

Berkshire Eating Disorders Service (Adult BEDS) SHaRON Service Users

BEDS SHaRON is here to support you in your time of need, no matter the time...



What is SHaRON?

The Support Hope and Recovery Online Network, known as SHaRON, is a secure social network designed exclusively for service users within BEDS and their families/carers. It offers a safe environment for users to network, receive support, and access helpful resources. SHaRON is moderated by a team comprising of clinical staff from BEDS, people who have recovered from their eating disorder through treatment with us, and other trained volunteer moderators. SHaRON can be accessed by users 24/7 but is moderated by BEDS clinicians between 9am-5pm Monday to Friday.

How does it work?



SHaRON is an anonymised site, therefore, members use unidentifiable names and images. Clinicians use their own names with '(mod)' after to indicate they are moderators. SHaRON is split into distinct sub-networks, which operate independently of each other. You will be assigned to an appropriate subnet based on your symptoms. This division allows members to give and receive support from others with similar issues. It also protects confidentiality (i.e. if you and your carer join SHaRON, you will be separate from each other on the site and unable to interact).





Features of the Site

- Post questions and seek advice from clinicians and peers
- Forums where you can find supportive resources from dietary facts to recovery stories
- Blogs where you can read about others' experiences and share your own anonymously
- Virtual 'presents' that users can gift one another

"I like that there's a sense of support and hope"

"being able to relate to others so feeling less alone"

"feeling that there's a community who understands"



How Can it Help You?

SHaRON's unique feature of anonymity allows you to express your feelings without worry of judgement. It also provides comfort connecting with people in similar positions. As the site can be accessed at any time, you can find medically certified resources at the tip of your fingers whenever you need them.

How to Access...

You can choose to opt-in for SHaRON when completing your *Demographic and Self-Report Questionnaire*. You can also speak to your assessing / treating clinician about signing up.

If you want to contact us or need more information...

Call: 0118 904 3011

Email: BEDSAadultAdmin@berkshire.nhs.uk



berkshirehealthcare.nhs.uk