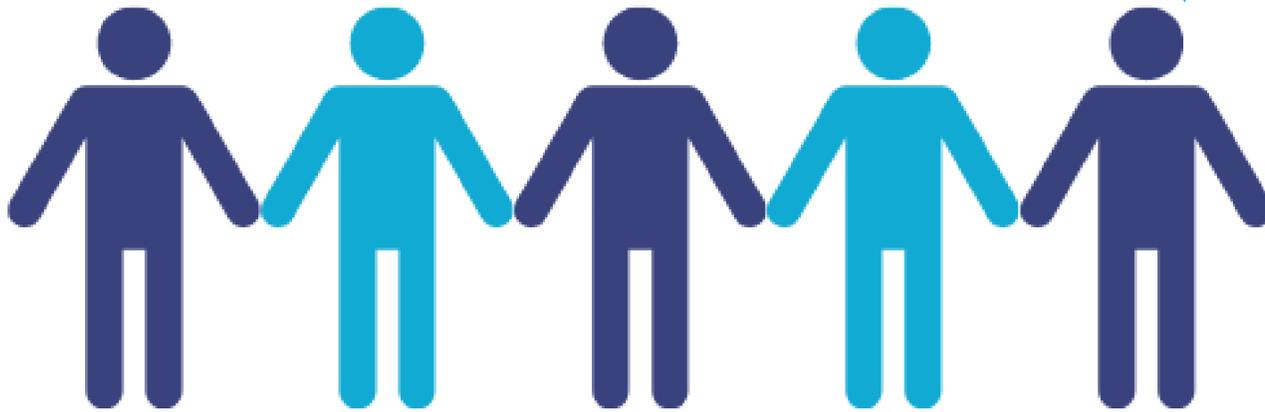




**MENTAL HEALTH  
MATTERS WALES**



**PLEDGE**

**Peer Led Eating Disorder Group Engagement**

**Continue your recovery from eating disorders with PLEDGE from SORTED.**

The purpose of the group is to provide extra support to those suffering from an eating disorder. The group will be a closed group and the people attending will be referred in by both SORTED staff and CTM T2 eating disorders team.

People attending will be expected to be at a point in their journey that they want to move forward in recovery but may need some help and encouragement to be able to do this. This time will be set aside for snack support, goal setting and peer support.

**Snack support:** Each person will have different needs and be at different points in their recovery and what they can do. This will be able to be catered for as people progress with their recovery. Staff would take part in and help reduce the anxiety and stress around that snack, prior and post eating and create a safe environment for people to feel comfortable to move forward and out of their comfort zones. Snacks would initially start with something that is comfortable until the person starts to feel more comfortable with the environment and then they will be actively be encouraged through goal setting activities with staff to look at how to change the snack to increase the challenge. This also promotes the persons responsibility for their own recovery.

**Goal setting:** Again each person will have different goals, based on where they are at in their recovery and lifestyle. Staff will work with each person to help set new and realistic goals (this will be with the input of CTM T2 ED team if they are working with the person) and again give the person responsibility and a sense of achievement in their goals moving forward.

**Peer support:** The group would initially be for a safe space for people wanting to move forward in their recovery and be encouraged to take back some control of their life, assisted by staff who themselves have recovered from an eating disorder and can give the peer support advice and guidance that they may not be able to access anywhere else. The peer support will be based on each individual's needs. This may be education, cooking, eating out, shopping, exposure work, meal plans, work on self-esteem and body image, etc. Each person will be different but it is ultimately to help them take charge and control of their recovery in a manner that they can assisted by staff who have been where they are and recovered, in a safe and friendly environment.

**PLEDGE takes place Tuesdays from 10:30am - 12pm**

**Referrals from SORTED and CTM Tier 2 Eating Disorders ONLY**

**Contact [sorted@mhmwales.org](mailto:sorted@mhmwales.org)**