

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 offer recovery focused counselling, support, information, help and hope to anyone in the North East affected by 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.

Why we're needed

Eating disorders are serious mental illnesses; we use the term eating distress 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.

A report in 2025 by the All-Party Parliamentary Group on Eating Disorders shows a growing number of people affected by eating distress:

- 12% of all 17-19-year-olds - and nearly 21% of young women - have an eating disorder, a 2023 mental-health survey suggests.
- Two to three million UK adults of all ages could be affected at some point in their lives - similar to the number of people with diabetes, other research suggests.

- Hospital admissions for eating disorders in England have steadily increased since 2000 and surged since the pandemic, with more than 31,000 admissions in 2023-24

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

Job Description

Job Title:	Children and Young People Counsellor
Reports to:	Service Manager
Location:	Hybrid: Newcastle main office and remote/home working
Salary:	£30,171 pro rata
Hours of work:	3 days per week including late appointments on Wednesday evenings (8pm finish)
Type:	Permanent

Main purpose of job:

- To deliver high quality counselling to children and young people (13 – 25 years old) who are living with eating distress.
- Maintain all records according to monitoring and reporting requirements
- Ensure service objectives and targets are met and consistent excellence in service provision.

Key Tasks and Responsibilities

- Provide initial assessments & counselling sessions, both online and in-person, to children and young people aged (13 – 25 years old) 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.
- Liaise with schools and other professionals involved in the child/young person's life as needed to ensure a high standard of service which safeguards the physical and emotional well-being of the client.
- Liaise with parents/carers as needed to ensure a high standard of service which safeguards the physical and emotional 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 Service Manager and Senior Counsellors to ensure the professional and effective delivery of EDNE's therapeutic services.
- Help service users to achieve outcomes.
- Supply regular case studies 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.
- Help to develop a growing service for children and young people.

General Duties

- Seek continuous improvement in the service through reflective practice, learning from participants feedback and current developments in the field.
- Actively participate in management supervision and annual appraisals and work to agreed objectives.
- Actively contribute to organisational planning and policy through away days etc.
- Exemplify and promote the values and ethos of EDNE, demonstrated positively through your 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.
- 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.

To be successful in this role you will have:

Experience

- Experience of undertaking clinical and risk assessments.
- Experience of working within safeguarding environment for children and young people.
- Caseload management.
- Experience of monitoring and evaluation methods and processes.
- Experience of counselling people aged 13+, and specifically children and young people experiencing mental health/eating distress.
- Experience in online/ telephone counselling.

Knowledge and Qualifications

- Recognised counselling / psychotherapy qualification.
- BACP/UKCP (or equivalent) Counsellor accreditation or working towards.
- Minimum of two years post qualification experience in a paid or voluntary capacity.
- Adapting counselling to children and young people who are neurodiverse and/or have additional needs.
- Adapting counselling work based on developmental age of client.

Skills & Abilities

- Willingness to work flexibly, with the ability to work one evening a week.
- Resourceful and highly motivated.
- Ability to have an enhanced DBS check

For an informal conversation about the role please contact enquiries@edne.org.uk

Principle Terms and Conditions

Job Title	Children and Young People Counsellor
Responsible to	Service Manager
Hours worked	3 days per week
Salary	£30,171 pro rata
Contract	Permanent
	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: Newcastle main office and remote/ home working.

Recruitment timetable

Deadline for applications: 5pm on Monday 12th January.

Interviews to be held in Newcastle on Wednesday 21st January.