

Berkshire Eating Disorders Service (BEDS)

Service Information Booklet

Welcome to BEDS

BEDS is an all-age, community-based specialist assessment and treatment service for individuals presenting with symptoms of an Eating Disorder.

You are under the adult team which looks after individuals aged 18+ registered with a GP in Berkshire.

Our Team Statement

We strive to enable you and empower you.

We are a united and diverse team with a wide range of skills and experiences who work alongside you, with compassion and dedication to best meet your needs, in pursuit of your recovery.

“The care and understanding that I’ve received since joining the programme has been overwhelming. I’ve never known professionals within an ED setting to show such empathy and care.”

Get in touch

Service Opening Hours:

Monday – Friday, 09:00 – 17:00

Contact Details:

Email:

BEDSAdultAdmin@berkshire.nhs.uk

Tel: 01189 043011 - EXT: 43011

Locations:

St. Mark’s Hospital, 112 St. Mark’s Road, Maidenhead, SL6 6DU

Erleigh House, University of Reading, Earley Gate, Whiteknights Road, Reading, RG6 6BZ



Our Team

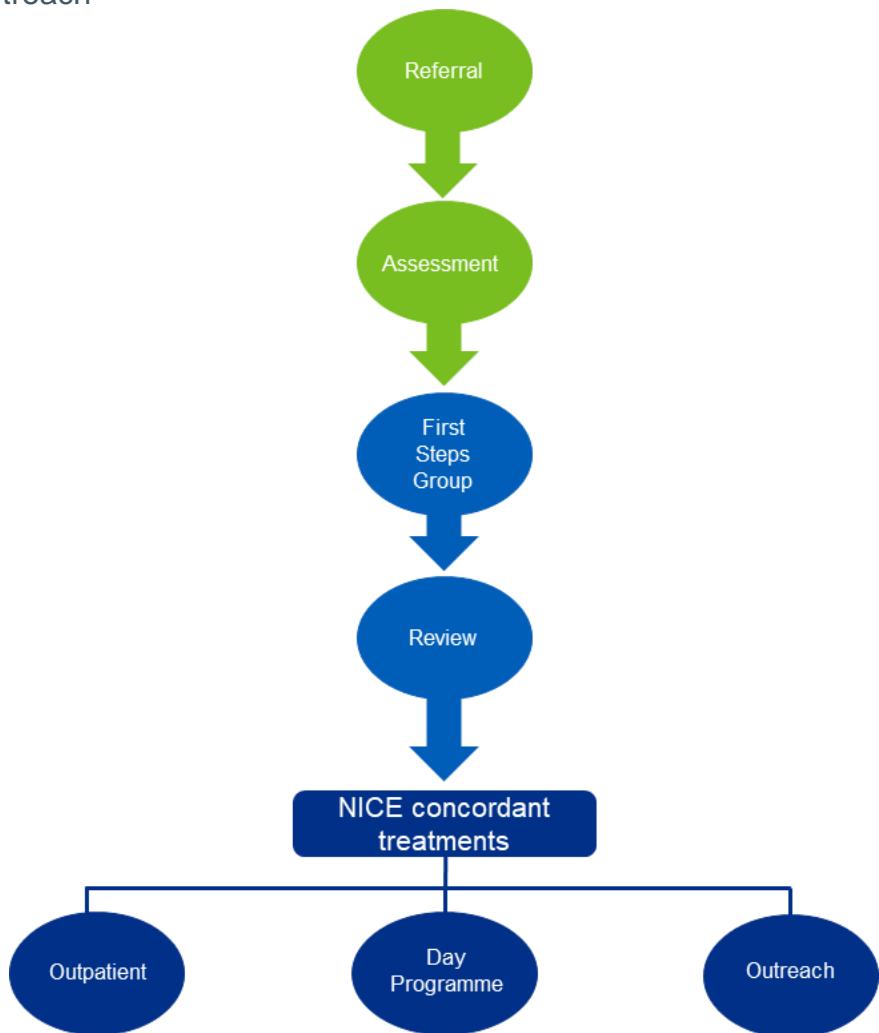
We are a multidisciplinary team which consists of the following professionals:

Service manager	Clinical Team Lead
Clinical/Counselling Psychologists	Assistant Psychologists
Psychiatrists	Mental Health Nurse
Specialist Dietitians	Social Worker
Family Therapist	Art Therapist
Administrators	Psychological Therapist
Occupational Therapist	

Your journey with BEDS

Below is an overview of our treatment pathway:

Referral > Assessment > First Steps Group > Review > Treatment Options: Outpatient, Day Programme, Outreach



Please Note:

Although this is the standard pathway which most individuals will move through, we recognise that some people may have different needs. This is discussed during assessment and adaptations are made, if required.

First Steps Group

We understand that the process of change can be scary and unsettling therefore, our first line of support is the First Steps Group which is a 6-session psychoeducational and motivational group designed to help you assess your readiness to change as well as providing you with tools to facilitate change. The group is not therapeutic in nature rather it provides a space for learning and reflection. You will be placed in a group with 8-10 other individuals who will share some of your symptoms. We have found that this helps to reduce stigma and feelings of isolation. It is a safe and supportive environment which also helps individuals develop a greater insight into their Eating Disorder.

Treatment Options

Face-to-face or online?

Our service has a hybrid model of working which means that we offer appointments face-to-face, online and via telephone. We will aim to accommodate your preferences whilst meeting your clinical needs. For instance, you may wish to meet via video consultation but we may feel it is necessary to meet with you face-to-face in order to provide you with the best care.

When offering you an online or telephone appointment, we ask that you are located in Berkshire or at your home address at the time of the appointment. This is best practice to guarantee appropriate safeguarding and risk management. If you are not going to be in Berkshire on the date of your appointment, please let us know so we can offer you an alternative appointment date.



***BIG
JOURNEYS
BEGIN
WITH
SMALL
STEPS***

***"It is reassuring to
have a safe space
where I can
communicate with
others who
understand"***



***"It really does take a lot for
me to put my trust in
someone enough to be open
and honest. I'm really
grateful for the time and
patience you showed me to
let me get to that point"***

Individual Psychological Therapy

One to one psychological treatment sessions with a therapist. The approaches used in our service include:

- Cognitive Behavioural Therapy (CBT)
- Integrative Therapy
- Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- Cognitive Analytic Therapy (CAT)
- Guided Self-Help for Bulimia Nervosa and Binge Eating Disorder (CBT)
- Art Therapy

Group Therapy

Group therapy involves two clinicians working with several people joining at the same time. A therapy group welcomes between 5-8 individuals presenting with similar eating issues. The group typically meets weekly or fortnightly for one and a half hour over an average of 10 sessions.

BEDS currently offers one treatment group specifically for individuals presenting with Binge Eating Disorder and Bulimia Nervosa. The group aims to develop insight and awareness around unhelpful patterns with food. It addresses binging behaviours and compensatory behaviours (e.g. self-induced vomiting, misuse of laxatives, excessive exercising, fasting). It aims to give each patient time to address their individual difficulties while also coming together and sharing ideas as a group. The sessions aim to reduce symptoms of the eating disorder by exploring the vicious cycle element to the problem and addresses psychological issues contributing to the eating disorder.

Family and Systemic Therapy

Family and Systemic Therapy provides support to families and couples who would benefit from understanding their relationship and how it affects the eating disorder. The client and family members can attend sessions together, or with the client's permission family members can access the service in their own right. Clients may also use this service to talk with a therapist about relationship issues without the direct involvement of their families.

Psychiatric Consultations

Consultation with a psychiatrist for medical and/or psychiatric reviews when required and relevant medication management.

Specialist Dietetic Support

One to one consultation with a Specialist Dietitian who works with the individual to assess their nutritional needs and helps them to make changes to their eating patterns and food intake in a way that is most manageable for them.

Outreach Team

One to one therapeutic support for individuals in the community focused on behavioural change. The team also provides therapeutic support pre and post inpatient stays.



“The dedication I received was above and beyond”

Day Programme

Intensive group treatment for individuals with severely restrictive eating and low and/or rapidly declining weight. The programme runs 4 days per week from 9am-2pm. It is structured and focused on meal support as well as behaviour change. It also involves group therapy, occupational therapy, dietetic support and individual psychological therapy, if indicated. The programme runs in blocks of 12 weeks after which individuals are invited for a review during which it is determined whether the individual is ready for discharge or whether they would benefit from attending a further block. It is not unusual for individuals to stay in the Day Programme for several blocks.

“Thank you for helping me to get to a place where I can enjoy life properly for the first time in a long time”

Readiness for Treatment

You may feel ambivalent about commencing treatment and unsure whether you are ready to start making changes. These feelings are very common and we understand that change creates feelings of anxiety. We would like you to know that we will be supporting you throughout your journey with us and guiding you to help you reach your goals.

We also recognise, however, that for some, now is not the right time for treatment which could be due to various reasons. We respect this and ask that you let us know if this is the case for you. Our door will remain open, and we will look forward to welcoming you back at a later stage, when the time feels right. Please speak to your GP for a re-referral.

Medical Monitoring and Signs to Look Out For

Eating Disorders carry physical health risks therefore, your GP will be involved in your care and will undertake physical monitoring, as necessary.

We advise that you get in contact with your GP or attend the Accident and Emergency department if you start to feel unusually unwell or if you notice any of the following:

- Dizziness
- Extreme exhaustion
- Difficulty getting up from your chairs, walking or climbing stairs
- Chest pain
- Breathlessness
- Swollen ankles
- Palpitations or an irregular heartbeat
- Seizures
- Blood in vomit
- Severe stomach pains
- Sweating with blurred vision or trembling or going pale

If you suddenly feel physically unwell, we would advise you to call an ambulance immediately. It is always better to be safe.

Support for parents, partners and carers

Witnessing a loved one go through a difficult time due to an Eating Disorder can be difficult and isolating. Often, individuals are reluctant to involve their family, partners and carers in their treatment for various different reasons and one of them may be not wanting to worry them. This is completely understandable however, you may wish to share the below resources with your loved ones which will enable them to gain useful information about Eating Disorders as well as advice and support.

Family and Carers Peer Support Group

The aim of the group is to provide an opportunity to talk to others in a similar position as well as talk to professionals. It is an environment in which you can share experiences and gain access to information and support. It is a safe place to talk about concerns and successes. It helps to provide education around eating disorders and provides a break from being a carer.

Beat – an Eating Disorder charity offering information, support and advice to family and carers.

Website: [Services for Carers across the UK
\(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

Helpline: 0808 801 6770 (open 365 days a year from 9am – midnight on weekdays and 4pm – midnight weekends and bank holidays)

SHaRON - there is a separate subnet on SHaRON dedicated to parents, partner and carers. As mentioned above, it is a safe and confidential space where individuals can seek information as well as support and advice from BEDS staff and each other. If you think that your loved one would benefit from this support, please make them aware and let us know their email address so that we can invite them to create an account.

Signposting

Beat – an Eating Disorder charity providing support and advice to individuals with Eating Disorders. They also provide information and support to family and friends.

Website: [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk))

Helpline: 0808 801 0677 (open 365 days a year from midday–midnight during the week, and 4pm–midnight on weekends and bank holidays)

“Since my discharge from your care, I have gone from strength to strength. I really want to thank you so much as you were pivotal to my recovery. I am eternally grateful for your faith in me. Thank you seems an ineffable description of how grateful I am.”



Keeping yourself well whilst waiting

Unfortunately, as you are aware, there is a waiting list for the First Steps Group and other treatment options. We understand that this can be disheartening, and it can be a lonely place while you wait therefore, we have included below some ideas and self-care tips you may find helpful to incorporate into your daily routine to keep you well while you wait for your next appointment with us.

- **Plan a daily routine** – having a set structure to your day can help with stress, mood and motivation. It can also help to keep you occupied and less likely to ruminate on unhelpful thoughts.
- **Implement regular self-care** – ‘you can’t pour from an empty cup’; make sure that you are taking time regularly to engage with pleasurable and relaxing activities as well as tending to your body’s needs such as getting enough sleep, maintaining personal hygiene, drinking 2l of water per day etc
- **Use your support network** – keep in regular contact with your support network and reach out to them if things get tough. Keep in mind that you don’t necessarily need to open up about what’s bothering you; sometimes catching up and talking about something completely unrelated can be really helpful.
- **Utilise SHaRON** – here you will be able to connect with others who are experiencing similar difficulties. You are also able to seek advice and support from clinicians and can access self-help material.
- **Contact your GP if you notice concerns** – if you become worried about any physical symptoms, please get in contact with your GP so that they can support you adequately.
- **Download the below apps** to help you manage difficult thoughts and emotions:
 - Headspace – [Meditation and Sleep Made Simple - Headspace](#)
 - Calm - [Calm - The #1 App for Meditation and Sleep](#)

*An empty tank
will take you exactly
NOWHERE.
Take time to refuel.*



SHaRON (Support Hope and Recovery Online Network)

BEDS offers SHaRON to all service users including their parents, carers or partners. It is a safe and confidential space where users can seek support and advice from BEDS staff (available 9am-5pm, Mon-Fri) as well as each other (24/7). All content on the network is moderated by staff and recovered patients who contribute to this network as peer moderators. As well as live chats, blogs and discussion forums, a library of resources and podcasts are accessible on SHaRON. Your access to SHaRON is unlimited and you will be able to continue using it even after you have been discharged.



Driving Safely With an Eating Disorder

What Does the DVLA (Driver and Vehicle Licensing Agency) Say about driving with an eating disorder?

You don't have to tell DVLA that you have an eating disorder diagnosis, but you must tell them if your eating disorder affects your driving. If you drive whilst unfit your insurance is likely to be invalidated and you could be subject to a £1000 fine.

If you are still unsure if your driving is impacted by your eating disorder, you should check with your doctor.

- You must tell DVLA if your eating disorder affects your driving.
- It is your responsibility not to drive if your ability to do so safely is affected.

Tips on driving safely with an eating disorder.

- Avoid long distance drives, but if you need to make these ensure you take regular breaks.
- Take snacks to have during your breaks.

What happens when you inform the DVLA?

It is likely that the DVLA will ask you to complete a medical questionnaire and ask for consent to contact your doctor for information.

They may also request an examination by a medical officer or a driving assessment.

You may be able to retain your licence, you may be issued with a licence for a limited period, or your licence may be revoked.





Dizziness

Dizziness that is sudden and recurrent can impact your driving. If you have blackouts, you should check with your doctor if this affects your driving.

Medication

Some prescription medications** can impact your ability to drive safely. You should check with your doctor whether you should drive if you have been prescribed any of these. You can drive after taking these drugs if you have followed advice about how to take them and they do not cause you to be unfit to drive.

Low Blood Sugar

Low blood sugar can impact your alertness, concentration, and increase risk of dizziness/ fainting.

Low BMI

A low BMI may cause confusion, weakness, loss of concentration and drowsiness. It can also lead to poor muscle strength which might impact your ability to control a vehicle.

What might affect your driving*?

* This list is not exhaustive and there may be other factors that impact your driving.

Cognitive Problems

Eating restriction can lead to cognitive problems; difficulty with memory or thinking. For example, problems with concentration, making decisions or problem solving.



**The following prescription medications are mentioned by DVLA but there may be more medications that impact your driving (check with your doctor if you are unsure): Amphetamine, clonazepam, diazepam, flunitrazepam, lorazepam, methadone, morphine/opiate-based drugs, oxazepam, temazepam.

Crisis Resources

If it's an emergency, call 999 straight away.

If you need urgent help, but it's not an emergency, you can call the **Berkshire Mental Health Crisis Team** on 0300 365 2000 or 0800 129 9999

Sane Line - national out-of-hours helpline offering emotional support, guidance and information to anyone affected by mental illness

Tel: 0300 304 7000 (open 4.30pm - 10.30pm every day)

Samaritans - a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Tel: 116 123 (open 24/7)

SHOUT - Free, 24/7 mental health text support

Text 'SHOUT' to 85258

Berkshire Women's Aid – a charity providing advice and support to females, males and children who are or have been victim of domestic abuse. The charity provides refuge, outreach services, a drop-in centre and support groups.

Website: www.berkshirewomensaid.org.uk

Helpline: 0118 950 4003 (open 24/7)

Respect – a helpline for male victims of domestic abuse.

Website: <https://mensadviceline.org.uk/>

Helpline: 0808 8010327

"The work that you do here is incredible and you really do make the world a better place (certainly have for me!) Thank you for all the help, support and guidance you've given me and for the perseverance in always trying to help and believe in me – I wouldn't be at this point today without it and am definitely a changed person for it! There are still so many people out there yet to be helped by you, so I know you're going to keep doing the amazing work you're doing!"



berkshirehealthcare.nhs.uk