

Helpful Information

Books

Skills-based Learning for Caring for a Loved One with an Eating Disorder

Authors: Janet Treasure, Grainne Smith and Anna Crane
(Routledge, 2007, ISBN 978-0415431583)

Beating Your Eating Disorder: A cognitive behavioural self-help guide for adult sufferers and their carers

Authors: Glenn Waller and others
(Cambridge University Press, 2010, ISBN 978-0521739047)

Bulimia Nervosa & Binge Eating – A Guide to Recovery

Author: Peter Cooper
(Robinson Publishing, 2003, ISBN 978-1854871718)

Overcoming Anorexia Nervosa: A Self Help Guide

Author: Christopher Freeman
(Robinson Press, 2002, ISBN 978-1854879691)

Overcoming Binge Eating

Author: Christopher Fairburn
(Guildford Press, 1995, ISBN 978-0898621792)

Getting Better Bit(e)-by-Bit(e): A Survival Kite for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Authors: Ulrike Schmidt and Janet Treasure
(Routledge, 1993, ISBN 978-0863773228)

Treatment Guidelines

The National Institute of Clinical Excellence (NICE) have produced treatment guidelines and a guide to these for people with eating disorders and their carers. You can look online at: <http://www.nice.org> or call 0870 1555455 and quote N0407 for a booklet.

Information on food and nutrition:

The British Dietetic Association

Their website provides downloadable factsheets on different foods
www.bda.uk.com/foodfacts/index.html

NHS Choices – Food and diet

Factsheets and information on healthy eating, including dining out.
www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx

Support and Advice



BHEDS provides mixed Peer to Peer support groups for adults along with separate groups for family, friends and carers affected by EDs. This Peer to Peer Service is for adults in Brighton &

Hove who are affected by eating disorders no matter whether they or their loved ones are receiving formal treatment in BHEDS at this moment in time.

- The mixed groups meet on the first Tuesday of the month and the 3rd Wednesday of the month, 7.00-8.30pm. Contact email: info@asyouarecentre.co.uk
- Family and friend's group: Meets on the last Wednesday of the month, 7.00-8.30pm. Contact email: info@thecarerscentre.org

All the groups will take place at the Brighthelm Centre, North Road, Brighton, BN1 1YD

Facebook: www.facebook.com/BHEDSPeer2Peer

Twitter: www.twitter.com/BHEDSPeer2Peer



B-EAT - beating eating disorders
Leading UK wide charity helping people affected by eating disorders. Helpline for over 18's: 0845 634 1414
<http://www.b-eat.co.uk/>

Brighton & Hove Eating Disorder Service (BHEDS)

Information Leaflet
For Service-users

Contact us:

Brighton and Hove Eating Disorder Service (BHEDS)

East Brighton Community Mental Health Centre,

Brighton General Hospital, Elm Grove, Brighton, BN2 3EW

Tel: 01273 242255



BHEDs
Brighton and Hove
Eating Disorders
Service

Who are BHEDS?

The Brighton and Hove Eating Disorder Service is a multi-disciplinary team providing a group therapy program for adults with a diagnosed mild-moderate eating disorder (ED), e.g. bulimia nervosa or binge eating disorder whilst patients' GPs monitor the physical health as required.

Adults with more risky EDs, for example low weight anorexia nervosa will be offered individual treatment and monitoring in addition to, if appropriate, the group treatment service. The assessment and management of the medical consequences of the anorexia nervosa will be provided via BHEDS.

What is Anorexia Nervosa?

Anorexia nervosa (AN) is a name given to a condition in which a man or woman's body weight is at least 15% below what is regarded as a healthy weight for their height due to an intense fear of 'fatness' or weight gain. Those affected by AN may not think that they have a problem, but may see themselves as overweight even though others around them see them as very thin. People with AN restrict their calorie intake to well below their nutritional requirements and may compensate intake with increased activity or purging. Low body weight impacts on people's ability to function psychologically, socially and physically. People become more and more isolated, lethargic and ill. Their life becomes increasingly limited and eventually they also stop doing the things that have been important to them. Low body weight can result in long term health problems, for example 'brittle bone disease' and infertility, or in very severe cases it may lead to premature death.

What is Bulimia Nervosa?

People who have bulimia nervosa (BN) have a similar relationship with weight and shape as people with AN. However, people with BN alternate between periods of binge eating and periods of starvation and/or vomiting or using laxatives. Body weight in people with BN is in the normal to overweight range.

The impact of BN on people's life is often immense; people describe uncontrollable urges to eat vast amounts of food, mood swings, anxiety and depression, low self-esteem, shame, guilt and feeling helpless and lonely (isolation).

What are atypical eating disorders?

Some people have some but not all the features associated with AN or BN. They may then be diagnosed as having an 'eating disorder not otherwise specified' (EDNOS) or an 'atypical eating disorder'. One atypical eating disorder is, for example, binge eating disorder.

To minimize harm:

Avoid vomiting,

Do not brush your teeth following vomiting, but rinse your mouth with an alkaline solution.

Avoid laxatives: they have no impact on calorie absorption and can lead to enduring digestion problems.

How can I access BHEDS?

Your GP needs to make a referral to BHEDS. This will involve them checking your physical health by running some physical tests including taking some bloods.

What does BHEDS offer you?

- BHEDS aims to help you to better understand and manage your eating disorder and improve your health and wellbeing.
- As recovery from an eating disorder requires good, sufficient nutrition we discourage reduced calorie intake and active weight loss.

Assessment

An assessment lasts about 1.5 hours. It is a chance for you to discuss your needs with a BHEDS team member and to think about what may be useful to you. We will ask you to complete some standard questionnaires which will help us find out more about you. You will be asked about your eating disorder and other problems, your physical health, your history and your current social circumstances.

Friends and family can be very helpful in a person's recovery so please do not hesitate to bring along a friend or family member to your assessment.

At the end of the assessment, we will together with you decide how best to help you and will provide this 'care plan' to you in writing. BHEDS will offer you a key-worker who will meet with you on a regular basis to monitor and review your progress.

Usually, medical issues will remain the responsibility of your GP with BHEDS monitoring your weight and regularly communicating with your GP. If the eating disorder poses a high risk to your physical health, we are likely to take on the regular monitoring of your bloods and health pertinent to the eating disorder.

Treatment

We currently provide a group therapy program of five weekly groups, each lasting between 1 to 2 hours. They are focused on different themes. The therapy groups are based on principles of Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET).

Group Program

The group program consists of open groups and closed groups.

Open Groups are an opportunity to receive support and guidance from other service users and the BHEDS team. There are two groups per week, one on a Monday and one on a Wednesday.

In addition to the open groups we run **Closed Groups** which are structured and take place over a specific number of sessions. They have specific aims:

- increase motivation to change,
- develop positive coping strategies,
- think about self-esteem,
- think about body image and
- understand emotions.

Why are therapy groups important?

Many people who have eating problems feel ashamed about their behaviour and fear criticism from others so have increasingly isolated themselves. Unfortunately, being isolated leaves people feeling alienated so they lack the support, help or advice they need from others. If the vicious cycle continues, then nothing can change. Within groups, you will meet others who have struggled with similar problems and will be able to support each other.

Individual input

Sometimes EDs can pose an immediate high risk to people's health. In these cases groups may not be appropriate and we offer individual input to manage risk and think about ways forward. If appropriate, this may involve individual psychological treatment. In addition we are likely to invite family and friends of people with high risk EDs to some workshops.

In extremely rare circumstances a patient may need to be admitted to a medical or psychiatric hospital or a specialist eating disorder unit. We then work together with these units to ensure that we can all help you get better and back to a normal life as soon as possible.