

AUTUMN/WINTER
2018

SHED NEWSLETTER



Welcome to the latest newsletter provided by the Service for High-risk Eating Disorders (SHED)
SHED provides a specialist service to adults aged 18 and over who are experiencing an eating disorder and other significant related problems. Covering Cardiff & Vale and Cwm Taf health boards, SHED offers a range of services, including psychological therapies, nutritional advice from a State Registered Dietitian (SRD), support from an occupational therapist, information and contemplation work, and information and support for families and carers.



MEET THE TEAM

Eating problems and their related difficulties are complex. Each of our service users face their own set of challenges, requiring a supportive approach that is based on these unique needs. As such, SHED comprises a multi-disciplinary team which draws on a breadth of professional skills and expertise in order to provide the most effective interventions possible.

Dr Menna Jones - Clinical Lead
Dr Isabella Jurewicz - Consultant Psychiatrist
Leah Rees - Specialist Clinician
Abbie Williams - Occupational Therapist
Mike McGuire - Specialist Dietitian
Ruth Galloway - Eating Disorders Young Person's Workers
Ellie Jenkins - Eating Disorders Young Person's Workers
Tracy Brain - Family Therapist
Lea Sanford-Opatz - Support Worker
Stephanie Airey - Team Administrator

For details of how to contact the SHED team, please see the back page !





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HELLO TRACY

My name is Tracy Brain and I've recently joined the SHED team as a part-time Family Therapist, supporting young people and their families transitioning from Child and Adolescence Mental Health Services (CAMHS). I qualified as a Systemic Psychotherapist in 2011 and before this time I've worked in the NHS for many years as a Nurse, Midwife and Specialist Health Visitor. I currently also work part-time as a Systemic Family Therapist in CAMHS.



Outside of work I really enjoy spending time with my family, and walking our two dogs. Halle is a 10 year old black Labrador Retriever and Moss is a German Wirehaired Point who we rescued and she is 9 years old. I also enjoy going to the cinema, travelling and I am a member of our local cycling club. I am really excited about working with the SHED team and getting to meet and know new people.

GOODBYE SOPHIE

Only a few months ago I was writing a hello article for the news letter and now I am writing to say goodbye. I have thoroughly enjoyed my placement with SHED. The team have been so welcoming and friendly and everyone I have worked with has been lovely. I've learnt so much in such a short space of time and I'll be taking this learning with me throughout my career, wherever I end up! I wish everyone reading this all the best and if we have met over the course of my placement, it was a pleasure.



HELLO HOLLIE



Hi! My name's Hollie and I'm currently on a Summer placement with SHED! I am a student from University of South Wales, studying my Masters in Clinical Psychology. As well as this, I work at Cotswold House, Eating Disorder Unit in Wiltshire, so I was really keen to work within the SHED team to see how the service we have so much contact with works! I also volunteer with a Patient and Advice Liaison Service, as well as a 'Mental Health Events Champion' around Gloucestershire.

When I'm not driving around the whole of the South West to get to all these places, in my spare time I like to dance (tap dancing is my favourite!), crochet, read, get outdoors, see my friends and boyfriend, and obviously most importantly watch reruns of Friends and Greys Anatomy with a cuppa. I love Harry Potter and I love dogs (my favourite is my very own Hollydog aka Wiggles).



HELLO HARRIET

Hi, I'm Harriet and I'm currently on a student placement with SHED. I studied a Psychology degree in Bath and I am currently a Masters Clinical Psychology student at the University of South Wales. I spend most of my spare time outdoors, whether it's walking or camping. I am a keen traveller and enjoy visiting new cities and countries in the UK and



abroad. I love being surrounded by friends and family and socialising but also love nothing more than relaxing with a good Netflix series and a cup of tea. Everyone has been so welcoming and friendly and I am really looking forward to continuing the placement, getting involved and learning more about SHED.





Online Support Groups

Beat runs several eating disorder online support groups for both those who have an eating disorder and for carers. Each group is facilitated and moderated by one of Beat's trained advisors.

The Nest Every day from 6pm to 7pm.

The Nest is a confidential, inclusive and welcoming space for anyone wanting to share their eating disorder experiences.

The Aviary Tuesday from 7:30pm to 8:30pm.

The Aviary is a confidential, inclusive and welcoming space for anyone that is supporting someone with an eating disorder. We welcome anyone supporting someone in their recovery. You can attend as often as you would like to, with no pressure to attend every time.

Swan - Monday 7pm to 8:30pm.

The Swan online support group helps those suffering with anorexia.

Owl - Tuesday 7pm to 8:30pm.

The Owl group helps students affected by an eating disorder.

Blue Jay - Wednesday 7pm to 8:30pm.

The Blue Jay group helps mothers supporting a child with an eating disorder.

Kingfisher - Wednesday 7pm to 8:30pm.

The Kingfisher group offers support for people suffering with bulimia.

Phoenix Thursday 7pm to 8:30pm.

Phoenix is our eating disorder support group for under 18s suffering from an eating disorder.

Dove Thursday 7pm to 8:30pm.

Dove is our eating disorder support group for over 18s suffering from an eating disorder.

Nightingale Friday 7pm to 8:30pm.

Dove is our eating disorder support group for over 18s suffering from an eating disorder.

For more information visit:

www.beateatingdisorders.org.uk/support-services/online-groups

FORGIVENESS

Forgiveness and amends apply not only to others but also to ourselves. Isn't it a subtle form of pride that causes us to be unrelenting in our self-judgement? We get stuck in our bad feelings, we berate ourselves for our failings, and we cling adamantly to a fictional standard of perfection.

This is not helpful. It feeds the eating disorder. Since guilt is uncomfortable, we are tempted to look for relief in the form of extra calories or unhealthy restriction. Either way, we punish ourselves. Practicing forgiveness begins at home, with our own failings, because the way we get better is by accepting our mistakes. We can be our own best ally, understanding the pressures and



insecurities that prompt us to turn in a less-than-stellar performance and allowing ourselves the freedom to try again. Forgiving ourselves goes hand-in-hand with forgiving others.

*From "Inner Harvest Meditations"
by the Hazelden Foundation, 1990*



WORKING WITH DIABETES

Awareness is increasing that a large proportion of people who have Type 1 Diabetes are very likely to also develop an eating disorder at some point in their lives. The reasons for this are varied and would be different for every person. However it is known that having Type 1 Diabetes is a significant stressor and can lead to poor body image. In addition, treatment for Type 1 Diabetes can often require the person to follow a rigid pattern of eating and to pay very close attention to what they are eating and when, which for someone who also has significant risk factors in their lives to developing an eating disorder, can be a trigger to become over-focused on restricting their food intake.

As a result, the SHED team is working towards having a better understanding of how we can support our clients who have Type 1 Diabetes and are meeting regularly with professionals in the local diabetes service to discuss working more closely together for an integrated approach to treating eating disorders among people who have Type 1 Diabetes. In June, a training session was held for local professionals working with people who have eating disorders and professionals working with people who have diabetes, in order to learn more about our respective services and treatment approaches, as a step towards greater integration and better support for this group of people. Our dietitian in the SHED team, Mike McGuire, also attended a training day in Bournemouth in July where a range of expert speakers spoke on this topic, which has enabled our service to learn from professionals' experiences and innovative practice in other areas of the UK.

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

EATING DISORDERS SERVICES REVIEW

As we have included in previous newsletters, the review of services for people with eating disorders in Wales is ongoing. Having run 4 public consultation events across Wales in the Spring to gather information and opinions from service users, family members and interested members of the public to inform their thinking about how service should be organised and run in the future, Prof Jacinta Tan and her team of service users, family members and professionals have been travelling across the country meeting with professionals over the Summer period and liaising with Welsh Government to work towards their final report. A report with recommendations for future services for eating disorders in Wales is expected in the Autumn, and we will keep you informed of the outcome.

Happy Birthday Cotswold House

There is an open invitation to celebrate their



10th birthday in the
**Cotswold House
Specialist Eating
Disorder Unit**



in

Marlborough

on

**Thursday 27th
September**

2.00pm - 4.30pm.

This event is to celebrate their achievements over the last 10 years, working with adults aged 18 and over who have eating disorders. The service opened in September 2008, and began with one patient from Wales, the other 11 beds slowly being filled from around Wiltshire, Buckinghamshire and South Wales.

*To RSVP please email
natalie.worrell@oxfordhealth.nhs.uk*

★ **HAPPY** ★
BIRTHDAY!

AUTUMN REFLECTIONS

"Autumn is the season that teaches us that change can be beautiful".



Reluctantly I put away the summer clothes, footwear, and every other item used for the warm months. Out come the woollies, thick knit jumpers, boots. The days become shorter and colder, the nights become longer. So many changes are occurring, and I get caught up in them all.

At this point I say to myself, "you are missing the beauty of this season". There outside your door, nature is changing, and if you allow yourself to experience its beauty you will learn some amazing things".

Autumn is a time of reflection and transformation.

Will you join me during this season of change and sit awhile. Lets take time this Autumn to reflect on our journey to this present place. Here is a question. Where am I going?

I know that in order to reach the destination of Recovery there needs to be change. It does not matter how slow the journey is, with a range of support, interventions etc. I know that I and you will get there.

"The trees are about to show us how lovely it is to let things GO".

Notice the change in colour of the leaves, and that as the branches let go of them, they swirl and glide like a bird before they become crisp on the floor.

This has already been a year for me of letting things go. Before I could reach that point I first had to notice what i had not noticed before. Wow, that in itself was a journey, but I learnt a valuable lesson.

Self love also involves "letting go" of things that no longer serve us positively in order to make room for new beginnings.

For me I am learning to let go of **FEAR**.

The journey I am on matters, but how I respond on the journey matters more. Why? Because how I respond determines how, when and if I am going to get to my destination.

Just as the leaves are let go from the branches I needed to let go of things. As I learn to let go, I replace with positive things. I am discovering new things as well as taking up interests I had lost along this journey.

There is freedom in letting go.....it isn't easy, but worth it.

Change is beautiful. You are worth it.

Best Wishes.
Hazel.

**Never give up, you have not failed.
FAIL means
First
Attempt
In
Learning**

**END is not the end, in fact it means
Effort
Never
Dies**

**If you get NO for an answer,
REMEMBER it means
Next
Opportunity**

AUTUMN CHALLENGES

- 1) Go Apple/Blackberry picking
 - 2) Snuggle in a throw with a favourite drink
 - 3) Smell a cinnamon candle
 - 4) Crunch leaves
 - 5) Take a selfie amongst some Autumn trees
 - 6) Visit a Street Fair
 - 7) Splash in puddles
 - 8) Carve a pumpkin
 - 9) Inhale the crisp air
 - 10) Take a foggy morning walk
 - 11) Go to a Halloween party
 - 12) Go to a firework display—see events page
 - 13) Collect a variety of dried leaves, Acorns etc, make a picture and take a photo or draw it- if you have Facebook change it to your cover photo.
- Hope you have fun !



WATERING THE ROSES WHEN THE HOUSE IS ON FIRE

What would you say if I told you the story of a young girl who was very good at watering her roses? One day, the house caught on fire and she was very afraid, not knowing how to put it out. She had been taught in school to leave the house promptly and call the fire department. She was told that sometimes, if the fire was very small, she could put it out safely by covering it with a blanket. As was only a tiny match, she could douse it with a cup of water. Let us imagine that a small fire started in the girl's kitchen. The fire could easily be put out, but the young girl wasn't sure how to do it exactly right. So she went outside and watered the roses, which she did know how to do exactly right. The fire kept getting bigger and bigger until the house burned down.

Meanwhile, the young girl did a very good job of watering the roses. She made sure that the leaves did not get too wet so that black spots would not grow on them. When the fire-fighters came to put out the remains of the fire in the burned-down house, they asked her why she watered the roses when the house was on fire.

She said, "Because I know how to water the roses but I am not sure how to put out fires."

Reflection:

For many patients with eating disorders, especially anorexia nervosa, self starvation is a practised skill that can be turned to with satisfaction and perfection when any "fire" occurs in life. There is no situation that is so serious that it cannot be temporarily avoided by self-starvation. The art of losing weight is like the young girl's ability to water the roses – losing weight gives the illusion of control, of being able to do something perfectly, and quells the anxiety that comes when life is not so neat, or when troubling situations provoke fear. Maybe it is better to put out fires poorly than to water roses perfectly.

A similar analogy is that some activities make about as much sense as rearranging the deck chairs on the Titanic. Whatever the analogy, when houses are on fire, you either put the fire out or call for help.

THE INDIAN AND THE CHESSBOARD

Once upon a time, a long while ago, a poor Indian, not a Native American, but a real member of the wonderful subcontinent of India, did a noble deed to save the life of the ruling maharajah. In gratitude, the maharajah offered the poor Indian the choice of either half of his kingdom or anything else he wanted. The wise, but poor Indian declined the offer of half of the kingdom and said instead that he would prefer to have tomorrow, one grain of wheat on the first square and so on until 64 days has passed. The maharajah though this was a very modest request and granted it right away. So on the next day he received one grain of wheat, and on the second day, two grains of wheat, and on the third day, four grains of wheat, doubling the amount each day. What the maharajah didn't realise was that after 64 days the formerly poor Indian did not own half of his kingdom but owned his whole kingdom.

What I'd like you to do today is to make just one little step toward health. Tomorrow, I'd like you make two steps. And then on the third day, to double that. Just keep doubling your efforts in a comfortable, natural, gradual way and soon you will own your own kingdom. Taking things a step at a time and aiming for progress, not perfection, will eventually give you much more than you can realise.

Reflection:

Sometimes the hardest thing in the therapy of person with an obsessional temperament is getting her or him to take the first step. Taking the smallest step on the first day and following this up on the next day with a second step, and then twice that the third day will lead to freedom. (Whatever the fears, whatever the need, just start with one step at a time and keep doubling it.)

Watering the roses when the house is on fire and The Indian and the chessboard are taken from 'Stories I Tell My Patients' by Arnold Andersen, MD with Leigh Cohn, MAT, CEDs

LOOKING TO DO SOMETHING NEW?

In a choir you will find a welcoming community and meet others who also have an interest in music. You can meet new friends, become part of a group, bond with others and create a new place where you can feel like you belong.

Choirs and music groups are becoming more and more popular with people of all ages. This has led scientists to start investigating why they make us feel so good:

One of their findings is that learning something new, like a new song, can give you a boost of achievement, confidence and self-esteem. And in the long term, it helps to improve your memory and skills, and can even help to prevent dementia!

Singing also has lots of effects on your body: It helps to lower the levels of stress hormones (cortisol), helping you to feel more relaxed after singing. It also helps to increase the levels of endorphins, oxytocin and dopamine in your blood, all of which are linked to experiencing happiness and joy, and increasing feelings of love and trust towards others. These changes in the body are multiplied by singing in a group, giving you a nice boost of happiness!

If you feel that singing in a choir might be something you might enjoy or want to try, have a look at the following websites to find out about choirs in your area. Many choirs are free or charge only a small fee for copies of music, and most of them do not require auditions – just turn up on the day and give it a go!



List of Community Choirs in Cardiff:

www.cardiffsing.wordpress.com/singing-groups-and-choirs/

Lists of Choirs in Cardiff and the Surrounding Area:

www.cardiffpolyphonic.org.uk/choirs_information_exchange.htm

www.gerontius.net/cgi-bin/member.cgi?Town=Cardiff&nh=3



Website of the Welsh National Opera Community Chorus:

www.hwno.org.uk/take-part/community-chorus



Superchoir Nantgarw:

www.singandinspire.com/what-we-do/superchoir/



Pontypridd Choral Society:

www.pontypriddmuseum.cymru/pontypridd-choral-society/

Abercynon Male Voices Choir (Côr Meibion Abercynon):

www.abercynonmalechoir.co.uk/

Barry Community Choir:

www.barrycommunitychoir.com/



Caerphilly Community Chorus:

www.caerphillycommunitychorus.org.uk/

MUST SEE EVENTS

PHOTOGRAPHY EXHIBITION:

Women in Focus

National Museum Cardiff – Free Entry

Part One: Women Behind the Lens (5th May – 11th November

2018) celebrates the role and contribution of women

throughout the history of photography, from the first

pioneering women photographers in Wales, Mary Dillwyn and Thereza

Mary Dillwyn Llewelyn, to emerging contemporary practitioners including Chloe Dewe

Mathews, Bieke Depoorter and Clementine Schneidermann.



Part Two: Women in Front of the Lens (1st December 2018 – 9th June 2019) explores

the representation of women as subjects in photography, from intimate and playful

19th century staged family portraits by John Dillwyn Llewelyn and Robert Thompson

Crawshay, to more contemporary depictions that capture the innate beauty of

womanhood. *Part Two* also seeks to examine how photography has been used to

mis-represent women through direct or indirect objectification, an issue that has

particular currency in today's climate.

Women in Focus is a year-long exhibition that explores the role of women in photography, both as producers and subjects of images. It coincides with the 100-year anniversary of the Representation of the People's Act 1918, which marked a key moment in the fight for universal suffrage.



Barry Island Firework Fiesta

When: 7:30pm 5th November 2018

Where: Barry Island beach

How much: Free!

Matilda the Musical

The multi-award winning show at the Wales

Millennium Centre. Based on the 1988 children's novel

one of Roald Dahl's famous musicals. It's about a 5

year old girl who loves reading, overcomes obstacles

caused by her family and school and helps her teacher to reclaim her life.

When: 04/12/2018 - 12/01/2019

Where: Wales Millennium Centre,

How much: Tickets from £20





CHRISTMAS EVENTS

Starting in November, Christmas markets and events can be found all over South Wales, spreading holiday cheer and offering a wide variety of arts and crafts, foods and entertainment.
All events are FREE to go to !

Cardiff Christmas Market

When: 15th Nov – 23rd Dec 2018

Where: Cardiff City Centre

More information: <http://www.cardiffchristmasmarket.com/>

Caerphilly Christmas Market

When: 8th Dec – 9th Dec 2018

Where: Caerphilly Town Centre

More information: <http://caerphillychristmasmarket.co.uk/>

Whitchurch Village Christmas Lights Switch On

When: Sunday 18th November from 5pm

Where: Whitchurch Village, Cardiff, CF14.

What's going on: Family friendly event. Roads closed fun fair rides and food stalls and a firework display.

Merthyr Tydfil Christmas Lights Switch-On

When: 17 November 2018, 5pm

Where: Merthyr town centre

What's going on: A family friendly day of festive happenings culminating in the switch on of the town's delightful Christmas Lights.

Welsh Hearts Rhondda Christmas Market

When: 24 November 2018,

Where: Rhondda Sports Centre, Tyntla Road, Ystrad Rhondda

Whats going on: offers art and crafts stalls, food and entertainment, as well as a Santa's Grotto.

More information: <http://welshhearts.org/events/rhondda-christmas-market-3/>

Cowbridge Christmas Market

When: 24 November 2018

Where: Cowbridge Leisure Centre

Whats going on: Christmas Stalls, Food and Drink and Family Friendly.

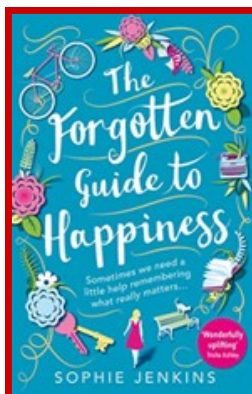
BOOK / FILM CLUB



Steven Spielberg directs Meryl Streep and Tom Hanks in *The Post*, a thrilling drama about the unlikely partnership between The Washington Post's Katharine Graham (Streep), the first female publisher of a major American newspaper and editor Ben Bradlee (Hanks), as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. The two must overcome their differences as they risk their careers - and their very freedom - to help bring long-buried truths to light.

Explore your inner world and be inspired with *The Wellbeing Journal*.

Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences. Creativity and reflection can have a powerful, positive influence on our lives. Now, with *The Wellbeing Journal*, you can enjoy practising these skills every day and wherever you go.

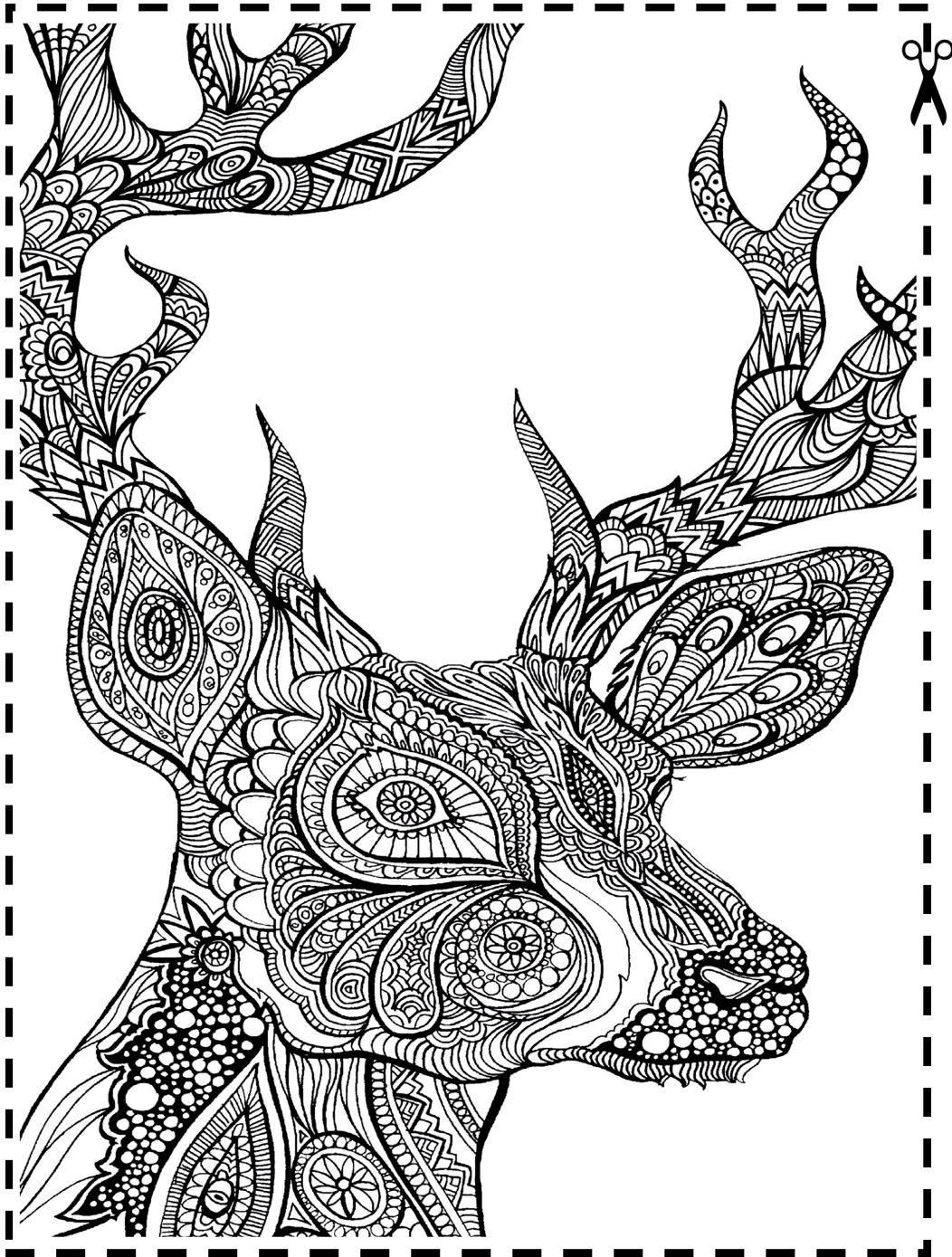


'WONDERFULLY UPLIFTING' Trisha Ashley *Sometimes, happiness can be found where you least expect it...*

Twenty-eight-year-old Lana Green has never been good at making friends. She's perfectly happy to be left alone with her books. Or at least, that's what she tells herself. Nancy Ellis Hall was once a celebrated writer. Now eighty, she lives alone in her North London house, and thinks she's doing just fine. But dementia is loosening Nancy's grip on the world. When Lana and Nancy become unconventional house mates, their lives will change in ways they never expected. But can an unusual friendship rescue two women who don't realise they need to be saved?

Are you currently reading a book or film which you love?
Recommend it to us and we will feature it in the next newsletter

MINDFULNESS COLOURING





GET INVOLVED

***If you would like to get involved in the production of the newsletter?
Please give us a call on 02921 832 200.***

We are looking for ideas to make the newsletter tailored to our clients and what you would like to see in the newsletter. In the past few newsletters our clients have given us content to include and it has been much appreciated.

We have Service Development meetings throughout the year and involving clients has made a huge contribution to these meetings and our plans as a service.

If you would be interested in attending our Service Development meetings, please contact Menna Jones at the SHED team to discuss what this would involve.



CONTACT US



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Cardiff and the Vale & Cwm Taf



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