



North West Centre for Eating Disorders

Providing choice in eating disorders treatment

Intensive Outpatient Eating Disorders Programme

North West Centre for Eating Disorders provides clients with structured support after their discharge to home from an inpatient eating disorders setting. The Intensive Outpatient Programme assists clients with their transition to eating all their meals at home, while also providing clinically effective therapeutic support to build the foundations for long-term recovery. Additionally, the Intensive Outpatient Programme may help some clients reduce their risk of needing hospital-based care.

What happens at Meet to Eat?

Meet to Eat provides a friendly and mutually encouraging environment for completing healthy, nutritious meals. Each meal is followed by a group activity, and in total, *Meet to Eat* sessions last 90 minutes. Clients bring their own carefully planned meals to eat with up to six other clients in a comfortable, private room at Oakwood House. Meal times are facilitated by a counsellor or dietitian who may also eat her meals with the group.

What are the goals of the Intensive Outpatient Programme?

The Intensive Outpatient Programme helps clients retain the progress they have made in the hospital towards regularising their eating and reaching the lowest healthy weight necessary to promote long-term recovery. Additionally we help clients adjust to and maintain their healthy weight while addressing some of the psychological or behavioural factors that might have contributed to the eating problems. For clients who are overcoming binge eating or purging, the IOP will help them avoid and eventually eliminate these problems for good.

Meet to Eat



The Intensive Outpatient Programme includes:

Meet to Eat

The supported meals service offers up to six mealtime sessions per week with guidance from a dietitian or a counsellor

Enhanced Cognitive Behaviour Therapy for Eating Disorders

Two sessions per week with a senior psychotherapist plus dietitian consultation

Access is via NHS-funded medical referral

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