Families, Young People and Children's Services

**Eating Disorders Team**

Child and Adolescent Mental Health Services (CAMHS) information for young people and their families

Contact the Eating Disorders Team:

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Date implemented: April 2015  
Review date: April 2017  
Leaflet No. 336 - Edition 1

If you need this information in another language or format please telephone 0116 295 0994 or email: Patient.Information@leicspart.nhs.uk

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Arabic
إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتقسيم مختصر، يرجى الاتصال بنا على رقم 0116 295 0994 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali
যদি এই তথ্যকে অন্য ভাষায় বা ফর্মাট অপারেশন না করা হয় তাহলে নম্বর কর্তা 0116 295 0994 নম্বর নেন করুন বা পাইনিয়ার ই-মেইল নেন করুন।

Traditional Chinese
如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件 至：Patient.Information@leicspart.nhs.uk

Gujarati
જે તમારે એ મહત્ત્વ અથવા ખાસ ન્યૂસને ફોર્મેટમાં ફોર્મેટ કરી લે તો 0116 295 0994 પર ટેલિફન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇ-મેઇલ કરો.

Hindi
अगर आप यह जानकारी किसी अन्य भाषा या प्रशिक्षण में चाहते हैं तो कृपया 0116 295 0994 पर हमें कॉल करें या Patient.Information@leicspart.nhs.uk पर हमें इ-मेल करें।

Polish
Jeżeli są Państwo zainteresowani otrzymywaniem niniejszych informacji w innym języku lub formacie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi
ਜੋ ਕਿਸੇ ਵੀ ਮਨੁੱਖ ਨੂੰ ਇਸ ਤਰਕਸ਼ ਵਿੱਚ ਇਸ ਦੱਖਣ ਦੇ ਨੂੰ ਨਿਮਨਲਿਖਤ ਨੂੰ 0116 295 0994 ਤੋਂ ਟੇਲਿਫ਼ਨ ਨਾਲ ਸੱਬੀ ਚਾਹੁੰਦੇ ਹਨ ਤੋਂ Patient.Information@leicspart.nhs.uk ਨੂੰ ਇ-ਮੇਈਲ ਕਰੋ।

Somali
Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac la ambarka 0116 295 0994 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu
اگر آپ کوئی معلومات کسی اور زبان پر صورت میں درکار فرمیں تو پہلا کرما اس نئی فون نمبر 0116 295 0994 پر ایم پی رابطہ کریں।

Patient.Information@leicspart.nhs.uk
We understand that being referred to our service may bring a mixture of emotions ranging from hope and relief to distress and anxiety. This booklet has been developed to answer some of the questions you may have at this time.

**What do we mean by Eating Disorders?**

The main eating disorders which are treated by our service are anorexia nervosa and bulimia nervosa. Both of these difficulties typically arise in the teenage years and have a profound impact on the lives of both the sufferer and their families and friends. We accept referrals of children and young people up until the age of 18 years. We work with the Adult Eating Disorders Service to provide a smooth transfer for anyone requiring on-going treatment after the age of 18.

**Will sessions be confidential?**

We will write to your General Practitioner (GP) approximately every three months to advise them of your progress. These letters are usually copied to the school nurse and you will also receive a copy.

If we have any reason to be concerned at any time about the welfare or safety of any member of your family we will pass these concerns to the person who referred you and possibly to other agencies. In these rare circumstances our usual practice would be to discuss our concerns with your family first.

Please contact us on the phone number on the front of this leaflet to let us know if:

- You are unable to attend the appointment
- You will need disabled access
- You will need an interpreter
- You have any questions or concerns.
How do we evaluate what we do?

We feel it is extremely important to ensure that the service we offer is both helpful and acceptable to young people and their families. We therefore use standardised questionnaires to assess progress as well as questionnaires to ask for views on the service we offer. This is invaluable in helping us identify needs and gaps within our service and we very much appreciate your co-operation with these evaluations.

If you would like to raise any issues, at any time, we welcome you discussing these with your main worker in the first instance, and otherwise the Team Leader or CAMHS Head of Service.

What are the aims of our service?

Our aim is to provide assessment and treatment at the earliest opportunity to children, young people and their families. We know from research that the more quickly children and young people receive treatment, the better the outcome is likely to be for them.

Assessment and treatment aim to focus on both the physical and psychological aspects of eating difficulties. Therefore all young people will receive medical monitoring to help their physical recovery, whilst also receiving therapeutic input to assist their psychological recovery.

We ensure that the treatment offered is in line with current national guidelines and evidence based practice.

Who we work with

We are always keen to involve the families of the children and young people who are referred to our service. Research and our own experience tells us this is likely to lead to a more successful outcome for the child or young person. It is usual for an eating disorder to have a significant impact on everyone in the family and upon family relationships. Parents and carers can feel at a loss as to how best to help their child, and we aim to work as a team to support you all through this difficult time. We also work in collaboration with other agencies (e.g. schools, GPs, and social care) where necessary.
Who are we?
The Child and Adolescent Eating Disorder Service is a team of professionals who have specialist training and experience in working with children and young people with a range of eating disorders. The team consists of a range of professionals including psychiatry, psychology, family therapy and mental health nursing. We liaise closely with colleagues in dietetics and paediatrics. We also offer training placements to professionals who are closely supervised by team members.

Where are we based?
The team is based at Mawson House on Valence Road in Leicester. The service operates Monday-Friday 9am-5pm.

What kind of help do we offer?
- Physical Monitoring
- Family Based Therapies
- Individual Therapies

What to expect initially
Once we have received a referral (usually from your GP), we will offer an appointment to assess whether our service is the best place for the child or young person to be treated. This assessment appointment usually lasts two hours and takes place at our base on Valence Road.

We try to ensure that every individual is assessed by at least two members of our team. The assessment usually involves physical checks (such as height, weight, blood pressure and pulse). We also aim to begin to get to know the young person, aside from their eating difficulties, by finding out more about the family circumstances and support for the family as a whole. We will take a developmental history to understand how the eating disorder may have developed and how it is impacting on the young person and their family.

We may achieve this in the first assessment session but occasionally further assessment is required. If, following this, the team and family agree to begin treatment, options will be discussed with the child or young person and their family and a plan agreed. If, after the assessment, it is felt that this is not the most appropriate service, we will write to the referrer and explain the reasons for this and consider alternatives. You will receive a copy of all correspondence.