

Dear Supporter,

Thank you for choosing to fundraise for Beat!

It is thanks to our fundraisers that Beat can continue to provide support for people affected by eating disorders. Beat provides a range of support and information for all people affected by eating disorders, their families and carers via its Helpline services of phone, email, message boards and online forums.

If you would like anything else to help with your fundraising - such as balloons, stickers, Beat running vests or collecting tins, or if you have any questions, please get in touch - it is always great to talk to our fundraisers.

Don't forget to Like us on Facebook to keep up to date with our latest fundraising events, hear other fundraisers' stories and share your own fundraising achievement. Once again, thank you for your support - together we can make a difference.

Kind regards



Andrea Auburn  
Fundraising Officer  
01603 753335  
fundraising@b-eat.co.uk  
www.facebook.com/fundraisingforbeat

- If you are under 18 please ensure that your parents or guardians are fully aware of any fundraising activities you have planned.
- If you have, or are recovering from, an eating disorder, please do not undertake any fundraising activity which could harm your health or jeopardise your recovery. The wellbeing of our supporters is Beat's primary concern.

103 Prince of Wales Road, Norwich NR1 1DW  
Admin T: 0300 123 3355 Media T: 0300 123 7061 F: 01603 664915  
E: [info@b-eat.co.uk](mailto:info@b-eat.co.uk) W: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Helpline: 0845 634 1414 Youthline: 0845 634 7650

beat is the working title of Eating Disorders Association

Company number: 2368495 Registered Charity Number: 801343  
Scottish Charity Number: SCO39309