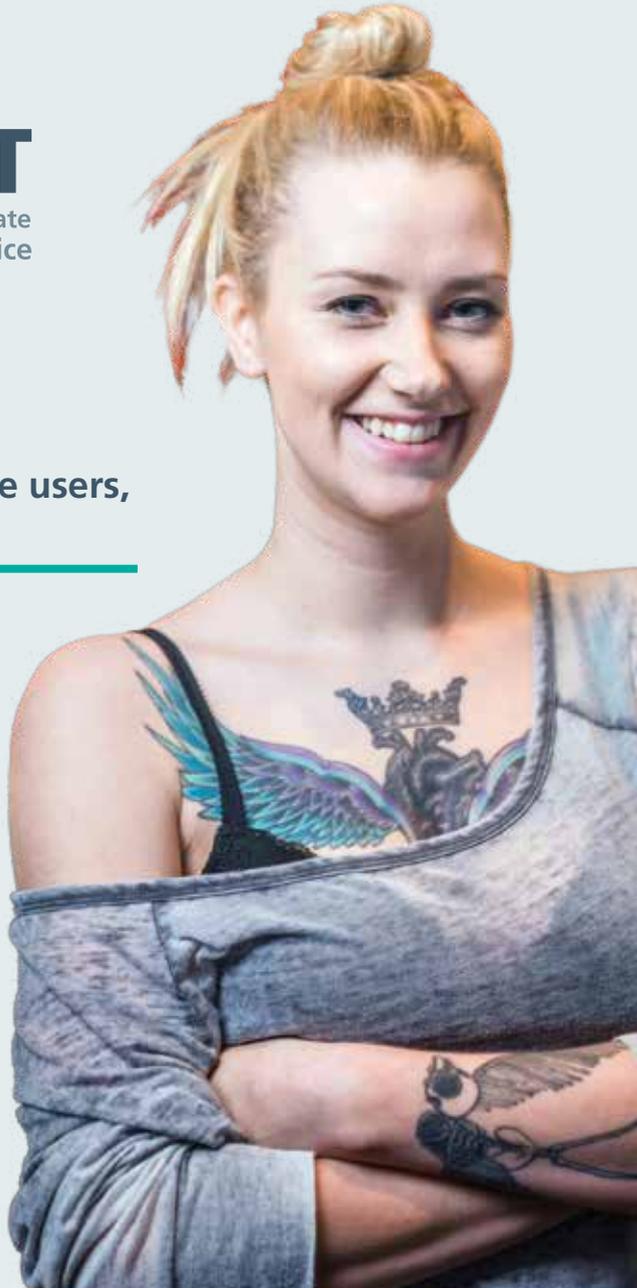


CONNECT

The West Yorkshire and Harrogate
Adult Eating Disorders Service

Information for service users,
carers and the public



Service provided by Leeds and York
Partnership NHS Foundation Trust

Introduction

There is a new community service across West Yorkshire and Harrogate to treat adults with eating disorders.

The service is called CONNECT: The West Yorkshire and Harrogate Adult Eating Disorders Service and is being run by Leeds and York Partnership NHS Foundation Trust (LYPFT). It aims to:

- Increase the level of community-based care across the West Yorkshire and Harrogate region
- Provide a full team approach to care and treatment which includes doctors, psychologists, therapists, nurses, dietitians, occupational therapists, social workers, health support workers and peer support workers
- Provide community care closer to home
- Reduce the number of people requiring lengthy inpatient treatment
- Reduce the number of people travelling long distances for inpatient care

Before April 2018, LYPFT provided adult eating disorders inpatient services which served a national population; a home-based treatment and outpatient service for the population of Leeds and a small outpatient service for people outside Leeds. From April 2018, we expanded our service to offer community and home-based treatment for people across the entire West Yorkshire and Harrogate area.

Who is this service for?

The new service will provide early intervention, outpatient, inpatient and home-based treatment for adults (people aged 18 and over) with eating disorders such as anorexia nervosa and bulimia nervosa, from across the West Yorkshire and Harrogate region.

What is Anorexia?

Anorexia (or anorexia nervosa) is a serious mental illness where people are of low weight due to limiting their energy intake. It can affect anyone of any age, gender, or background. As well as restricting the amount of food eaten, people may do lots of exercise to get rid of food eaten. Some people with anorexia may experience cycles of bingeing (eating large amounts of food at once) and then purging.

The way sufferers see themselves is often at odds with how others see them – they often have a distorted image of themselves, and think they're larger than they really are. They experience a deep fear of gaining weight, and will often challenge the idea that they should gain weight.

There are many different reasons why someone might develop anorexia, but it's important to remember that eating disorders are often not about food itself. They are mental illnesses, and treatment should address the underlying thoughts and feelings that cause the behaviour, as well as promoting behavioural change. Early intervention offers the best chance for a rapid and sustained recovery from anorexia.

Find out more about the condition at www.nhs.uk/conditions/anorexia

What is Bulimia?

Bulimia (or bulimia nervosa) is a serious mental illness. It can affect anyone of any age, gender, or background. People with bulimia are caught in a cycle of eating large quantities of food (called bingeing), and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively (called purging).

During a binge, people with bulimia don't feel in control of how much or how quickly they're eating. Some people also say that they feel as though they're disconnected from what they're doing. The food eaten during a binge may include things the person would usually avoid. Episodes of bingeing are often very distressing because people with bulimia place strong emphasis on their weight and shape, and may see themselves as much larger than they are.

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The binge/purge cycles associated with bulimia can dominate daily life and lead to difficulties in relationships and social situations. However, as sufferers often maintain a “normal” weight and hide their illness from others, it can be very difficult to spot from the outside. People with bulimia are also often reluctant to seek help.

As with other eating disorders, people around a person with bulimia will probably notice changes to their mood and feelings before seeing any physical change. The person may also be preoccupied with and secretive around food, and feel self-conscious about eating around others. Low self-esteem, irritability and mood swings, and feelings of guilt, shame, and anxiety, especially after a binge, are also common.

Early intervention offers the best chance for a rapid and sustained recovery from bulimia.

Find out more about the condition at www.nhs.uk/conditions/bulimia





Why have we developed the new CONNECT service?

There has been an inconsistent approach to the way the NHS provides eating disorders services across West Yorkshire and Harrogate. For example, in Leeds there is a dedicated specialist community team which sees and treats people with eating disorders. In some areas of West Yorkshire and Harrogate, eating disorders services were provided as part of a wider community mental health team which treated people with a wide variety of mental health conditions.

This led to an inconsistent approach to referral and treatment with a high number of service users being referred out of the local area, sometimes to non-NHS providers. With a dedicated eating disorders community service in place, we believe many of these patients can be seen and treated locally by the NHS without the need for an inpatient admission at all.

What the new service looks like

The new service consists of:

- An East Community Team covering Leeds, Harrogate and Wakefield – based in Leeds
- A West Community Team covering Bradford, Airedale, Craven, Calderdale and Kirklees – based in Halifax
- An Inpatient Team based at the Newsam Centre in Leeds serving the whole area
- A Dual Diagnosis outpatient team based at the Newsam Centre in Leeds serving the whole area. They can assess and treat individuals with eating disorders who also have issues with alcohol or drug misuse.

The new community teams will include doctors, psychologists, therapists, nurses, dietitians, occupational therapists, social workers, health support workers and peer support workers*.

They will work alongside GPs, community mental health teams, hospital-based services, children's mental health services and other partners across the NHS, local authorities and third (or voluntary) sectors.

If people are very poorly and require an admission to our inpatient unit, our inpatient team will work together with the service user, their family and carers and their community team to ensure that their inpatient treatment is as brief as possible. Intensive home-based treatment will be available once someone is discharged home. The team will manage the transition from hospital to home in a consistent, caring and supportive manner.

*What are peer support workers?

Peer support workers are people who have experienced mental health problems either themselves or as a carer. They are employed by the Trust to use their experience to support others in their recovery.

These people provide additional expertise and knowledge with their own insight, experience and suggestions. They can also motivate and encourage patients to work towards recovery.

Where can I get help?

If you think you need help or someone you know needs help for an eating disorder, please approach your GP in the first instance.

The national eating disorders charity, Beat, can also help. It has helplines and online support groups to give people a place to feel listened to and supported.

- Adults can call **0808 801 0677**
- Younger people can call their Youthline on **0808 801 0711**
- Beat helplines are open 365 days a year: 3pm-10pm
- Find out more about Beat at www.beateatingdisorders.org.uk

NHS Choices

NHS Choices is the official website of the National Health Service in England. It provides a comprehensive health information service helping you to make the best choices about your health and lifestyle, but also about making the most of NHS and social care services in England. Visit www.nhs.uk

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NHS 111 service

You can call the NHS 111 service 24 hours a day, 365 days a year, if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

For immediate, life-threatening emergencies, always call 999.

Contact CONNECT

You can call us on **0113 85 56400** or you can email us at connectenquiries.lypft@nhs.net

Follow us on Twitter [@LYPFT_CONNECT](https://twitter.com/LYPFT_CONNECT)

You can find us at

The Newsam Centre
Seacroft Hospital
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Leeds
LS14 6WB

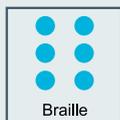
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