



Where change is possible

2022 ANNUAL REPORT
Stockport NHS Adult
Community Eating Disorder
Service

Oakwood Psychology Services

Prepared by Dr Gabriel Wynn

Director

CONTENTS

About Oakwood Psychology Services _____	3
Contact details for our primary location _____	3
Mission _____	3
Management _____	3
The 2022 Oakwood Team _____	4
Therapeutic services provided in 2022 _____	5
2022 activity towards core objectives _____	6
2022 CEDS Service Model and Performance _____	9
Throughput and waiting times _____	10
FREED care for young adults _____	11
Primary referred problems _____	12
CEDS Service usage and DNAs _____	13
CEDS Psychometric outcomes _____	14
Supported Meal Programme _____	14
Weight restoration in people anorexia _____	15
Hospital admissions _____	15
<i>Foundations</i> support group for parents and carers _____	16
Service user demographics and equity of access _____	16
Staff and volunteer demographics _____	18
Volunteer spotlight _____	19
Service user feedback _____	20

ABOUT OAKWOOD PSYCHOLOGY SERVICES

Contact details for our primary location

Oakwood House

104 Kennerley Road

Davenport, Stockport SK2 6EY

0161 456 6799

Company number 9191591



Mission

Oakwood Psychology Services is a social enterprise providing specialist psychological therapies under contract to the NHS. Our mission includes promoting counsellor education and counselling research for public benefit. The company reinvests 100% of its operating surplus into this mission.

Management

Oakwood is managed by Dr Gabriel Wynn (Director) and Fiona Whelan (Business Manager) with the overarching aim of maintaining a safe, effective caring and learning environment for our service users, staff and volunteers.

Where change is possible



Oakwood Psychology Services Limited

Director: Dr Gabriel Wynn C.Psychol, HCPC Reg, MBACP (Accred).

Company Number: 9191591

Registered Office: c/o Bennett Verby,
7 St. Petersgate, Stockport SK1 1EB

The 2022 Oakwood Team

Senior Management Team **Director:** Dr Gabriel Wynn, C.Psychol., HCPC Reg, MBACP Reg & Accred
Business Manager: Fiona Whelan

Clinical Lead	Emma Salazar	MBACP Reg
FREED Lead	Radost Ruseva	MBACP Reg
Employed Therapists	Dr Ros Rheinberg	CPsychol, HCPC Reg, MBACP Reg & Accred
	Ellie Fretwell	MBACP Reg & Accred
	Marie Mellor	MBACP Reg
	Jane Oldfield	MBACP Reg
	Susan Murnane	MBACP Reg
	Louise Morris	MBACP Reg
	Dr Rionach Casey	MBACP Reg
Sessional Therapist	David Fenton	MBACP Reg & Accred
Trainee Therapist	Charlotte Davey	Trainee Counselling Psychologist
Dietitian	Aoife McMahon	HCPC Reg
Administrator/Support workers	Emma Blackburn Tamara Patton	
Communication Lead	Natasha Howells	
IT Services	Adam Hackwell	
Cleaner	James Vermes	

THERAPEUTIC SERVICES PROVIDED IN 2022

Stockport NHS Adult 18+ Community Eating Disorder Service (CEDS)

- Individual cognitive behaviour therapy and integrative psychotherapy
- Guided self-help group for overcoming binge eating and bulimia
- Guided self-help group for overcoming restrictive eating disorders
- Supported meals club and crafts with Emma Blackburn
- Brief focused psychoeducation courses
- Family and carers' support group
- Dietitian consultation
- Psychological therapist and psychologist training placements



Emma Blackburn

Lead Administrator and Support Worker

2022 ACTIVITY TOWARDS CORE OBJECTIVES

In 2022 the Stockport NHS Adult Community eating Disorder Service was respecified from age 16+ to 18+ service. Further information on our updated service model is provided on pp. 10 - 11.

Our core objectives include:

1. Providing specialist psychological therapies
2. Promoting counsellor education
3. Promoting practice-based counselling research

In 2022 we achieved these objectives in the following ways:

1. **Providing specialist psychological therapies:** Oakwood provides evidence-based psychological therapies for eating disorders including Enhanced Cognitive Behavioural Therapy (CBT-E); cognitive behaviour therapy for binge eating and bulimia (CBT-BN); integrative psychotherapies; wellbeing courses; family and carer support services; and specialist dietetic consultations. Following the end of UK Government COVID social distancing restrictions in 2021, we retained the option of video call for people who prefer to engage with our services remotely, when safe to do so. We also created a number of new programme options:

- After a trial period between August-September in 2022, Oakwood launched **First Episode Rapid Early Intervention for Eating Disorders (FREED)** pathway in October 2022. The FREED national model provides rapid access to high-quality care for people in the early stages of illness, when treatment is most likely to be effective. FREED at Oakwood is available to people aged 17.5 - 25, who have had an eating disorder for three years or less. FREED candidates are contacted for an engagement call within 48 hours of our receipt of their referral. They are offered an initial consultation within two weeks of the completion of their engagement call. Then therapy and active



Radost Ruseva (left) and Emma Salazar (right) at Oakwood's FREED Halloween Party November '22

support starts generally within two weeks of the initial consultation. To mark the launch, Oakwood's team held a Halloween party for service users, family and friends, and guests from other services. The party included spooky homemade snacks and Halloween-themed hot drinks. Guests and staff members dressed up and the building was full of cheerful witches, elves, bats, and angels and a Dalmation Lady.

- Our clinical lead Emma Salazar developed a new 12-week guided self-help psychoeducation course called **New Patterns** for helping people overcome restrictive eating. The curriculum is based on CBT-E and another NICE-recommended approach, the Maudsley Model of Anorexia Treatment for Adults (MANTRA) as well as Compassion-Focused Therapy (CFT). New Patterns runs three times each year, with groups of approximately 4-7 people. Each of the 12 sessions focuses on a specific, relevant topic, including establishing regular eating and avoiding dietary restriction; addressing anxiety and avoidance; understanding emotions; making behavioural changes; developing self-compassion; and exploring identity. Group members share their experiences and complete activities and worksheets. When group has finished, each member has a follow up appointment. New Patterns consistently receives positive feedback.

"I loved coming and it's helped me to stay on track and challenge myself. Also loved the group aspect and it's super helpful to have a little community encouraging each other."

"I enjoyed the amount of time focused on eating as well as its wider relation to non-food related feelings. Emma was brilliant and has left a lasting appreciation for her, the service, and counselling."

"It was great and really felt good to have people to talk to and relate to. As someone who was very cautious and didn't know if I wanted to give up my ED, it was tremendous in its success for me."

- Our Senior Psychological Therapist Susan Murnane launched a 4-week **self-compassion wellbeing course** which runs on a rolling basis 4 - 5 times throughout the year, including on Saturdays for convenience. It is popular and well-attended, and is a welcome addition to our wellbeing programme.

2. **Promoting counsellor education:** We provided case managed placements and supervision bursaries for two trainee therapists; and two volunteer therapists. Marie Mellor and Ellie Fretwell continued work on their Health Education England-funded CBT diplomas through

Sheffield University. Jane Oldfield completed Maudsley Model of Anorexia Treatment for Adults (MANTRA) training with Maudsley Learning. Radost Ruseva and Gabriel Wynn completed Health Education England-funded CBT supervisor training through Sheffield University.

3. **Promoting practice-based research:** Our Clinical Director Dr Gabriel Wynn wrote for publication several textbook chapters and a research methodology article in 2022. Themes include counsellor education and treating eating disorders, as follows:

Academic Journal Article

Wynn, G. (Under submission). Reconstructive concept analysis for applied psychology qualitative research.

Book chapters

Wynn, G. & Winter, L.A. (2023). Training in Counselling Psychology. In G.C. Davey (Ed), *Applied Psychology* (2nd Ed). Wiley.

Wynn, G. (2023). Confidentiality, recordkeeping and notetaking. In T. Hanley and L. A. Winter (Eds). *The Sage Handbook of Counselling and Psychotherapy* (5th Ed). Sage.

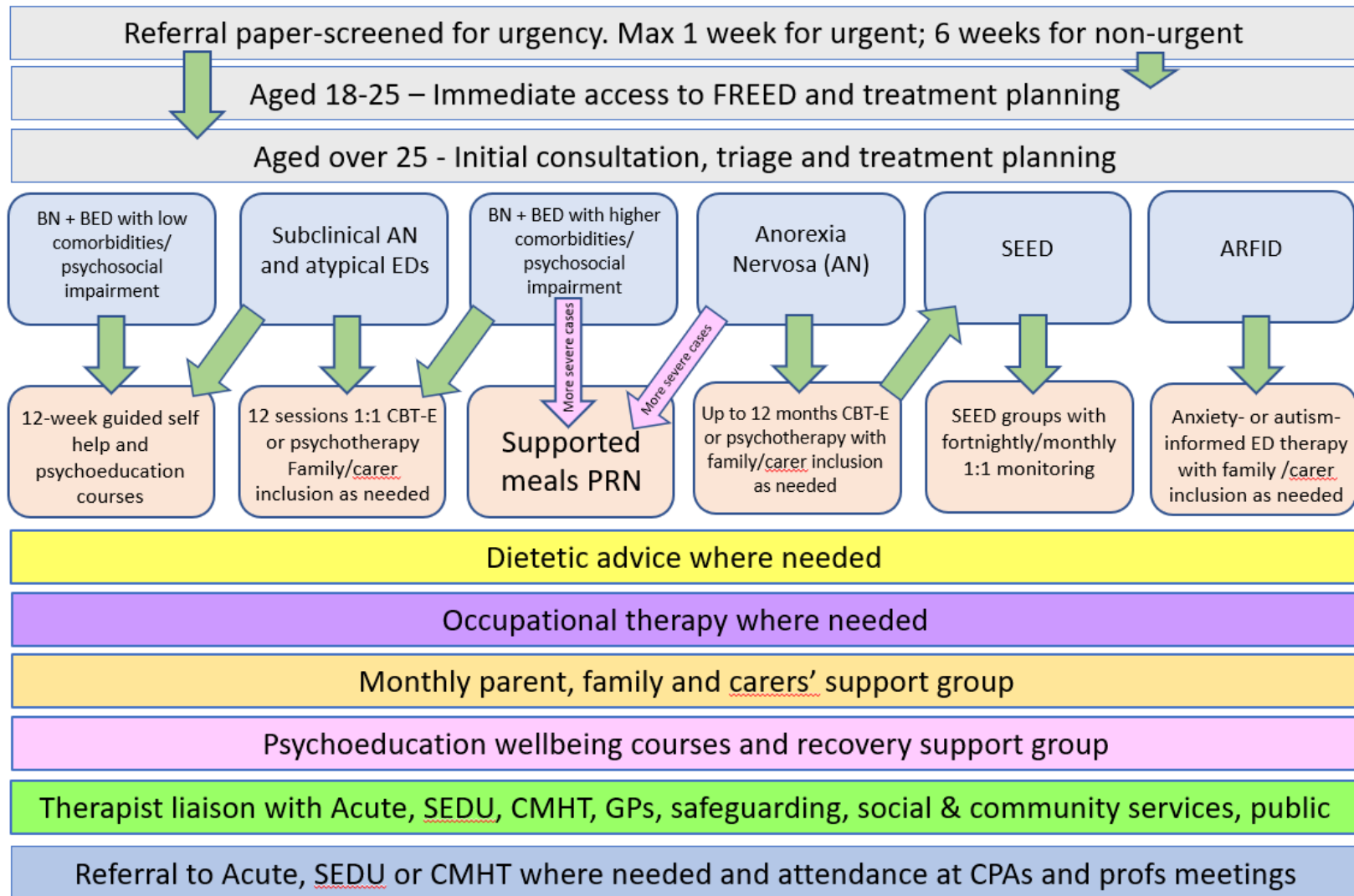
Wynn, G. (2023). Eating Disorders. In T. Hanley and L. A. Winter (Eds). *The Sage Handbook of Counselling and Psychotherapy* (5th Ed). Sage.

Marshall, C., Rehman, I., Winter, L. & **Wynn, G.** (Forthcoming). Training psychological therapists for social justice. In R. Tribe & D. Bhugra (Eds). *Social Justice, Social Discrimination and Mental Health: Theory, Practice and Professional Issues*. Routledge.

Wynn, G. (2022). Severe and enduring anorexia nervosa. In Best, D., Nicholas, H. & Bradley M. (Eds). *Roles and Contexts in Counselling Psychology: Professionals in Practice*. Routledge.

2022 CEDS SERVICE MODEL AND PERFORMANCE

This diagram summarises the 2022 Stockport NHS CEDS service offer and patient pathway:



Throughput and waiting times

Over the past nine years the number of annual referrals for all people to the Stockport NHS Adult Community Eating Disorder Service received has fluctuated with an overall increase of 36% from 179 in 2014 to 243 in 2022. Our age acceptance criterion changed from 16+ to 18+ in 2022. In 2022 we received 243 referrals, an increase of 23% from 2021 when we received 198 referrals. Over the past nine years we have steadily improved the percentage of referred people engaging in 2+ therapy sessions from 56% in 2014 to 67% in 2021; this reduced slightly to 64% in 2022. Over the years we have reduced the number of referred people who attend no sessions (DNA) from 32.9% in 2014 to 4% in 2022. Over the same nine-year period we have reduced the average wait time for initial session offer from 3.5 months to 2 weeks. Wait times to start therapy after initial consultation in 2022 averaged around 6.5 weeks. While waiting time does not significantly differentiate engaged from non-engaged people, slightly longer average waits for initial consultation offer tend to occur in situations where establishing initial contact with the person is more complicated.

Year	Referrals	Of these, how many attended 2+ sessions	Attended initial session only	DNA	Avg wait for initial session offer for people who engaged in 2+ sessions	Avg wait for initial session offer for non-engaged people	Avg wait to start therapy following initial consultation	Avg total wait to commence therapy
2022	243	N = 156 (64%)	N = 35 (14.4%)	N = 43 (4.1%)	2.2 weeks	2.5 weeks	6.7 weeks	8.9 weeks
2021	248	N=166 (67%)	N=52 (21%)	N=30 (12%)	1.85 weeks	2.5 weeks	11 weeks	13.9 weeks
2020	216	N=146 (67.6%)	N=31 (14.4%)	N=39 (18%)	2.2 weeks	2.6 weeks	9.4 weeks	11.6 weeks
2019	195	N=139 (71.3%)	N=20 (10.2%)	N=36 (18.5%)	2.2 weeks	2.6 weeks	5.9 weeks	8.1 weeks
2018	190	N=125 (65.8%)	N=17 (8.9%)	N=48 (25.3%)	3.3 weeks	3.1 weeks	4.8 weeks	8.1 weeks
2017	226	N=142 (62.8%)	N=13 (5.8%)	N=71 (31.4%)	6.7 weeks	6.7 weeks	3.2 weeks	9.9 weeks
2016	150	N=89 (59.3%)	N= 12 (8%)	N=49 (32.7%)	7.2 weeks	7.3 weeks	3.5 weeks	10.7 weeks
2015	213	N=126 (59.1%)	N=17 (8%)	N=70 (32.9%)	9.4 weeks	10 weeks	3.6 weeks	13 weeks
2014	179	N=100 (55.9%)	N=15 (8.4%)	N=64 (35.7%)	14.6 weeks	11.8 weeks	3 weeks	17.6 weeks



FREED care for young adults

Between October-December 2022, 12 people were treated on the FREED track.

25% (n = 3) had a diagnosis of anorexia nervosa, 25% (n = 3) had a diagnosis of binge eating disorder, 8.3% (n = 1) had a diagnosis of OSFED, 8.3% (n = 1) had a diagnosis of ARFID, and for the remaining 33.3% (n = 4), the diagnosis was not known.

The mean Duration of Untreated Eating Disorder (DUED) for Oct - Dec 2022 was 16 months (SD = 8.75, range = 8-36 months), and the mean DUED for the entire dataset was 19.4 months (SD = 12.17, range = 5-36 months).

The engagement call was attempted within 48-hours for 100% (n=12) of patients and occurred within 48-hours for 91% (n=10) of patients with records.

The mean wait time between referral and attended assessment was 9.6 days and average wait time between referral and attended treatment was 16.2 days. The mean wait times for initial consultation and treatment for Stockport are considerably lower than the mean wait times for FREED programmes in the rest of the UK.

Primary referred problems

Primary referred problem for 198 people who attended at least initial consultation appointments in 2022:

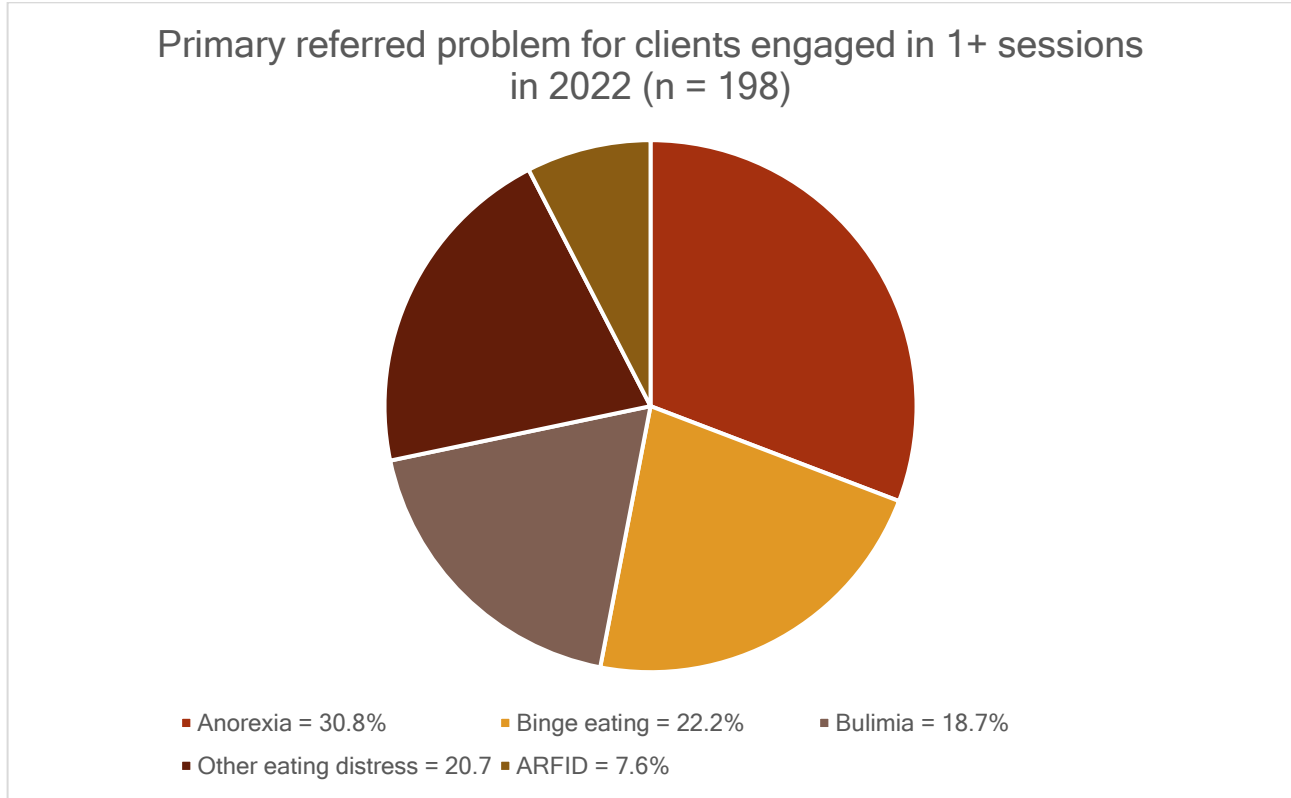
Anorexia = 61 (30.8%)

Binge or compulsive eating disorder = 44 (22.2%)

Bulimia = 37 (18.7%)

Other eating disorder = 41 (20.7%)

Avoidant Restrictive Food Intake Disorder (ARFID) = 15 (7.6%)



Year	Ended with 1+ appts	Anorexia	Binge/compulsive eating	Bulimia	Other	ARFID
2022	198	61 (30.8%)	44 (22.2%)	37 (18.7%)	41 (20.7%)	15 (7.5%)
2021	218	92 (42.2%)	35 (16%)	28 (13.4%)	53 (24.4%)	9 (4%)
2020	176	72 (41%)	42 (23.9%)	36 (20.4)	23 (13%)	3 (1.7%)
2019	156	60 (38.5%)	27 (17.3%)	27 (17.3%)	41 (26.3%)	0
2018	140	39 (27.8%)	17 (12.1%)	54 (38.6%)	30 (21.5%)	0
2017	145	61 (42%)	15 (10.3%)	44 (30.4%)	25 (17.3%)	0
2016	100	38 (38%)	21 (21%)	23 (23%)	18 (18%)	0

CEDS Service usage and DNAs

156 people completed their course of therapy with least 2+ sessions in 2022. Average number of therapy sessions per person (excluding meal attendances) gradually halved since 2016 from approximately 22 to approximately 11 in 2021. We saw a slight increase in average session usage in 2022 to 13.6 per person.

Year	Number of people ending therapy with at least 2+ sessions	Average number of therapy sessions per person
2022	156	13.6
2021	131	10.8
2020	119	16.3
2019	128	12.5
2018	130	13.2
2017	115	13.9
2016	123	21.9

Missed appointments represent a wasted public resource. In 2022, 637 booked appointments were cancelled by client (365) or not attended (DNA) (272). Missed appointments represent 13.7% of 4629 booked individual and group therapy appointments, and supported meals. It is possible that the reduced proportion of missed appointments in 2022 compared to previous years can be attributed in part to our increased use of mobile phone text messaging to manage bookings.

Year	Total sessions booked	Booked sessions cancelled by client	Booked sessions DNA	Total booked sessions not attended	DNA % of total sessions booked
2022	4629	365	272	637	13.7%
2021	3842	402	279	681	17.7%
2020	3436	301	216	517	15%
2019	3660	388	273	661	18%
2018	4004	505	201	706	17.6%
2017	3510	447	151	598	17%
2016	1301	138	76	214	16.4%

CEDS Psychometric outcomes

EDE-Q = Eating Disorder Examination Questionnaire measures eating disorder behaviours and attitudes (introduced into the service in 2022)

CIA = Clinical Impairment Assessment measures functional impairment due to features of eating disorder cognition and behaviour

PHQ-9 = measures low mood/depression

GAD-7 = measures anxiety

CORE = measures anxiety, depression, trauma, physical problems, functioning, risk to self

For people completing therapy with 2+ sessions and useable data by year:

Year	EDE-Q % of people improved	CIA % of people improved	PHQ-9 % of people improved	GAD-7 % of people improved	CORE % of people improved
2022	79.7%	78.2%	71.6%	64.3%	73%
2021		78.8%	65.9%	61.3%	70.5%
2020		73.1%	72.6%	71.7%	69.5%
2019		84.5%	72.2%	71.9%	69.9%
2018		78.0%	79.3%	66.4%	67.6%
2017		85.2%	71.3%	67.5%	66.0%
2016		80.0%	82.0%	74.0%	76.3%

Supported Meal Programme

Since 2009 Oakwood has provided an in-house supported meals programme for small groups of people who find it difficult to eat complete or wholesome meals at home. We offer up to seven supported meals Monday to Friday. In the meals programme, service users complete a balanced, nutritious lunch and/or evening meal. Lunches are followed by a sociable craft or game activity led by our support workers. The programme is well-regarded by service users as a safe and helpful environment where they can improve the nutritional content and regularity of their meals, and reduce anxiety around eating. In 2022 we supported 19 people with a total of 646 meal attendances - an average of 34 meals per person per year (although attendance varies considerably by person).

Weight restoration in people anorexia

Weight restoration is a key indication of progress in anorexia care, a marker of improved health, and an essential prerequisite for recovery. Of people completing therapy in 2022, 37 had anorexia or other underweight presentations with useable weight data. Of these, 24 (64.9%) successfully restored at least 1 kg of body weight.

Year	N anorexia completed treatment with useable data	N (%) restoring 1+ kg	N (%) maintaining body weight	N (%) losing 1+ kg	Average weight restoration per person who restored	Average no. sessions attended by those restoring weight
2022	37	24 (64.9%)	5 (13.5%)	8 (21.6%)	7.8 kg	27
2021	40	20 (50%)	9 (22.5%)	11 (27.5%)	4.5 kg	44
2020	46	16 (34.7%)	17 (37%)	13 (28.3%)	4.4 kg	25
2019	27	10 (37%)	9 (33.3%)	8 (29.6%)	5.5 kg	41
2018	28	14 (50%)	6 (21.4%)	8 (28.6%)	3.9 kg	36
2017	46	30 (65.2%)	5 (10.9%)	11 (23.9%)	4.2 kg	26
2016	22	15 (68.2%)	1 (4.5%)	6 (27.3%)	5.1 kg	40

Hospital admissions

Below are the annual Specialist Eating Disorder Unit (SEDU) and general hospital admission figures for people in treatment with, and referred by Oakwood Psychology Services. These figures not include people who were not an Oakwood Psychology Services patient at time of admission. They do not separately count people who were readmitted to hospital in the same calendar year.

Year	SEDU admissions	General Hospital admissions
2022	8	3
2021	8	2
2020	8	0

Foundations support group for parents and carers

Foundations is a monthly seminar and support session for parents, carers, and loved ones of people with eating disorders. Sessions are run on Zoom facilitated by our Clinical Lead Emma Salazar. The first 30 minutes of the session delivers education about eating disorders, treatment, how loved ones can support treatment. Attendees are then offered training in soft therapeutic skills such as reflective listening and motivational interviewing, adapted from the Maudsley Model of Anorexia Treatment for Adults (MANTRA) workbook for parents and carers. The final 30 minutes of the session is an open Q&A, as well as a space for members to share experiences, concerns, difficulties, and hopes for the future. Previous attendees are encouraged to come back monthly for the Q&A and often do, offering peer support and encouragement to new attendees. Attendance for Foundations averages around 3-5 people a month which maintains an intimate environment and plenty of time for questions and discussion. Attendees are provided with Emma's email address to contact for further resources and signposting. Feedback from attendees consistently references the informativeness of the session as well as the value of support and insight from other members.

Service user demographics and equity of access

- **Gender:** Of the 198 people who attended 1+ appointment in 2022, 26 (or 13%) identified as male or trans male. This is up from 9.6% in 2021 and 8% in 2020. 2 identified as non-binary gender.

Year	Number of people attending 1+ appt	% female incl. trans female	% male incl trans male	Nonbinary
2022	198	170 (86%)	26 (13%)	2 (1%)
2021	218	196 (90%)	21 (9.6%)	1 (0.4%)
2020	176	160 (91%)	14 (8%)	2 (1%)
2019	156	139 (89%)	17 (11%)	0
2018	140	129 (92%)	11 (8%)	0
2017	145	137 (94.5%)	7 (4.8%)	1 (0.7%)
2016	100	87 (87%)	13 (13%)	

- **Identified ethnic origin** for 198 people who attended 1+ appointment in 2022 shown in the following chart indicates that compared to the wider Stockport population, we saw slightly more White people proportionate to all people seen. The overall percentage of ethnically minoritized people attending the service has risen slightly over the past few years. Engaging people from ethnically minoritized backgrounds remains a priority for the service in 2022 - 2025:

Stockport 2021 population per ONS*		7.3%	1.2%	2.6%	1.6%	87.3%
Year	People attending 1+ appt	S & E Asian/Asian British	Black/Black British	Mixed Heritage	Other ethnicity not listed	White British White Irish Other White
2022	198	12 (6%)	2 (1%)	6 (3%)	1 (0.5%)	177 (89.5%)
2021	218	13 (6%)	2 (0.9%)	4 (1.8%)	2 (1%)	197 (90.3%)
2020	176	2 (1.1%)	0	6 (3.4%)	0	168 (95.5%)
2019	147	4 (2.7%)	1 (0.7%)	4 (2.7%)	0	138 (93.9%)
2018	140	1 (0.7%)	0	1 (0.7%)	0	138 (98.6%)
2017	145	3 (2%)	0	2 (1.4%)	1 (0.7%)	139 (95.9%)
2016	100	3 (3%)	0	1 (1%)	0	96 (96%)

*<https://www.ons.gov.uk/visualisations/censusareachanges/E08000007/>

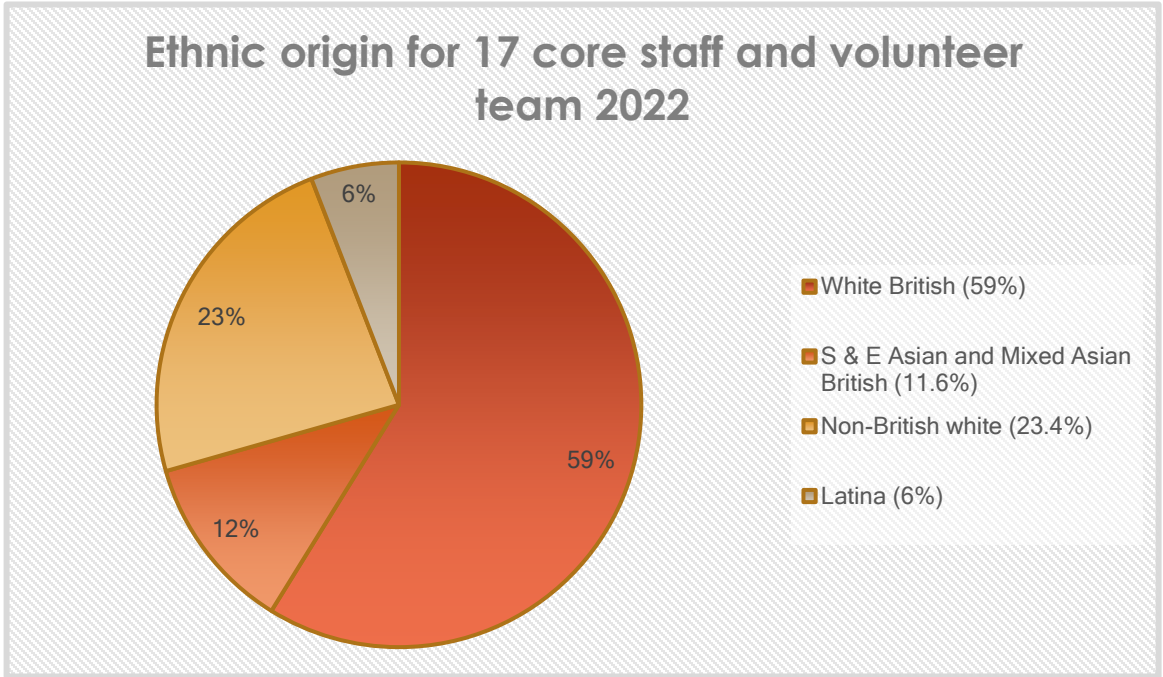
Age profile of people seen for 1+ appointment in 2022 referrals was 16 - 75. From April 2022 our age acceptance limit moved from 15.5 years to 17.5 years. All people are offered age-appropriate psychological assessment and therapies. Referrals in 2021 following COVID-19 lockdown saw a significant increase in service access for people aged 16 - 25 compared to people of all other age brackets.

All service users attending 1+ session by age bracket and year:

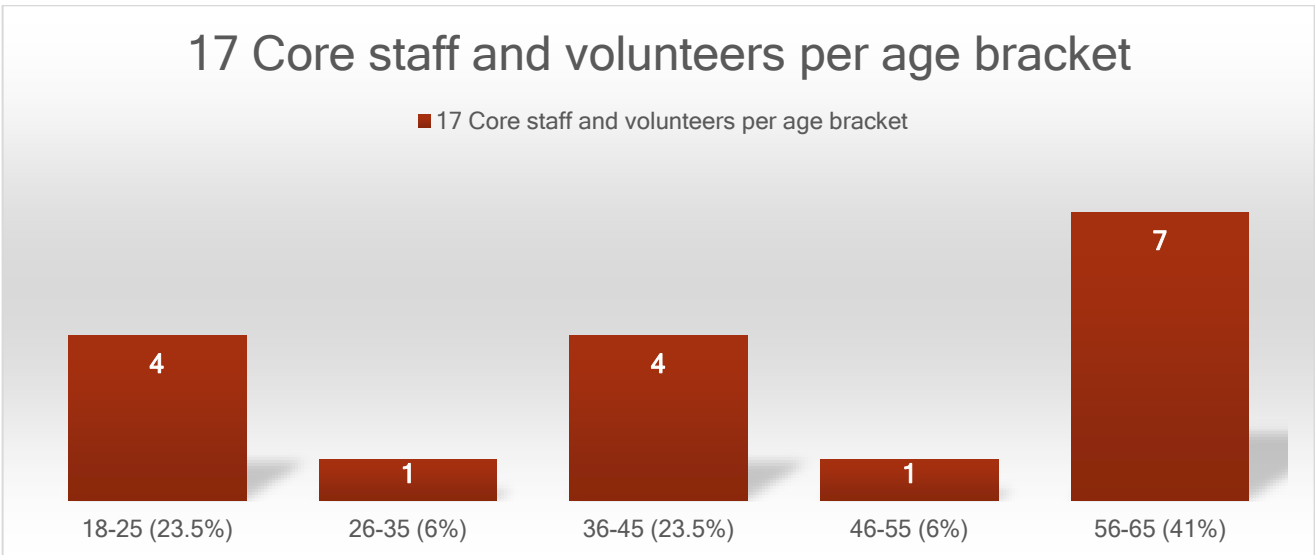
Year	Total	Age 15.5 - 25	Aged 26-35	Age 36 - 45	Age 46 - 55	Age 56 - 65	Age 66+
2022	198	96 (48.5%)	57 (28.8%)	19 (9.6%)	17 (8.6%)	8 (4%)	1 (0.5%)
2021	218	129 (59.2%)	46 (21.1%)	24 (11%)	12 (5.5%)	7 (3.2%)	0
2020	176	93 (52.9%)	47 (26.7%)	16 (9%)	11 (6.2%)	6 (3.5%)	3 (1.7%)
2019	156	73 (46.5%)	43 (27.4%)	18 (11.5%)	15 (9.5%)	5 (3.2%)	2 (1.3%)
2018	140	67 (47.9%)	37 (26.5%)	20 (14.4%)	10 (7.1%)	5 (3.4%)	1 (0.7%)
2017	145	71 (49%)	40 (27.6%)	25 (17.2%)	4 (2.8%)	5 (3.4%)	0
2016	100	54 (54%)	24 (24%)	10 (10%)	9 (9%)	3 (3%)	0

Staff and volunteer demographics

Staff ethnic origin



Staff age bracket



Volunteer spotlight



**Charlotte Davey - Trainee
Counselling Psychologist**

Since I have been on placement at Oakwood Psychology Services, my confidence has greatly increased in delivering CBT-E. I have found it immensely rewarding to work collaboratively with my clients towards their goals regarding healthier eating patterns, and to hear of their achievements, both within and beyond our work together.

I have particularly enjoyed working as part of the FREED programme for people aged 18 –

25 years with a first episode of an eating disorder. Our weekly team meetings have given me a good perspective of how the service is managed more broadly. I feel included as a valued member of the team, in which we are all working towards the common goal of helping improve the health and wellbeing of people we serve.

I have also found my case management sessions with a senior Oakwood therapist to be a great support. This supervision allowed me the space to discuss any issues I may be having within the placement. Regular reviews help me identify and work towards professional goals, with the support of my manager. I also feel comfortable turning to all members of staff if I need advice on my work.

Overall, my experience at Oakwood has shaped my professional identity. I will continue to use the skills and knowledge I have learned going forward into my career as a Counselling Psychologist.

Service user feedback

I found Louise to be very warm and welcoming. I feel positive about the outcome I have achieved. Oakwood is an excellent resource and long may it continue.

The services and people are amazing. They're all extremely kind and understanding and amazingly helpful! The services given to me with Rionach were well-suited to the problems I have, and helped exponentially.

Welcoming, open atmosphere. Thorough introduction and what to expect. New Patterns is an in-depth group that opened the door for understanding myself, my disorder, and others better. Learned so much throughout the service and enjoyed every minute of it! Emma ensured every individual felt valued. Found this group extremely beneficial despite its occasional challenges.

Radost has been amazing and I feel really lucky to have been placed with her. Very knowledgeable and she just completely got me, which really helped me on my journey. She really has helped me turn my life around.

It's amazing that Marie has helped me get to where I am now. If it wasn't for her I don't think I would be where I am now. Thank you so much. It is an amazing service.

David helped me greatly in finding ways to cope with my anxiety as well as providing me with a sense of personal growth.

Once again Oakwood and therapy with Ellie saved my life and saved me from the rapid downward spiral that an ED can have. I was offered an additional self-compassion group which supported the work I did with Ellie.

I have come a long way to make these changes (a better relationship with food and with myself) with the help of Ros.

With Jane's help I have improved my relationship with food massively and feel confident in how to continue working on improving my body image.

It is a fantastic service. I would recommend it to other people. I couldn't have asked for more support and care without judgement. My mindset and behaviours are so much more positive now than they were when I was very unwell and first started with the service. I can't thank all the team enough, especially Ellie my therapist.