

We are the East London Community Eating Disorders Service for Children & Young People (EL-CEDS-CYP)

Do you or someone you know have a difficult relationship with food or eating?

What is EL-CEDS-CYP?

We are a specialist service for young people up to the age of 18 who live in Newham, Tower Hamlets and City & Hackney and have an eating disorder

Who are we?

A multi-disciplinary team including:

- **Dietitian:** Offers advice about food choices and lifestyle
- **Psychiatrists:** Senior doctors who has overall responsibility for your care
- **Psychologists:** Clinical Psychologist and Assistant Psychologists to talk to you to help make sense of your difficulties and develop positive skills
- **Family Therapists:** Offers your family a supportive space to talk about their experience
- **Paediatrician:** A doctor who specialises in the health and well being of young people
- **Support Workers:** Provide interventions that help young people to achieve safe nutritional and hydration intake
- **Nurses:** Paediatric nurses and mental health nurses who will support mental and physical health recovery
- **Administrative Team:** A team who assist in maintaining a safe environment for clients and visitors and provide essential support to the team.

What happens next?

Assessment

If we are the right service for you, you will be offered an appointment within 15 days of us receiving your referral. We will meet with you to talk about your current difficulties and decide on the best way to support you and your family



Referral

If we are aware of another team or a different service that can help you more we will talk to you about this. We also have an intensive programme for those of higher risk to support keeping young people at home.



Our Team

If you are offered treatment this will be tailored to your individual needs. The support we offer includes individual talking therapy, family therapy, advice on meals & nutrition and groups where you can learn skills to cope



If you want to know more about our service and how we can help

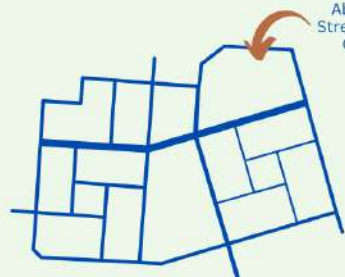
Contact Us:

 elt-tr.ELCEDs-CYP@nhs.net

 020 8215 5270

 Emmanuel Miller Centre, 11 Gill Street, London E14 8HQ

Above Gill Street Health Centre



What are eating disorders?

Many young people worry about their body weight, body shape or eating. For some, these worries become an obsession which can turn into a serious eating disorder.

Anorexia Nervosa (AN): Someone with anorexia may worry about eating and body shape which can cause individuals to limit how much they eat or drink.

Bulimia Nervosa (BN): Someone with bulimia may go through periods where they eat a lot of food in a very short amount of time (binge eating) and then purge the food from their body to try to stop themselves gaining weight.

Binge Eating Disorder (BED): Someone with binge eating disorder may eat very large quantities of food without feeling like they're in control of what they're doing.

Other specified feeding or eating disorder (OSFED): Sometimes a person's symptoms don't exactly fit the expected symptoms for any of these three specific eating disorders. In that case, they might be diagnosed with OSFED.

Anyone can develop an eating disorder

They can happen in young people of all backgrounds and cultures. Eating disorders are not exclusive to girls and young women. Boys and young men can also be affected.

We work and listen respectfully and non-judgementally

This short screening — appropriate for ages 13 and up — can help determine if it's time to seek professional help:

