Bio Nicky Smith

Nicky’s aim is to raise awareness of Eating Disorders and the impact ED’s have on families. She works with several organisations to support and advise on best practice and careering strategies to promote a better and realistic understanding of life with an Eating Disorder from a parent / carer perspective. Nicky is an ‘Expert by Experience’ on a number of current Eating Disorder Projects / works shops both within NHS collaborative partnerships and independent funded organisations. She is a member of FEAST ( [www.feast-ed.org](https://protect-eu.mimecast.com/s/yc0DCLY9XIm6G4mhPA7Qb?domain=feast-ed.org) ) and sits on the FEAST UK Task Force Executive committee. Nicky’s experience is current – her daughter was diagnosed with Anorexia over 10 years ago at the age of 14 and today remains in inpatient care, hence Nicky has ‘lived experience’ of many different services at many different levels!