

# OPEN ACCESS PATHWAY

The Open Access Pathway offers support around Eating Disorders to a wider audience, using platforms such as Instagram and Zoom.

## About

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 other's.

We meet on zoom, once a week.

Tuesdays 14:00 - 15:30

For 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, once a month.

1st Wednesday, 19:00 - 20:30

For information email [virtualconnect.lypft@nhs.net](mailto:virtualconnect.lypft@nhs.net)



## Instagram

@connectlypft

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:  
Cook-a-longs  
Lived experience stories  
Education from professionals  
Tips from followers

