

NEWSLETTER



TACKLING EATING DISORDERS 2023

EmpowerED experts by experience and Duncan Campbell presented at this year's Government Event 'Tackling Eating Disorders 2023: Providing Early Intervention and Wrap-Around Support Services'. The event had senior leaders from around the country in attendance to learn more about eating disorders and the challenges people face.

Mandy and India, EmpowerED experts by Experience, presented on the day, India said:

"From being in services since my teens, I have seen how services have continued to progress so people suffering can access the relevant support. I was able to share points that the EbE forum found both positive and negative in community and inpatient treatment."

The main points I shared were:

- good community treatment should be patient centred, those with comorbid diagnoses should receive appropriate support and have a care plan specific to their problems
- bad community treatment is when there are long delays for assessments / starting treatment and there is not much support in the interim
- good inpatient treatment is taking into consideration the individuals wishes where possible and ensuring they are as involved as possible in their own care. This includes keeping everyone involved in the individuals care aware of care plans - this includes the families/carers
- bad inpatient treatment is when there are very long admissions where the individuals become comfortable with the safety blanket of being in hospital which can make it harder to be integrated back into the community and a higher chance of readmission

You can take a look at the presentation from the day here.

<https://www.governmentevents.co.uk/wp-content/uploads/2023/01/fiona-jenkins-lived-experience.pdf>

REFLECTION EVENT

EmpowerED, Adult Eating Disorders Provider Collaborative, North West celebrated its one year anniversary in October 2022 at an event in Warrington.

EmpowerED is committed to driving improvements across the eating disorders patient pathway and working with Experts by Experience to ensure people who access eating disorder services are empowered to play a full and active role in the development and delivery of these services. Delegates from across the North West heard from clinical leads, BEAT Eating Disorders the UK leading charity, and experts by experience.

Duncan Campbell, Head of Clinical Care for EmpowerED said: "We're really excited that we're one year in now, and the reflection event gave us the opportunity to take stock of the achievements of the last twelve months and helped us plan for the future.

"We use data, research, and clinical knowledge to work towards our goals, but we need to have the voice of our experts by experience to really focus our work.

"Our experts by experience will challenge and guide us, and the reflection event was the perfect opportunity to link NHS professionals, independent professionals, charities, and experts by experience together with the sole purpose of improving care for people with eating disorders".

What our EmpowerED experts by experience said:

"It was a pleasure to attend. I felt very welcomed by all, and it was of course a very rewarding and insightful experience knowing that positive change may be on the horizon and I am lucky enough to be playing a small part in that; overall, a brilliant afternoon!"

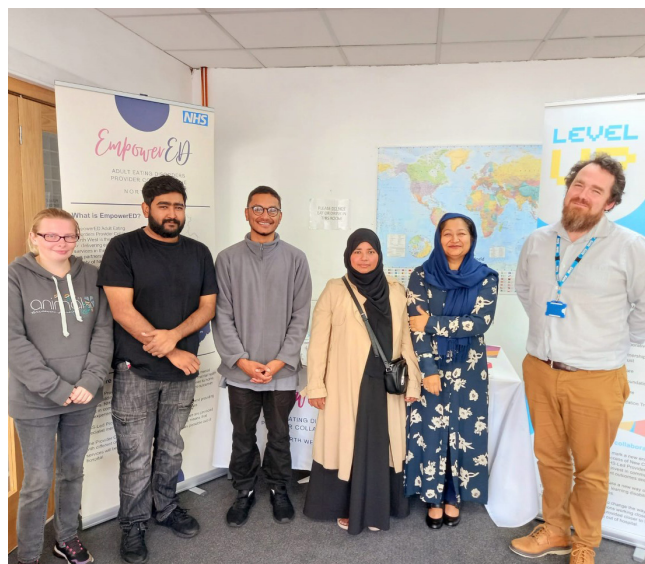
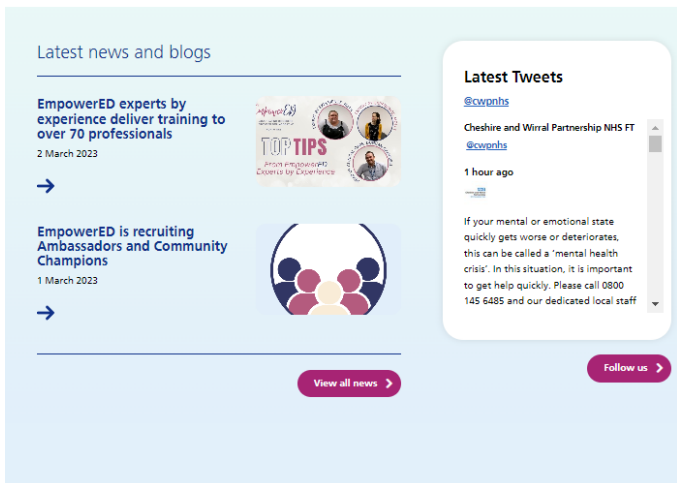
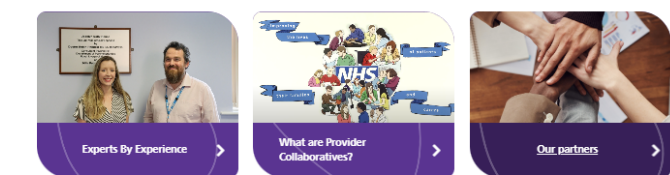
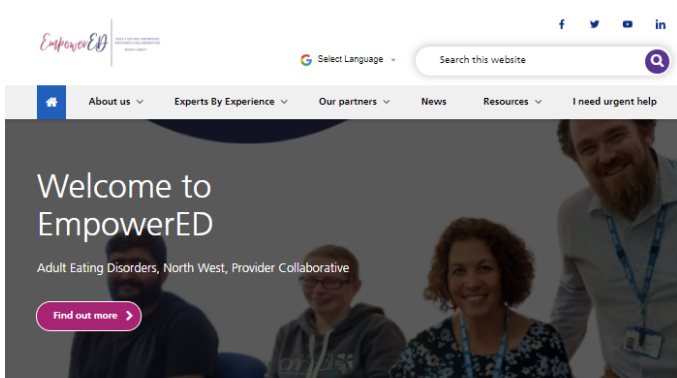
"Thank you to all for the opportunity to take part in the LPC reflection event. A welcoming atmosphere was created from the moment I arrived, and this extended throughout the afternoon and into discussions. Fantastic to be talking, thinking, problem solving as part of a team! A space to be 'curious' and empower real change around approaches to eating disorders. I've come away feeling optimistic and excited to see change for the better within NW eating disorders. An 'Empowering' day!"

LAUNCH OF THE EMPOWERED WEBSITE

EmpowerED, Adult Eating Disorders Provider Collaborative, North West, is delighted to launch a new website that aims to provide a single digital front door to more information about the provider collaborative, news and events, a dedicated space for experts by experience and a zone for professionals.

The EmpowerED website's look and feel has been developed using an identity co-produced with experts by experience and will continue its development with their support. Visit www.empowerednw.nhs.uk to learn more.

No website is ever really finished, and we always welcome feedback. Let us know what you think of the new website and what content you would like to see by emailing: cwp.empoweredforum@nhs.net.



EMPOWERED ON THE ROAD

Over the last few months the team from EmpowerED have been on the road to help raise awareness of eating disorders, deliver training and meet people directly in the community.

Since the reflection event in October the team have engaged with:

- Wirral Deen Centre
- Abdullah Quiliam Mosque
- Women 4 Women group in Blackburn with Darwen
- Coping with Winter event in Burnley

Fiona Jenkins, Specialist Mental Health Project Manager said:

"It's been a real privilege to work directly with our communities, experts by experience and identify opportunities for future partnership working.

"Attending events, delivering training and receiving feedback, will support the EmpowerED Provider Collaborative to drive improvements across the region for people with Eating Disorders, families, carers and professionals".

MEET THE TEAM



DR MATTHEW CAHILL

I am Dr Matthew Cahill, Clinical Director for the Cheshire and Wirral Partnership NHS Foundation Trust and Clinical Lead for the EmpowerED Adult Eating Disorder North West LPC. I qualified as a doctor in 2000, and became a Consultant Psychiatrist

in 2010, having worked in South Wales, London, Liverpool and Brisbane and Perth, Australia. I have been working for CWP for 11 years.

The EmpowerED LPC went live in October 2021, but we were working on building goals and relationships from earlier in the year. Fortunately, CWP, who took on the role of Lead Provider for the LPC, allowed protected time and resource for Duncan and me (Lead for Care), which has helped enormously, as it has allowed us to really focus on the tasks and challenges at hand.

The main challenge was to bring together a whole range of professionals and experts by experience across a massive geographical patch, as well as over different sectors (independent and NHS) and different community services (around 30). Services had been commissioned in different ways, had different workforces, different ways of working, and different commissioning agreements, so we were starting with a very disparate group. There was also understandable anxiety, uncertainty, and paranoia about the LPC as a whole, and there was confusion about how things would progress.

We were somewhat fortunate in the NW, that some relationships were already established, but the early work was about enhancing these relationships and building new ones. We created a Clinical

Delivery Group (CDG), which I chair, that brings together all inpatient and community providers. We established early on that the LPC (although the remit was around inpatient commissioning) would look at the whole patient journey, as we felt a focus on the inpatient treatment in isolation, was neither going to be useful, or effective.

A word cloud from an early meeting, asking about thoughts on the LPC, highlighted a mixture of emotions:



But relationships were forged, clarity was gained, and momentum was achieved. We established key objectives including sharing good practice across the LPC, improving care for patients with comorbidities, developing guidance for medical management and identifying workforce gaps.

- We have established a robust referral pathway, including a new referral form, a decision-making process, and inclusion and exclusion criteria. A weekly meeting between all three inpatient units allows us to discuss referrals, levels of staffing, acuity and challenges on the wards, complex cases, all with the intention of improving the patient journey and supporting each other as one LPC.
- A workforce exercise has allowed us to examine disparity between services with resources, workforce and funding, which has led to increased funding in some areas.
- We have assessed the current variation regarding medical management across the LPC, and this has led to a working group tasked with developing a guidance for all eating disorder services and primary care providers to establish clarity in this area.
- We have developed guidance for community eating disorder services when patients are in hospital or on an eating disorder unit.

- We helped with the facilitation of a NW MEED (Medical Emergencies in Eating Disorders) Conference, attended by over 150 professionals. We are continually driving the implementation of MEED pathways across our acute medical hospitals.
- We have recognised that we need established day care facilities across the LPC, and the CDG is working very hard to make sure this work progresses.

Duncan Campbell and Fiona Jenkins, in collaboration with Beat, have established an experts by experience forum, with representatives attending all levels of meetings within the LPC. The patient voice is extremely important to us and will help shape future work.

The main focus for me is on the relationship building as this will fuel all interventions, innovation and quality improvements. We are so lucky to have motivated, dedicated, energetic and experienced clinicians and service users within the North West, with a shared vision to improve the lives of those suffering with eating disorders.

RUTH'S EXPERIENCE

Ruth, an Expert by Experience from the EmpowerED Forum, has written a powerful first-hand account about her experience with eating disorders, the challenges she has faced, and joining the EmpowerED forum.

Ruth said: "For most of my life, I have never really felt truly empowered. From a very young age, I knew that I was "wrong". Whether it be doctors, my family, or my peers – there was always something to be said about my body and my appearance that cemented early on in my mind that I needed to fix it.

"Thus began a lifelong dive into crash diets, restriction, bingeing, and a never-ending fear of food. Internally, I took on the negative voices I was hearing all around me until I could no longer distinguish between them and me. I became my biggest critic, my cruellest bully, and a harsh judge – handing down sentences to myself that were impossible to fulfil.

"EmpowerED has put the reins in my hands, it's taught me that our stories and experiences are valid. More than valid, they have the ability to influence real change. I am more than my diagnosis. I am more than my appearance. I am Empowered."

Ruth's lived experience article is available to read on our website: www.empowerednw.nhs.uk/ebe. (This piece of writing includes references to and descriptions of eating disorders and disordered behaviour).

If you would like to tell us about your experience or join the EmpowerED forum please contact: cwp.empoweredforum@nhs.net.



EMPOWERED IS RECRUITING AMBASSADORS AND COMMUNITY CHAMPIONS

EmpowerED is looking for people in the community who can volunteer their time to promote Adult Eating Disorders Health and Wellbeing services and Families/Carers support across the North West.

You do not need any formal qualifications to become an EmpowerED Ambassador/Community Champion as training will be provided.

If you would like to learn more, please visit <https://www.empowerednw.nhs.uk/champion> or email: cwp.levelupcommunitychampions@nhs.net.

NEED URGENT MENTAL HEALTH CRISIS SUPPORT?

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly.

Depending on the area you live in, please call the numbers below and dedicated local staff will support you to access the help you need.

The phone lines are open 24 hours a day, seven days a week and is open to people of all ages, including children and young people.

LOCATION	TEL.
Cheshire and Wirral	0800 145 6485
Bolton, Salford, Trafford, Manchester	0800 953 0285
Halton, Knowsley, St Helens and Warrington	0800 051 1508
Lancashire and South Cumbria	0800 953 0110
Liverpool and Sefton * Anyone aged 16 and over	0800 145 6570
Wigan	0800 051 3253