



Endeavour - ARFID (Avoidance/Restrictive Food Intake Disorder) carer support group

Information for carers

What is Endeavour?

Endeavour is a carer support group for parents/carers of young people aged 5–15, with an ARFID diagnosis and/or displaying ARFID behaviours and presentations. Common ARFID behaviours may include: avoiding/restricting foods based on senses and textures; concerns about the consequence of eating; and low interest in eating. Endeavour is an 8-week programme, involving 90 minute weekly group sessions delivered by Zoom.

You will be sent a pre-reading each week to prepare you for relevant guided discussions and reflections in the carer support group, facilitated by a Beat Programme Officer.

If you would prefer to listen to these weekly reads due to accessibility reasons, please let your Programme Officer know before the programme commences. They will then be able to send you a Word Document version of the weekly reads which will allow you to listen to the content using the Read Aloud function.

What are the objectives of Endeavour?

The aim of the group is for you to feel supported in a safe space, where you can talk openly about your situation, share your emotions and how you are managing with your young person's ARFID behaviours. Facilitated by a Beat Programme Officer, the group will be a reflective and collaborative setting. The Programme Officer will guide and advise you to develop your skills to support your young person inside and outside the home environment. You will be encouraged to share ideas and experiences within the group, reflecting on what has worked well and identifying how to overcome challenges with your young person's ARFID behaviours. It is important to note that Beat's Programme Officers are not medically trained so cannot advise on medical queries but will signpost you to appropriate services if needed.

How do I know Endeavour is the right support service for me?

Eligibility criteria

- Your young person is aged between 5 and 15 at the start of the programme.
- Your young person has ARFID behaviours/presentations (formal diagnosis of ARFID is not essential). This may include: aversions to foods based on textures or senses; anxiety or sensory overload when eating new foods or eating in new environments; a lack of understanding of hunger/appetite cues; concerns about the consequences of eating; or a lack of interest in food.
- You must be able to commit to the 8-week programme and agree to follow the group guidelines.
- Up to 2 carers per young person to attend.

Exclusion criteria

- You or your young person has active intent/plans to end their life or are in crisis. If you are experiencing this, we recommend you contact emergency services, your GP, the [Samaritans](#) or [Papyrus](#) for support.

What can I expect from Endeavour?

Prior to commencing the programme, you will have an introductory call with the Programme Officer leading the Endeavour group to discuss your needs, explain the group content and set clear expectations from the programme.

Below you can find an overview of what to expect from each session:

1. What is ARFID?

- Discussions around the common behaviours/presentations of ARFID and

psychoeducation of ARFID. You will be encouraged to reflect on the behaviours your young person exhibits and what has worked well/not so well when supporting them. This first session will also include introductions and group guidelines.

2. *Motivation and goal setting*

- Discussions around the stages of change model to understand you and your young person's motivation to change and how these may differ. You will be encouraged to reflect on barriers and opportunities to change and to identify personal goals.

3. *Communication and self-care*

- Discussions around helpful communication tools and the importance of carer self-care to best support your young person. You will be encouraged to reflect on how your young person responds to different communication styles and how to prioritise your self-care.

4. *Managing the environment*

- Discussions around eating at home, schools and community spaces. You will be encouraged to reflect on the impact of environment on your young person's ARFID behaviours and share experiences.

5. *Your carer toolbox*

- Discussions around the animal metaphors to understand common behaviours and emotional reactions that carers of young people with ARFID experience. You will be encouraged to reflect on your own behaviours and the impact of this on your young person.

6. *The experience of food*

- Discussions around the development of taste, the onset of food fears and food as a multisensory experience. You will be encouraged to reflect on the experience of food and development of fears from your young person's perspective.

7. *Communicating with others*

- Discussions around communicating effectively with schools, healthcare teams and other professionals to facilitate best support for your young person. You will be encouraged to reflect on your experiences and share what has worked well/not so well with others.

8. *Closing session*

- Discussions around goal setting, forward planning and wellness recovery action plans. You will be encouraged to reflect on what you have learnt from the sessions, progress you have made and actions you will take forward.

How can I refer myself and my young person to Endeavour?

If you meet the referral criteria (above) and think Endeavour would be supportive for you and your young person, there are two routes available to make a referral:

- You can self-refer using the link on our Endeavour webpage – [see here](#). A Programme Officer will be in touch with you in 5–7 working days once you have completed this form.
- In some areas, a clinician, such as your GP or an eating disorder team, can refer you to Beat directly. We advise you speak to your GP or eating disorder team about this.

How can I contact the Endeavour team?

If you have any questions about the Endeavour programme, you can get in contact via email at endeavour@beateatingdisorders.org.uk. A member of the Endeavour team will get back to you in 5–7 working days.

For more information about the behaviours and presentations of ARFID, please visit Beat's helpful webpage: [ARFID](#).