



**North Yorkshire secondary schools (maintained, academies and independent) and PRUs are being offered the opportunity to access FREE training to increase awareness and understanding of eating disorders.**

The training has been funded through the Wellbeing Return Grant due to data which is indicating an increase in eating disorders in young people.

The training is provided through BEAT a nationally recognised charity that provides a wealth of support and information in relation to eating disorders. The training and other supporting information is all accessible via an online portal and there is a range of training available for different staff members in a school. There is no limit to the number of staff who can access the training.

Schools can sign up for the training from the 1<sup>st</sup> March 2022 with access for North Yorkshire schools going live for a full year from April 2022. A year's access will enable schools to plan the training requirements in for staff and to be able to access further support that is available via the online portal.

### **Schools Professionals Online Training from BEAT**

SPOT encompasses a range of bite sized interactive learning webinar videos delivered by our expert eating disorder clinicians, E-learning modules and weekly Q&A sessions with an eating disorder clinician and Lived Experienced Ambassador. The platform also enables school professionals to post questions on a community forum to share advice with their peers.

While eating disorders can affect anyone of any age, school-age children are a particularly vulnerable group, and potential factors in an eating disorder's development, such as trouble with peers and academic pressure, can appear in the school environment. School staff are ideally placed to spot the early signs of an eating disorder.

School professionals will be taught how to spot the early signs of an eating disorder, talk to a pupil exhibiting them, engage their families, and support them to seek medical assessment.

The downloadable resources available will enable school professionals to cascade learning to students through our tools and ideas on awareness raising events, 3 lesson plans centered around students learning more about mental health including eating disorders, as well as body image and self-esteem. You will also have access to school policies to help ensure that your school has an approach to eating disorders within school, offering guidance for all staff.

SPOT is designed to enable secondary school professionals to help pupils into treatment quickly.

Register for free at [elearn.beateatingdisorders.org.uk](https://elearn.beateatingdisorders.org.uk), or for any further questions please contact the training team at BEAT on [training@beateatingdisorders.org.uk](mailto:training@beateatingdisorders.org.uk) or **01925 912829**