

Hello and thank you for your interest in joining Eating Distress North East.

About us

We are the only specialist eating distress charity in the North East and aim to be a centre of excellence for eating distress support. We are recovery focused and offer counselling, support, information, help and hope to anyone in the North East affected by eating distress.

This support is offered to people who are experiencing eating distress with or without a medical diagnosis.

Our Mission

We exist because every individual affected by eating distress deserves specialist support, hope, and to know that recovery is possible.

Our Vision

Our vision is to offer every individual impacted by eating distress in the North East hope, understanding and a route to recovery.

Our Values

- **Safe:** so that people can be themselves
- **Enterprising:** we respond to change and learn from experience
- **Integrity:** because this work matters
- **Collaboration:** we achieve more together

Our work

We are passionate about our work, knowing the difference that it can make in people's lives. Our work is flexible, responsive and person-centred. We work in a holistic way to improve mental health and wellbeing, helping people to understand their condition and its underlying causes, to begin to address difficult behaviours, develop other coping mechanisms and overcome isolation.

We aim to provide a safe, non-judgemental environment in which people can explore their use of food and underlying mental health problems which typically include anxiety, depression, low self-esteem, body image issues, powerlessness, attachment issues.

A core part of our mission is to educate and inform people about how to recognise and respond to eating distress.

Eating disorders

Eating disorders are serious mental illnesses; we use the term eating distress (ED) to include all those who have a difficult relationship with food, exercise or their bodies, usually developed as a way of coping with difficult feelings. It is estimated that around 1.25 million people have an eating disorder.

We work with people with mild to moderate eating distress and have done for over 35 years.

Job Description

Job Title:	Counsellor
Reports to:	Counselling Lead
Location:	Hybrid: Durham outreach bases, and remote/ home working with possibility of one day at our Newcastle office (Mondays only)
Salary:	£30,171 pro rata
Hours of work:	4 or 5 days a week (30-37 hours per week) This role can also be offered as 2 or 3 days per week (14.8 - 22.2 hours per week)
Type:	12 months fixed term to 31 March 2026
To apply:	Submit a CV and covering letter by 5pm on Monday 9 th June to enquiries@edne.org.uk

Main purpose of job:

- Deliver high quality counselling to residents age 16+ and who are living with eating distress.
- Maintain all records according to monitoring and reporting requirements.
- Ensure service objectives and targets are met.
- Ensure consistent excellence in service provision.

Key Tasks and Responsibilities

- Provide initial assessments & counselling sessions, both online and in-person, to people aged 16+ affected by eating distress working mainly from a person-centred approach.
- Accept referrals and carry out appropriate assessments.
- Provide information on and signpost onto relevant services / sources of help as necessary.
- Liaise with GPs and other health professionals as needed to ensure a high standard of service which safeguards the physical well-being of the client.
- Ensure all service users receive a welcoming, safe, sensitive and confidential service that is responsive to their needs.
- Ensure all monitoring and evaluation paperwork is completed with service users.
- Be responsible for collection and processing of all required monitoring and evaluation information, keeping accurate and up to date case notes for service users.
- Work with the Counselling Lead to ensure the professional and effective delivery of EDNE's therapeutic services.
- Help service users to achieve outcomes.
- Supply regular reports and data as required for management information and reporting to funders and EDNE Board of Trustees.
- Attend and contribute to meetings of the counselling team.

General Duties

- Seek continuous improvement in the service through reflective practice, learning from service user feedback and current developments in the field.
- Actively participate in clinical and management supervision and annual appraisals and work to agreed objectives.
- Actively contribute to planning and policy through away days etc.
- Exemplify and promote the values and ethos of EDNE, demonstrated positively through the work.
- Attend all necessary training.
- Maintain professional standards of practice, keeping up to date with relevant current issues.
- Work in accordance with EDNE's policies and procedures at all times.
- Maintain professional registration / accreditation with BACP / UCKP or equivalent.
- Be committed to the safeguarding of all children, young people and adults at risk and follow all organisational safeguarding policies and procedures.
- Maintain the confidentiality of sensitive personal and organisational information, in line with the organisations confidentiality policy and GDPR policy.
- Any other duties of a reasonable nature as directed by EDNE's management team.

Person specification

To be successful in this role you will have:

Qualifications

- Recognised counselling / psychotherapy qualification
- BACP/UKCP (or equivalent) Counsellor accreditation or working towards
- Qualification/experience in digital / telephone counselling (or be willing to work towards)

Experience

- Experience of counselling people aged 16+ experiencing mental health/eating distress.
- Minimum of two years post qualification experience in a paid or voluntary capacity.
- Experience of undertaking clinical and risk assessments.
- Experience of working within safeguarding environment and understanding of the importance of confidentiality, safeguarding, handling sensitive personal data and data protection.
- Caseload management.
- Experience of monitoring and evaluation methods and processes.

Knowledge

- Understanding the importance of confidentiality, safeguarding, handling sensitive personal data and data protection
- Understanding of and strong commitment to the aims and principles of EDNE
- Recognised counselling / psychotherapy qualification.
- Good knowledge of and strong commitment to working in an equitable way which takes into account diversity and intersectionality
- Understanding of the issues faced by people with eating distress

Skills & Abilities

- Ability to assess risk and manage crisis situations. Recognises urgency and takes decisive action when required.
- Flexibility and the ability to work in a fast-paced environment.
- Embraces change.
- Able to work under own initiative and /or as part of a team
- Able to build trust and rapport with people
- Excellent written and verbal communication skills
- Excellent organisational and time management skills
- Able to make good use of clinical supervision
- Ability to develop collaborative relationships with other services and colleagues to improve service delivery
- Excellent IT skills, including Microsoft Word, Outlook, and use of case management systems
- Resourceful and highly motivated.
- Able to have an enhanced DBS check.

For an informal conversation about the role please our counselling lead, Rachel Cowey at Rachel.cowey@edne.org.uk

Principle Terms and Conditions

Job Title	Counsellor
Responsible to	Counselling Lead
Hours worked	4 or 5 days a week (30-37 hours per week) This role can also be offered as 2 or 3 days per week (14.8 - 22.2 hours per week)
Salary	£30,171 pro rata
Contract	12 months fixed term to 31 March 2026 Notice to terminate employment following probation is six weeks' notice (one week during the probationary period).
Annual leave	Full-time entitlement is 28 days, increasing by one day per full year of service (up to a maximum of 30 days), including three closure days between Christmas and New Year and excluding Bank Holidays.
Pension	EDNE's pension provider is NEST and EDNE makes an employer contribution to this of 3% of salary, rising to 5% after 12 months, provided the staff member makes at least the minimum contribution as per auto-enrolment.
Other benefits	We are committed to the professional and personal development of our team and offer a generous package of support including training allowance, membership of

employee assistance programme, and flexible working arrangements including volunteering leave.

Location Hybrid: Durham outreach bases, and remote/ home working with possibility of one day at our Newcastle office (Mondays only)

Recruitment timetable

Deadline for applications: 5pm Monday 9th June

Interviews: Wednesday 18th June in Newcastle

Please send CVs and covering letters outlining how you meet the person specification to enquiries@edne.org.uk