

Community Eating Disorder Service for North Cumbria CEDS



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Information for young people, families and carers

Who are CEDS?

In recent years there has been a substantial increase in the number of young people diagnosed with eating disorders. These are serious illnesses which effect physical and psychological health, as well as impacting family, social relationships and education.

In response to these needs, the Community Eating Disorder Service (CEDS) was established. CEDS is a small specialist outpatient service that offers treatment to male and female adolescents up to age 19, and offers assessment up to age 18, for those struggling with anorexia nervosa or bulimia nervosa.

The service provides evidence-based therapeutic interventions ensuring the implementation of the recommendations of the NICE Guidelines for Eating Disorders.

We believe that treatment is possible, preferable and most effective in the long term when provided within the local community, with families and close to home.

Who are we?

CEDS is a multi-disciplinary team and a range of professionals will be involved in the assessment and treatment process including:

- Consultant Psychiatrist
- Clinical Psychologist
- Specialist Dietitian
- CEDS Practitioners
- Assistant Psychologist

What to expect

You can be referred to CEDS by your: GP, Mental health practitioner, school or by social care services.

Assessment lasts approximately 2 hours and usually involves several members of the CEDS team.

Close family members, especially carers, are invited to attend because we recognise that families are not to blame for an eating disorder and instead are the most helpful resource during recovery. Contributions made by those close to the patient help us understand their difficulties from all aspects, and therefore assist us to offer the best possible help and support.



Concerns you might have

It is quite common to be uncertain about attending a CEDS assessment as many young people can feel in two-minds about recovery – on one hand wanting to feel happier, but on the other, feeling fearful of change. We aim to work collaboratively alongside you and your family, to find the treatment that most suits your needs in your recovery journey and will regularly review and discuss this with you.

Treatment Aims

- Help patients and families gain an understanding of their eating difficulties
- Encourage a healthy attitude to food and weight
- Promote alternative coping strategies
- Enhance self-esteem and confidence
- Restore and maintain physical health

Components of Treatment

- Initial comprehensive assessment
- Restoration (or maintenance) of weight to a healthy range that facilitates physical health recovery for ongoing growth and development.
- Regular monitoring of physical health risks in accordance with Junior MARSIPAN risk guidance
- A range of evidence based therapeutic approaches for working with individuals or families.
- Specialist dietary advice and support
- Parental support and guidance
- Regular monitoring of progress using patient and parent rated outcome measures
- Initial multi-disciplinary treatment review 4-6 weeks after starting treatment, followed by 6-monthly reviews thereafter (or more frequently if indicated).

Additional components

- Regular opportunity to provide patient and parent feedback to the service
- Opportunities to engage in ongoing service development and design

What is the commitment?

Attending this service requires a time commitment which may impact on education or employment. This is because the evidence base tells us that for most young people treatment is most effective when it is intensive (weekly) to begin with, and over several treatment 'phases' which become less frequent – this can often take a total of 12-18 months.

Our Values

We believe in working alongside you and your family; offering collaborative, compassionate, caring and empathetic quality outpatient care. As such, we value your voices and experiences in both your own care, and the ongoing development of our service.

Helpful Resources

Beating Eating Disorders (BEAT) - www.b-eat.co.uk Helpline: 0845 634 1414

National Centre for Eating Disorders www.eating-disorders.org.uk

Anorexia and Bulimia Care www.anorexiabulimiacare.org.uk

Contact: 03000 11 12 13

Family Lives- Support for families; www.familylives.org.uk

Families Empowered and Supporting Treatment of Eating Disorders (FEAST-ED)
www.feast-ed.org/ - Eva Musby

<https://anorexiafamily.com/>

'Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers'- Janet Treasure (Book)

Contact us

CEDS Team Secretary: Lisa Dent **Tel:** 01228 603017

Issues of confidentiality and consent have not been addressed in this leaflet. This will be discussed at your first appointment.

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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