

# Community Eating Disorder Service for North Cumbria (CEDS)



Information and resources for young  
people, families and carers



Caring | Discovering | Growing | **Together**

## **Introduction**

This leaflet provides you with information that you may find useful about the service. If you are not sure about anything in this leaflet please ask a member of staff.

## **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.

## **What is the Community Eating Disorder Service (CEDS)?**

CEDS is a multi-disciplinary team, who will be involved in the patient's care throughout their time within the service. Team members include:

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

Psychiatrists are medically trained doctors. They prescribe and manage medication throughout the course of treatment.

Psychologists and Practitioners use talking therapies to work on your emotional and mental health through behavioural interventions. They can often work closely together through treatment.

The service provides evidence based therapeutic interventions and follow the recommendations of the NICE Guidelines for Eating Disorders.

## **Who is CEDS for?**

CEDS provide treatment for those struggling with anorexia nervosa, bulimia nervosa or binge eating disorder.

## **What does CEDS offer?**

Treatment with CEDS aims to:

- 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.

## **Family Therapy for Anorexia Nervosa (FT-AN)**

FT-AN is an intensive treatment method for children and young people with an eating disorder. This treatment method places parents/carers at the centre of their child's recovery by giving them the responsibility of care. The family is supported throughout by CEDS and medical professionals monitoring the child's physical health.

FT-AN comprises of **4 phases** of treatment:

- **Phase 1** is the assessment stage. This phase involves identifying the current eating difficulties and working out the best way forward.
- **Phase 2** is the re-feeding stage.
- **Phase 3** is all about weight maintenance and stabilisation. In this stage, the young persons thoughts and behaviours are addressed once weight is stable.
- **Phase 4** is relapse prevention and ultimately, discharge.

## Patient and parent feedback about the service

I feel I like I am always taken seriously and the people who work with me make me feel comfortable talking about my problems. I feel like I can trust them and not feel judged. (Patient)

“Although staff were professional, it felt like we were visiting a friend for a chat so it was comfortable for a teenager to attend” (Parent)

It has shown amazing effects on me and has made me feel much better physically and mentally. (Patient)

I felt that I was treated as an individual person rather than being given a label. It helped me to understand what was happening and why. (Patient)

We feel very lucky that we have had the help from this service. I dread to think where we would be now if it wasn't for all their help and guidance. (Parent)

## **A letter written by a parent to other parents**

“Eating disorders thrive on conflict and differences of opinion - these situations are inevitable, but a caring, consistent, united approach helps to minimise these episodes (easier said than done sometimes, but you can’t blame yourself if you have done your best!). Try to agree parameters between those assisting at mealtimes before the meal.”

“Everyone (friends, family) has their own opinion and level of understanding on how best to handle the eating disorder - engaging with the CEDS team, using available resources “Skills Based Learning for Caring for a Loved One with an eating disorder” and trusting your gut instinct all help with this. One size doesn’t fit all and there is no manual on how to fix things.”

“Try to separate your loved one from the Eating Disorder - this will help when you are angry and you discover that the illness does not respond well to logic. The eating disorder does not define the sufferer.”

“When dealing with an eating disorder, you are on an extremely difficult journey, with the end result being the best outcome for the sufferer (and their family/carers). Every day is different and ‘tomorrow is always another day’. Draw a line under the day’s strife and try again. Don’t assess progress daily or weekly - it will not be linear”

“Make time for yourself (wherever you can). It may not feel like it at times, but your loved one is still in there somewhere and does appreciate your support. Remember - you are human, so mistakes will happen.”

“People do recover/learn how to manage the illness - motivators are an essential part of this process.”

“Be a good listener when the time is right. Never give up asking if a chat will help - one day the answer will be ‘Yes’.”

## **Helpful resources**

- **Beating Eating Disorders (BEAT)**  
[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)  
Helpline: 0808 801 0677
- **National Centre for Eating Disorders**  
[www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)
- **Anorexia and Bulimia Care**  
[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)  
Contact: 03000 11 12 13
- **Family Lives - Support for families**  
[www.familylives.org.uk](http://www.familylives.org.uk)
- **Families Empowered And Supporting Treatment of Eating Disorders (FEAST-ED)**  
[www.feast-ed.org/](http://www.feast-ed.org/)
- **Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers**  
Janet Treasure
- **Skills Based Learning for Caring for a Loved One with an Eating Disorder: The Maudsley Method**  
Janet Treasure, Grainne Smith and Anna Crane

## **Interpreters**

Staff can arrange an interpreter if you need one.

## **What if I have a comment, suggestion, compliment or complaint about the service?**

If you want to make a comment, suggestion, compliment or complaint you can:

- Talk to the people directly involved in your care
- Ask a member of staff for a feedback form, or complete a form on the Trust website [www.cntw.nhs.uk](http://www.cntw.nhs.uk) (click on the 'Contact Us' tab)
- Telephone the Complaints Department Tel: 0191 245 6672
- Email [complaints@cntw.nhs.uk](mailto:complaints@cntw.nhs.uk) Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.  
You can provide feedback in the following ways:
  - the quickest way for you to do this is to complete our short online survey at [www.cntw.nhs.uk/poy](http://www.cntw.nhs.uk/poy)
  - complete a Points of You survey, available from staff.

## **Contact us**

Community Eating Disorder Service (CEDS)

Tel: 01228 603 017

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Carleton Clinic

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Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre  
Tel: 0191 246 7288

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