



Hi ,

Join thousands of supporters across the UK and don your silly socks, take a #SockItSelfie, and raise vital funds for Beat on Friday 3 March 2016. Let's Sock It to Eating Disorders together!

Thousands of people with eating disorders and their loved ones rely on Beat's services each year. We're here 365 days a year to listen to people when they need us most. For many, contacting Beat is the first step to recovery.

Thanks to our generous supporters, Beat's dedicated Helpline is now open 365 days a year. With your help, we can continue to provide our essential services for anyone affected by eating disorders.

Simply wear your silliest, boldest, wackiest socks and fundraise for Beat. Every donation, big or small, and every silly sock worn will help more people to access our helplines and online support groups, information, and message boards.

- The Beat Fundraising team

[Register for your free fundraising pack](#)



Looking for some inspiration?
Here's what you got up to last year!





Eating Disorders Awareness Week

Beat's annual Eating Disorder Awareness Week (EDAW) is fast approaching and will this year be Monday 27 February – Sunday 5 March. [Find out more about EDAW](#). We'll be focusing on the importance of spotting and quickly acting on the signs of an eating disorder and highlighting why medical professionals need more support to ensure people find treatment early. We'll keep in touch with how you can get involved during the week – watch out for emails in the coming weeks.

“

I wanted to give a small something back to the charity and people that helped me get through such a difficult time and enabled me to make a full recovery.

”

Beat Fundraiser

Find out more about EDAW



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