



syeda

south yorkshire eating disorders association

**UNDERSTANDING
EATING DISORDERS
EDUCATION &
TRAINING
PROGRAMME**

Training Prospectus 2017-2018

www.syeda.org.uk

South Yorkshire Eating Disorders Association

"We help anybody who feels their relationship with food or body image is dominating their life."

About SYEDA

South Yorkshire Eating Disorders Association (SYEDA) is an independent charity established in 1996 by a group of families who were affected by eating disorders. We support a wide range of people from many different backgrounds with a range of different eating disorders and help anybody who feels that their relationship with food or body image dominates their lives, and we help the people who care about them. Men, women, girls, boys, young people and older adults, all access our services. You don't have to look a particular way to get support from SYEDA.



We provide one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. We also facilitate support groups and we deliver education and training sessions in schools, colleges, to professionals and the wider community.

SYEDA's Education and Training Programme

Our education and training programme aims to raise awareness and understanding of eating disorders amongst young people and professionals.

Our activities are focused on the prevention of eating disorders and early intervention. We offer universal prevention workshops such as Understanding Eating Disorders and more targeted sessions for classes or more vulnerable groups on Body Image and Self-Esteem.

We deliver interactive workshops to schools, colleges and youth groups, as well as providing in house training for professionals. Through this work we aim to build emotional resilience in young people, and by working with professionals, we aim to build capacity in the health, social and education sectors as well as in communities.

Education and Training Prospectus 2017-2018

SYEDA has been contracted to deliver their programme in Sheffield, Barnsley, Rotherham, Doncaster and North Lincolnshire. All training that is delivered across these localities is free. If you are interested in arranging a booking please give us a call or complete the attached booking form.

Registered charity no. 1114451 Company limited by guarantee no. 5689222



Clinical Commissioning Group

NHS

Sheffield

Clinical Commissioning Group



Training for Professionals

We deliver bespoke mental health and wellbeing training to meet the needs of frontline professionals.

“Introduction to Understanding Eating Disorders”

Training Content

The training will include the following topics: What are eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED), address misconceptions, causes and triggers, sign and symptoms, advice on how to support an individual, assisting recovery and referral pathways.

The training is interactive with opportunities for group work and a Q&A.

Please note, we also design bespoke training sessions to meet the needs of the professionals. For example, training for sexual health nurses and GPs will include more medical content.



Learning Objectives

1. Improved knowledge of eating disorders.
2. Increased confidence to talk about eating disorders and related issues.
3. Introduce you to practical tips to implement into your own practice.
4. Awareness of and knowledge on how to refer to local support services.
5. Improved confidence to support an individual in recovery.

Who is the training appropriate for?

Our “Introduction to Understanding Eating Disorders” training is appropriate for any professional working within the health, social and education sectors. It will be of benefit to anyone who is working with young people. For example, we create specific training sessions for GPs, Practise Nurses, School Nurses, Social Workers, Charity Workers and many more.

Course length

Half day: 3.5 hours

Short session: 2.5 hours

Presentation: 45 minutes

Please note that session length can be adapted to suit your needs.

“I feel more able to spot the signs of eating disorders and help my team if they encounter a situation they need help with” - *Head of Advice Centre*

“Wonderful team – best course attended in years” – *Safeguarding*

“One of our students disclosed that she is suffering from an eating disorder and this is now being dealt with. I would love to work with SYEDA again” - *PSHE Lead*

Education Workshops and Training

As part of the improvements to emotional wellbeing and mental health services for children and young people (Department of Health, 2015) SYEDA are working with schools to deliver *free* educational workshop for young people in secondary schools and colleges and community groups.

Emotional wellbeing & mental health inspected by OFSTED.

The purpose of our workshops is to provide universal prevention, early intervention and awareness raising for eating disorders and related topics such as body image and self-esteem. Our sessions provide young people with the opportunity to challenge ideas, discuss issues, reflect on their behaviours, as well as increase their knowledge and skills. The workshops provide an opportunity for the young people to safely discuss mental health issues, tackle stigma and build their own emotional resilience.

WORKSHOP CONTENT

- Understanding eating disorders
- Body image
- Self-esteem
- Influences of the media
- Positive emotional wellbeing
- Positive thinking
- Healthy eating

Lessons can cover one or two topics within a ***45-60 minute workshop***. We tailor our workshops for the needs of the students. Staff have experience of working with ***students with additional needs and English as a second language***.

94%
84%

94% of teachers felt that the lessons on body image delivered in their schools have had a positive impact on their female pupils and 84% of teachers said the same for male pupils

Our workshops are interactive, with group work, class discussions and can be delivered as part of the PSHE curriculum, assemblies and/or health and wellbeing days. SYEDA draws upon guidance from OFSTED, the PSHE Association, and Department for Education and Department of Health to ensure all lessons are of high quality.

Please note that as part of drop down day sessions and for some assemblies we only deliver our “Understanding Eating Disorders” workshop.

“I enjoyed learning the positive messages. I've learnt to embrace my body and be more confident.”

Y10 pupil, body image & self-esteem workshop.

“I liked how SYEDA got us involved, rather than just replying on Powerpoint. I enjoyed the openness of the discussion and the informality of the session.”

Year 12 pupil, Understanding Anorexia Nervosa.

feedback

“Very clear and concise information about each of the main eating disorders. Questions were well answered which enabled all to understand the key issues with plenty of open discussion. One of our students disclosed that she is suffering from an eating disorder and this is now being dealt with. I would love to work with SYEDA again in the future.” PSHE Lead, Sheffield Secondary School.

“The session contributed to the students’ knowledge very well. There was time allowed to reflect on issues raised to equip them for the future. The facilitator’s contribution was excellent- good presentation and productive in terms of moving from group to group.” PSHE Leader, Sheffield Secondary School.

Staff training in schools and colleges

To increase capacity to support the mental health of young people, SYEDA offers free training for school staff to raise awareness of eating disorders. Our Introduction to Understanding Eating Disorders training includes:

1. What are eating disorders
2. Misconceptions of eating disorders
3. Causes & triggers
4. Sign & symptoms
5. Advice on how to support an individual
6. Referral pathways



13% girls **AVOID** class discussion because they are worried about their appearance. Halliwell et al, 2014.

Staff training includes opportunities to discuss school meal times and physical education and looks at the potential for devising an eating disorders policy.

The training is appropriate for senior leaders, pastoral staff, safeguarding staff, inclusion teams, mental health champions as well as class teachers. By participating in the training, school staff will:

- Improve knowledge of eating disorders
- Increase confidence to talk about eating disorders & related issues
- Introduce you to practical tips to implement into your own practice
- Awareness of and knowledge on how to refer to local support services
- Improve confidence to support an individual in recovery

Eating disorders have the **highest mortality rate** than other psychological illnesses. BEAT, 2015.

N.B Staff training can be delivered as twilight sessions in 1.5 hours.

“The training will help staff to manage and talk about their worries and concerns over students. Excellent, thank you.”

Teacher, Springwell Academy, Barnsley.

“Well presented, good handouts and information. One of the best training sessions I’ve been on.”
Lecturer, Doncaster College.

Date of session	
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Name					
Organisation					
Job Title					
Contact Number					
Email Address					
Venue address					
Town/City (please circle)	Sheffield	Rotherham	Barnsley	Doncaster	North Lincs

Date of request					
SYEDA staff member taking request					
<i>*office use only*</i> SYEDA facilitators					
Details of the date and time of the session(s)					
Equipment available for our facilitators e.g. laptop, speakers, internet access,					

flipchart stand and paper, projector.	
How did you hear about the training?	
Would you agree to a follow up call?	

AUDIENCE

Young People/Professionals/Carers	
Age & Year Group (young people only)	
Any special considerations to be aware of e.g. ability of young people	
Number in Group	

ACTIVITY

What is the activity?	
Aims & purpose of activity?	
<i>*office use only*</i> What preparation is required for the session?	
<i>*office use only*</i> Volunteers	

SCHOOL AND COLLEGES

- What does the PSHE curriculum look like at the school? Regular classes or drop down days?
.....
- What other topics will the students have covered before our visits?
.....
- Will any follow up work be done by the school after the SYEDA workshop, if so, what?
.....
- What is the name of the Safeguarding lead for the school?
.....
- Is this the same person that students should contact? If not, who should we signpost students to?
.....
- Does the school have a counselling service, if so what is the process for students to access the service?
.....
- In advance of our session, would the school like to collect anonymous questions and send them to SYEDA? SYEDA can answer them within the session or provide written responses.
.....
- Please make your colleagues aware that SYEDA are visiting & as a result, students may come to speak to any staff member about eating disorders/body image concerns, before or after our visit.
- Please be aware that we require a teacher to be present at all times and school staff are responsible for taking the register, encouraging participation and managing behaviour.

Please return the completed form to Christie Rossiter
christier@syeda.org.uk
or post to 26-28 Bedford Street,
Sheffield, S6 3BT
0114 272 8822