

EDNE Training and Education Programme

About us

Eating Distress North East (EDNE) is specialist mental health charity. We support anyone affected by eating distress to know that recovery is possible. We improve knowledge and awareness of eating distress and disorders to improve early identification and access to appropriate services.

We do this through:

- Counselling, psychotherapy and facilitated group work for people living with eating distress.
- Delivering CPD accredited training and education programmes.
- Delivering the New Maudsley Training Model to friends and family.
- Facilitated peer support groups for friends and family.

We use the term 'eating distress' because we work with anyone with a disordered relationship with food, with or without a medical diagnosis. We have a 30 year track record and work across the North East. Last year we supported over 1900 people across our services.

About eating disorders

Eating disorders are serious mental health conditions. Anorexia has a higher mortality rate than any other mental health disorder. It's estimated that around 1.25 million people in the UK have an eating disorder.

The number of young people presenting with an eating disorder has soared. Almost 10,000 children and young people started treatment between April and December 2022.

The average duration of an eating disorder is 7-10 years but early identification and intervention can improve the chances of a full recovery.

About our training and education

Our training is CPD accredited and identified as good practice by the North East and Cumbria's Specialised Services Partnership who develop improved pathways for children and adults with eating disorders.

For young people

Our programmes increase young people's understanding of eating disorders, including how to spot early signs and where to access support.

For professionals

Our training develops knowledge to aid early identification, builds confidence to talk about eating disorders, and explores strategies to best support people in your care.

Participant feedback

- 97% of participants felt their knowledge of eating disorders had improved.
- 95% of participants rated their knowledge and understanding of eating disorders as above average or high as a direct result of our training course.
- 84% of participants attending the training course felt that the trainer was highly effective.

All money raised goes directly to the cost of delivering our services, ensuring we can continue to support people living with eating distress and disorders.

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Understanding Eating Disorders (young people)

Aim: To increase knowledge of eating disorders and encourage first steps towards treatment and recovery.

Learning Outcomes:

- Recognize signs, symptoms, and potential triggers of an eating disorder.
- Identify what support is available for someone with an eating disorder.

Format: Online or face-to-face delivery by a EDNE trainer

Duration: 1 hour educational talk

Target Audience: Up to 250 young people aged 11-25 in schools, colleges, universities, and alternative education providers.

Cost: £90 (Private & public sector)
£70 (Charity sector)

Understanding Eating Disorders (professionals)

Aim: To assist professionals with early identification of an eating disorder, and how best to support those in their care.

Learning Outcomes:

- Recognize signs, symptoms, and potential triggers of an eating disorder.
- Identify practical strategies for working with people with eating disorders.
- Increase knowledge of local support services.

Format: Online or face-to-face delivery by a EDNE trainer

Duration: 1 hour talk

Target Audience: Up to 250 professionals or volunteers working in education, health, social or community settings.

Cost: £90 (Private & public sector)
£70 (Charity sector)



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Understanding more about Eating Disorders (professionals)

Aim: To assist professionals with early identification of an eating disorder, and build confidence and strategies to best support those in their care.

Learning Outcomes:

- Increase knowledge, awareness and understanding of eating disorders.
- Recognize signs, symptoms, and potential triggers of an eating disorder.
- Increased confidence to talk about eating disorders.
- Identify practical strategies for working with people with eating disorders.
- Increase knowledge of local support services.

Format: Online or face-to-face delivery by a EDNE trainer

Duration: 2 hour training course

Target Audience: Professionals or volunteers working in education, health, social or community settings.

Cost: £180 (Private & public sector)

£140 (Charity sector)



We can also design and deliver bespoke training packages to suit your needs, please get in touch with us and we can arrange a meeting to discuss.

We offer both virtual and in person training to best suit the needs of your organisation.

Option 1 (virtual)

Take part in our education/training courses via Teams.



Option 2 (in person)

You suggest when and where, and we'll come to you.

All you need is:

- somewhere to do the session
- a laptop, projector, and speakers



For more information or to make a booking please email
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