



Hello and welcome to EDNE

We want to tell you about us, our work and what's important to us as a mental health organisation. You can find out more [on our website](#). We hope that you will want to take your interest further and apply to be part of our team.

Eating Distress North East (EDNE) is a long-established charity, first set up in 1988 and working with people across the region in eating distress, with or without a medical diagnosis.

We're a small staff team of CEO, Office Manager, Training Officer, Counselling Lead and a team of counsellors as well as sessional counsellors and group workers. We are led by the Board of Directors /Trustees who are all volunteers.

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, usually developed as a way of coping with difficult feelings. More than 3 million people in the UK are affected by an eating disorder. People with ED either restrict their food intake, with problematic weight loss, or eat and purge through vomiting or the use of laxatives, or overeat without control. All have underlying psychological causes. In every case, ED severely affects the quality of life of the individual and those who care for them. We work with mild to moderate eating distress issues.

Our work

Our goal is that people with eating distress achieve positive mental health and are able to experience changed lives through the help of our services.

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, to develop other coping mechanisms and overcome isolation.

We run a Friends and Family Group, training for carers, student counselling services, health and wellbeing sessions, mindfulness courses and provide training and workshops for young people, professionals and volunteers.

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. Our work complements NHS services and we work closely with colleagues in the field of mental health.

Vision & Mission

Our Vision



“Everyone affected by eating distress gets the right help at the right time and in the right place.”

Our Mission

“We provide counselling, therapy, information and help to anyone in the North East of England affected by eating disorders or eating distress. We work to raise awareness, increase understanding and influence improvement of services.”

Organisational Objectives

- To provide high quality services to anyone experiencing eating distress in North East England
- To be an organisation that seeks to continuously improve in order to provide the best possible services
- To heighten awareness and increase knowledge of eating distress and its effects
- To influence the development and improvement of services for people with eating distress

Job Description: Eating Distress Network and Development Officer

Job Purpose

The purpose of this role is to:

- Identify, develop and build partnerships with VCSE sector organisations who support people with eating distress and/or their family and carers in some capacity.
- Working with colleagues in EDNE, develop a network for VCSE organisations to improve the capacity of the sector to support people with eating distress through peer support and shared learning opportunities.
- Working with statutory adult eating distress community teams, explore and test different approaches to referral pathways for individuals and their families.

Job Description:

- To proactively identify, develop and maintain partnerships with relevant VCSE sector organisations, infrastructure organisations, health networks and statutory partners.
- Actively gather local insight regarding VCSE activity relevant to the adult eating disorder pathways.
- Effective and regular liaison and communication with NHS statutory partners, providing a two-way link with the voluntary and community sector.
- Identify synergies of provision and encourage effective signposting and opportunities for collaboration.

- Organise and facilitate events, networking opportunities and meetings to bring relevant partners together for information sharing, collaboration and support.
- Working with partners and people with lived experience, produce recommendations for new approaches to adult eating disorder pathways.
- Monitor and report on activity including the production of relevant reports and deliver presentations to funders and partners.
- Record, monitor and report on data, in particular through digital tools, to achieve the aims of the project and demonstrate impact.
- Work with EDNE Training Officer on eating distress training programme delivery for groups and organisations.
- To 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.
- To comply with all organisational policies and procedures.
- Any other reasonable duties in line with the job role as required.

Person Specification

To be successful in this role you will have:

- Knowledge and experience of working with and/or in the voluntary community and social enterprise sector.
- Knowledge and experience of working with statutory health agencies.
- Excellent networking and interpersonal skills.
- Excellent verbal and written communication skills including presentation skills.
- Good digital skills and the ability and confidence to learn new skills and tools.
- An understanding of what good partnership working looks like.
- Very strong organisational skills, time management and the ability to prioritise activity.
- A proactive, responsive and collaborative approach to the role.
- An awareness of the impacts of eating distress /mental health distress on the individual and their families.
- An ability to work in a small flexible team and establish positive relationships quickly.
- Proactive commitment to sustainability, equity, diversity and inclusion.
- Good knowledge of training and delivery quality standards.
- The ability to work flexibly through remote/home working and travel within the geographical area.

Principle Terms and Conditions

Job Title	Network and Development Officer
Responsible to	CEO
Hours worked	22 - 37 hours per week (depending on candidate), working days and pattern to be agreed. Usual working hours are Monday to Friday, 9am to 5pm. However, we operate a flexible system to allow for working patterns outside these hours to be accommodated, with agreement, according to need.
Salary	£27,869 (pro rata if part time)
Contract	12 months fixed term subject to a three-month probationary period Notice. Notice to terminate employment following probation is six weeks (one week during the probationary period).
Annual leave	The full-time entitlement is 28 days including three closure days between Christmas and New Year (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.
Location	EDNE's office is 5 Pink Lane, Newcastle upon Tyne, NE1 5DW. This role requires the post holder to travel around the geographical area the role covers and we offer flexible home/remote working.
Expenses	EDNE will pay for travel if an employee is requested to travel as part of their role (outside of commuting to work).

Recruitment timetable

Friday 17th February – Applications close

w/b 20th February – Shortlisting and invitations to interview

Interviews will be held on Friday 3rd March at EDNE offices.