**The Open Access Pathway**

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| **About the Open Access Pathway** |
| The Open Access Pathway offers support around eating disorders to a wider audience, using platforms such as Instagram and Zoom.  We recognise that input we have in service is limited as resources aren’t able to offer everyone support, so to combat this we began the Open Access Pathway to extend our support to people beyond the services.  Whilst the Open Access Pathway still represents us as a service, it is not a crisis service and does not process referrals. |
| **The Hub** |
| The Hub is a safe space for anyone with a link to eating disorders, particularly service users wanting to discuss their experience and hear from others.  We meet on Zoom once a week, Wednesday 6:00 – 7:30pm.  For more information email [virtualconnect.lypft@nhs.net](mailto:virtualconnect.lypft@nhs.net). |
| **Carers Group** |
| The Carers Group is a supportive environment for anyone who is a carer, friend, or family member to someone with an eating disorder.   We meet on Zoom on the first Wednesday of the month, 7:00 – 8:30pm.   For more information email [virtualconnect.lypft@nhs.net](mailto:virtualconnect.lypft@nhs.net). |
| **Instagram** |
| Our Instagram offers a space to learn, develop and connect. Run by our own practitioners, we provide additional support to your core interventions.   Examples of our support include cook-a-longs, live interviews with people who have lived experience and advice on goal setting, motivational talks and snack making.  Follow us on Instagram, [@connectlypft](https://www.instagram.com/connectlypft/?hl=en). |

