and online support including message boards and live chat. We also provide expert training and collaborate with research into eating disorders.

Beat has the same shared objectives for supporting the delivery of the mental health strategy. We can work collaboratively with you to provide a quality innovative seamless service and meet the three improvement areas outlined in the NHS Outcomes Framework relating specifically to mental health:
- premature mortality in people with serious mental illness
- employment of people with mental illness
- patient experience of community mental health services

In 2012, we commissioned a report on the costs of eating disorders in England which demonstrated the overall costs in direct healthcare, as well as wider opportunity costs. There is an impact on the education, employment and work output of those affected and the onset of eating disorders is often at a critical period in a person’s life. Early intervention is needed to stop the long term consequences of eating disorders and healthcare costs would be better spent earlier to stop the effects on sufferers, their family and the community.

The report showed:
- £100 million: direct healthcare costs
- up to £2.9 billion: costs of reduced GDP
- up to £6.6 billion: costs of reduced length of life and health

**Figures per 100,000 population per year**
- People with eating disorders that interfere with their life: 1,400
- Total number of inpatient days: 200
- Five inpatient episodes: £100,000
- Outpatient costs: £40,000
- GP consultations: £8,000
- QALYS: £300,000
- DALYS: £1.8 million
Case studies

We have a package of proven, effective and impactful services which complement and add value to community based eating disorders services. They reduce relapse, improve adherence to treatment, and support families to care and cope.

Norfolk Community Eating Disorder Service

Beat is commissioned by the Norfolk Community Eating Disorder Service (NCEDS) to provide helpline support services, online support and self help and support groups for sufferers and carers.

“The group has made me feel like I am not alone. It has provided hope that recovery is possible and I’m able to share my feelings about the illness and how it affects my daughter and me and my relationships. It gives me the confidence to carry on and the people from Beat are so calm and caring. They know what to say, and when to say it. More importantly they know when not to say things and to just let people talk. In my hour of need, Beat was there. Probably as close to life saving as anyone could have been.”

Quote from a carers’ survey regarding the NCEDS support groups

NHS Lothian CAMHS

Beat Young Ambassadors, young people aged under 25 in recovery from an eating disorder, were invited to attend a training event organised by NHS Lothian for multi-disciplinary clinicians. Attendees completed evaluation forms and valued the direct, intimate and personal accounts of the Young Ambassadors and were educated, moved and motivated to reflect on their own practice. Attendees said it was useful to hear about “the aspects of care that were seen as helpful and unhelpful”, “tips on how to time intervention”, “advice on provision of services” and “information and insight into transition periods”. It was suggested the training could be repeated regularly, Young Ambassadors could be used in a consultancy role and give talks to current CAMHS patients.
About Beat

Beat is the UK’s leading nationwide charity supporting people affected by eating disorders and campaigning on their behalf.

Over 1.6 million men and women of all ages and backgrounds in the UK are affected by eating disorders. Beat aims to change the way people think about eating disorders, challenge the stigma that people with eating disorders face and campaign for better services and treatments.

Beat’s vision is simple: eating disorders will be beaten.

The facts about eating disorders

- Eating disorders are serious mental illnesses and include anorexia, bulimia, binge eating disorder and compulsive overeating
- Eating disorders have the highest mortality rate of any mental illness. One in five of the most seriously affected will die prematurely
- The sooner someone gets the treatment they need, the more likely they are to make a full recovery. There is a critical window for intervention for people suffering with an eating disorder.

“Beat has helped me find my feet again, helped me learn who I am, helped me live again. Beat is about hope; it is about telling people that recovery from an eating disorder really is possible.”

For more information on the services available or to discuss your needs in more detail

Call 0300 123 3355
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