

Who are we?

We are a specialist service with experience working with severe/complex eating disorders. Our multi-disciplinary team can provide psychiatric support and dietetic sessions alongside psychological therapy.

Address:

Eating Disorders Service
Mountbatten House
56 High Street South
Dunstable
LU6 3HD

Phone: 01583 709066

Email: elt-tr.eatingdisorder.service@nhs.net

Treatment locations

We are based at the Mountbatten House in Dunstable and this is where we will invite you to attend your initial appointment. If you are offered further psychological therapy or dietetic support, we offer clinics both at Mountbatten House and in Bedford.

Other Useful Resources:

BEAT: Eating Disorders Association

Beat is a UK charity for people with eating disorders and their families. They provide helplines, online support, self help groups and a number of useful resources on their website.

Helpline: 0345 634 1414 or 0808 801 0677

Website: www.b-eat.co.uk

Caraline

Caraline is an eating disorders charity based in Luton. They offer support groups for both those suffering and carers.

Website: www.caraline.com

Samaritans

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

24/7 Freephone helpline: 116 123

CEDA—Carers Eating Disorder Association Support Group

Monthly support group for carers of people with eating disorders. First Friday of the month 10:30am to 12:00pm

Tel: 01582 470 900

Website: www.drcbeds.org.uk

Anorexia Bulimia Care

Charity providing support for people with eating disorders and carers

Website: anorexiabulimiicare.org.uk

Community Adult Eating Disorder Service

Luton & Bedfordshire



Service Information Leaflet

What is an Eating Disorder?

When worries about your food, shape and weight get to the point where they affect your behaviour and everyday life, this can be indicative of an eating disorder.

Eating disorders can take many forms and so there are lots of indicators. These may include restricting food intake, excessive eating (bingeing), self-induced vomiting, laxative usage etc.

Whilst eating disorders can appear to be about food and weight, there are often lots of complex contributing factors that can lead to a person having an eating disorder, and these can differ greatly from person to person.

Often, eating disorders can give a sense of control when other areas of your life seem out of control. However, they can also be very difficult to manage in your everyday life.

If you think that you might have an eating disorder, the most important step forward to take is acknowledging that you may have a problem, as there is help available to you!

What to do next?

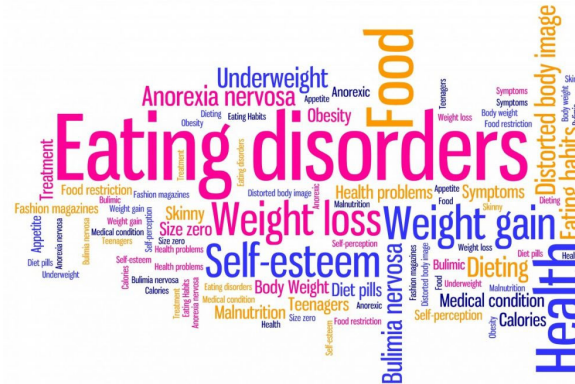
If you struggle with food and eating, first approach your GP who can make a referral to our service.

Who do we see?

We work with adults aged 18+ who have a registered Luton or Bedfordshire GP, and meet the diagnostic criteria for an eating disorder.

Caraline

We work in partnership with a local eating disorder charity called 'Caraline', who also offer eating disorder therapy. During the referral stage, we will decide together which service is best for you.



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What happens after referral?

Once we have received your referral in to our service, we will write to you asking you to call and 'opt in' to our service. Once you call, we will offer you an initial appointment in our Tuesday morning clinic. We try to see people within 11 weeks of their referral. After we have spoken to you we will write to you with a summary and our recommendations, and you will be added on the treatment waiting list until a clinician becomes available.

Medical monitoring

Eating disorders can lead to a number of physical health issues. You may need physical monitoring from your GP as an essential part of your care alongside therapy from our psychology led team. This will be needed when you are referred to our service, and after that as frequently as your GP advises. What is needed depends on your situation but some examples might be blood tests, pulse/blood pressure etc.

Inpatient Admissions

Specialist eating disorder inpatient admissions are usually considered when a person reaches a high level of physical risk that cannot be treated safely by outpatient services and sometimes when the issues are so severe they cannot be addressed without more intensive support. These are considered on an individual basis according to your circumstances and are fully discussed with you by your therapist if the need arises. They are not very common; most people we see have outpatient treatment. In the event of an eating disorder unit becoming necessary we make the referrals, keep in touch during admission and will offer support after discharge.