

Endeavour is our 8-week peer support programme for carers supporting a loved (age 5-15) one with a diagnosis of ARFID (Avoidant Restrictive Food Intake Disorder), or who is displaying ARFID behaviours. Each session is held on Zoom and will cover a different theme. Over the duration of the programme, carers will learn new skills and communication techniques to improve their confidence in communicating their loved ones needs with school and healthcare professionals.

Endeavour is for:

- Anyone supporting a loved one with ARFID in a personal capacity
- Their loved one is aged between 5 and 15 at the start of the programme.
- Their loved one has ARFID behaviours/presentations (formal diagnosis of ARFID is not essential).

[Read more about Endeavour.](#)