Carers Programme

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The Carer's Programme is an 10-week rolling group for those who support loved ones through their recovery at Riverdale Grange. You can attend any of the sessions below. Each week a guest speaker will present on topics specific to supporting your loved ones recover from eating disorders. The programme follows this format:



26th Nov 2024

The Change Cycle, Understanding Ambivalence, Rolling with Resistance. Guest: Damian - CBT Therapist 4th Dec

Managing Compensatory Behaviours Part I: Deescalation. Guest: Ben -Clinical Matron 11th Dec

Impact of Eating Disorders on Family Life; Using Your Strengths; Types of Carers (Maudsley) 18th Dec

Managing Compensatory Behaviours Part II: exercise, anxiety, self-harm. Guest: Occupational Therapist

22nd Jan

Healthy Ways with Food; effective meal planning & the task of refeeding Guest: Dietitian/Dietetic Assistant 15th Jan

Information about the physical implications of Eating Disorders Guest: Dr Bartlett - Consultant Psychiatrist 8th Jan 2025

Recovery: Guest: A previous patient talking about their recovery and Peer Support Work

29th Jan

How making changes as a carer can impact positively on your loved one's recovery Guest: Parent of Recovered Patient 5th Feb

Life after hospital: Guest: SEDS, SYEDA & Stepping Stones 12th Feb

Evaluation session

