

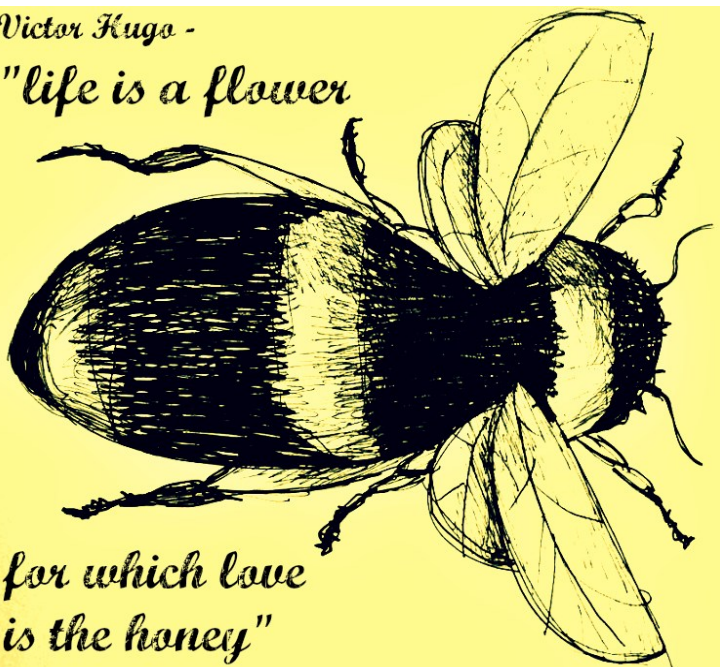
SHED News

Winter/Spring
2016

Victor Hugo -

"life is a flower

*for which love
is the honey"*



Original artwork kindly offered from one of SHED's service users

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.

Who's who?

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.

Menna Jones - Clinical Lead

Dr Isabella Jurewicz - Consultant Psychiatrist

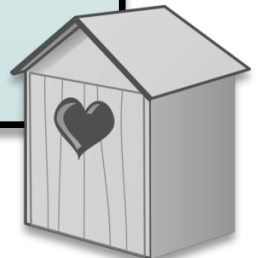
Clare O'Reilly - Specialist Clinician

Carol Ledwards - Dietitian

Abigail Williams - Occupational Therapist

Charlotte Higgins - Support worker

Fran Field - Administrator



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

Introducing Abbie...

Following the retirement of SHED's Occupational Therapist Rachel, the team has been joined by a new member. Here she introduces herself and her hopes for working in her new role.

“My name is Abbie Williams and I joined the SHED team in October 2015 as the newly appointed Occupational Therapist (OT). I am delighted to be a part of this team and I am looking forward to meeting lots of lovely new people. I am sad to be saying goodbye to Rachel as she was such a passionate and friendly person but I hope I can learn from her and continue her wonderful work.

I am going to be going on maternity leave to have a baby in January and will be excited to return late 2016. I am creative and enjoy crafts, film, skating (when not pregnant) and being outdoors. I am a photographer and I love using my creative skills with service users to promote meaningful activity, build confidence and explore new skills. I love my role as an OT as it allows me to work creatively and collaboratively with service users. I will also be exploring the possibility of setting up some groups in the future, watch this space!

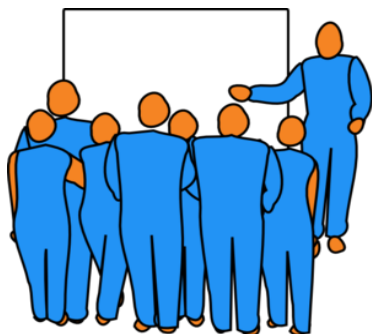


I am thoroughly looking forward to meeting new people through this role and making a positive contribution to an already superb team. I thank everyone in the team and service users I have met for giving me such a warm welcome.”

Regional group shares latest developments in treatments

On 20th July I travelled to Llandrindod Wells with Eleri (our Summer volunteer) to attend a conference organised by the All-Wales Eating Disorders Special Interest Group (AWEDSIG). I was looking forward to learning about Cognitive Analytic Therapy (CAT). We had the opportunity to learn about the theory behind the treatment and to hear about ways in which it had been helpful for therapists to use the treatment strategies in working with their clients. We had a great presentation from Bridget who reflected that it was helpful to hear about treatments and approaches for people with long-term eating disorders at the International Eating Disorders conference last year.

After listening to Menna's presentation that she delivered at this year's conference, I rounded off the day by sharing Glenn Waller's work on using 'exposure' in eating disorders. Although it was the end of the day there was lively discussion among participants. I was reminded that the best way to learn material is to present and teach it to others! The presentation gave me the opportunity to reflect on how I use this technique and to make sure I'm up to date with the



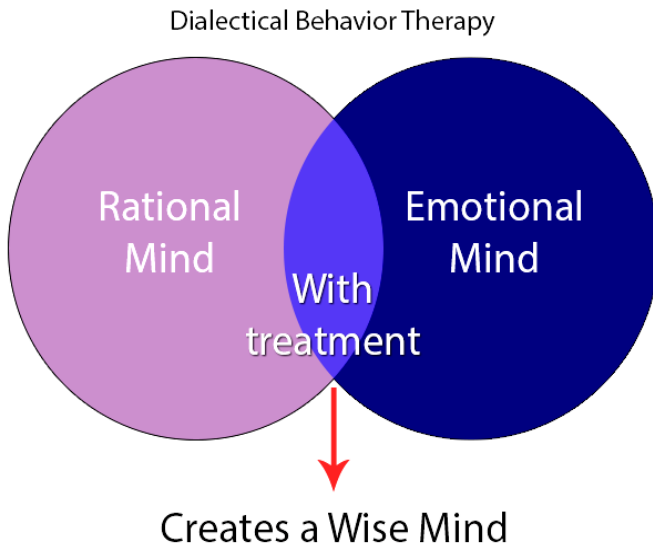
latest information and research in the area. Overall I really enjoyed the day and found it useful to apply to my day to day work.

Clare O'Reilly,
Specialist Clinician, SHED

Marsha Linehan Study Day

SHED's Specialist Clinician Clare O'Reilly writes about her experience of meeting the eminent Professor and creator of Dialectical Behaviour Therapy (DBT), Marsha Linehan

In September I travelled to Conwy in North Wales with my DBT colleague Clare Sandford to attend the Division of Clinical Psychology Study Day where Professor Marsha Linehan presented some of her new Dialectical Behaviour Therapy (DBT) material. Professor Linehan was the original founder of DBT in the 1980s; a treatment that has helped many people who have difficulties in coping with distress, regulating their emotions and managing relationships with others. In the SHED team we have been using DBT since our training in 2011 and have found it very beneficial in supporting people to learn and implement skills to manage these difficulties.



It was an enormous privilege to listen to Professor Linehan discuss her new material including the 'coping ahead' skill and her unique way of teaching 'radical acceptance'. Marsha (as she is affectionately known) has a very personable, relaxed style. She was very encouraging and validating of the therapists attending on the day and imparted her knowledge and experience generously. Professor Linehan informed us of her ongoing research and gave us a number of ideas that we have been considering since our return.



Left to right: Clare O'Reilly, Professor Linehan and Clare Sandford

It is certainly a rare treat to meet the founder of such an important and influential therapy and I feel very grateful for the opportunity. Marsha was even kind enough to pose for a photo and you can see that Clare & I were very excited to meet her and show our respect for her life's work.

Cardiff welcomes professionals from across the South-West of the UK



For a number of years, staff of the SHED team have been attending meetings of the South-West UK Eating Disorders Special Interest Group, which is a group of professionals working in eating disorders services across the South-West of the UK who share knowledge and ideas together about how we deliver services.

These meetings are held twice a year across different parts of the UK region. In November, Cardiff-based services welcomed the meeting to Wales for the first time ever. 30 people braved the storms to travel to Llandough Hospital from areas such as Devon, Plymouth, Dorset, Somerset, Wiltshire and Bristol. During the course of the morning, attendees had the chance to hear about developments happening in other services, and to talk informally to share knowledge and experience. During the afternoon, there were excellent presentations about working with people with complex needs from SHED staff, and from services in Aneurin Bevan University Health Board about family therapy in children's services, and the experiences of staff and service users in developing a training video on eating disorders for professionals in health services. If you would like to see the video they produced, the links are below. The video has been divided into 3 parts, each around 12 minutes long.

www.youtube.com/watch?v=6hwtUigkJE

www.youtube.com/watch?v=U91nmf1qmy8

www.youtube.com/watch?v=3zzG-MVldac



‘Refresh’ing Eating Disorders Services in Wales

The way that services for people with eating disorders are currently provided is based on a document that was produced by the Welsh Assembly Government in 2009, called the Eating Disorders Framework for Wales. This document describes how services need to be organised at different tiers, from primary care at Tier 1, to specialist inpatient services at Tier 4. Now that this way of organising the services has been in place for a few years, it was recently announced that there would be chance to consider how this plan is being implemented across Wales, and whether this approach to providing services is meeting the needs of children and adults who are experiencing eating disorders in Wales.

This ‘Refresh’ of the Eating Disorders Framework has been underway since the Summer, and has been led by staff within Public Health Wales (PHW). PHW have sought the views of a wide range of people while considering their feedback on the Framework document, including:

- An **online-survey** for professionals working with people who have an eating disorder;
- **Focus groups** were held in Wrexham and Cardiff for clients and their families to meet with staff from PHW to discuss their experiences and views on what is working well and what areas need improvement. These meetings were well attended, and attendees gave very positive feedback about how they had felt listened to and their views taken on board;

- Staff from PHW attended a meeting of the **Eating Disorders Cross-Party Group** to hear the views of the service users, carers and professionals present on how services have improved since the introduction of the Eating Disorders Framework and how services can be improved further.



Staff from the SHED team contributed to the online survey for professionals, and were also present at the Cross-Party Group meeting to share their views directly.

Menna Jones, (Clinical lead of the SHED team) also had the opportunity to chair the focus group day at Wrexham, and reflected afterwards “The clients and family members who attended the focus group gave their time very generously to share their personal experiences to help services improve. It is vitally important that those who have influence in the development of services are able to hear about these experiences directly, and the accounts that were shared during the day were highly informative and inspiring.”



We understand that the report is being prepared and will be available soon. A summary of the key points of the Refresh report will be provided in a future issue of this newsletter.

My Placement with SHED

Molly, an occupational therapy student from Cardiff University, has undertaken a three-month placement with SHED as part of her training. Here she writes about the experience and reflects on what she has learnt from working with the team and its service users.



Over the past twelve weeks I have worked within the SHED team on my final placement as an occupational therapy student. As the first OT student the SHED team have accommodated I think we were all a little unsure of what to expect –

however there was absolutely no need for any worry. This is one of the most compassionate, welcoming and encouraging teams I have had the privilege to work with; which has not only been evident through their support of the SHED clients and their journeys– but their support of me too! During my time here I have learnt so much and met some very inspiring characters.

I have had some hugely valuable experiences during my placement; from taking part in groups, going on visits with other professionals, training days and more... as well as spending time working alongside a small group of clients on a regular basis, who were kind enough to agree to me being involved with their contact with SHED.

Within OT we believe strongly in engaging in therapy based upon activity which is meaningful to the person we are working with; and so it has been brilliant to work with a variety of clients who have allowed me to explore this with them. I'd like to thank all of the service users I have been working with for allowing me to be part of their journey; and I wish you all the very best in the future.

*“Thank you SHED team for a
fantastic final placement!”*



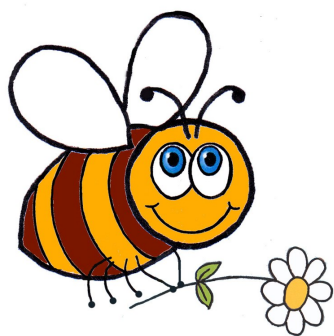
Mindfulness Exercises

Mindfulness forms the basis of many of the more newly-emerging therapies such as Dialectical Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT). Studies have shown that mindfulness exercises can also benefit people from all walks of life, whether or not they are clinically unwell. Over the next editions, *SHED News* will be featuring different examples for you to try in your own time. If you have any useful examples or tips you would like to share, please let someone in the team know!

Breathe like a bee!

Cover your ears with your thumbs and your eyes with your fingers.

Keep your lips closed and teeth slightly apart inside your mouth. Inhale deeply through your nose (1-2-3-4).

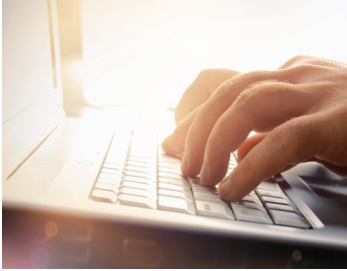


When you inhale, think about closing your throat just slightly so you can actually hear your breath.

Exhale slowly through your mouth (1-2-3-4) while making a low humming sound. Repeat!



Awareness Week assesses the role of the workplace



Eating Disorders Awareness Week (EDAW) is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and other eating problems. This year, the event will take place between the 22nd and 28th

February and will be concentrating on the impact eating disorders can have in the workplace through compiling a report which will include information from a survey of employers and sufferers. A key part of the campaign will be highlighting what individuals, colleagues and employers can do to support someone's recovery at work.

In 2015, eating disorder charity 'Beat' launched a 'Cost of Eating Disorders Report' which placed an annual cost of £15.8 billion to the UK's economy. The report emphasised the **importance of the whole community in overcoming eating disorders** and society's role in unblocking the delays to eating disorder treatment and recovery. This makes an event such as Eating Disorder Awareness Week an extremely important tool in tackling the broader social and cultural issues around eating disorders, including challenging misinformed attitudes, stigma and discrimination.

For more information on different ways to take part in this event and a whole host of resources relating to eating disorders, visit the Beat website at www.b-eat.co.uk.

break^{the}silence
beat eating disorders

Being a service user representative with SHED

James Downs, a service user with SHED since 2012, has been volunteering over the last two years to help develop the service in a number of ways. Having moved away from his home in Cardiff, he reflects on the time he spent working with the team and the impact it had on the service and his own journey of recovery.

Moving away from Cardiff has been a milestone for me, and something I could never have imagined doing when I met SHED for my first assessment several years ago. Having had mixed experiences in primary care and child and adolescent mental health services (CAMHS), the start of my relationship with SHED involved a lot of reluctance to cooperate. This was often the case throughout my treatment too, and I applaud the efforts of the staff who always showed me that they were on my side even when I was difficult to work with.

So when I look back now at all the work I have done with the very same people who supported my recovery, I feel as though I would never have predicted being able to make such positive working relationships in addition to positive therapeutic relationships. At one stage I never believed that I would be able to make any changes at all, never mind be well enough to put my improved health and energy to good use in contributing my ideas, knowledge and skills to improving SHED. I think on reflection though that the two have gone hand in hand for me. Being able to give something back hasn't just hugely benefitted the service (or so I believe from the great feedback from training I have given or the newsletter project we started over a year ago), it has really helped me to have a sense of purpose and as though I have something valuable to offer.



The support I have had from SHED in engaging in such worthwhile activities as attending conferences or helping with the website has been excellent. These days the NHS is putting more emphasis than ever on services working in co-production with their service users (- after all, we are the reason that services exist and are at least as important a part of the service as the staff!). My experience has been that all the staff at SHED have been committed to this objective and that I have been supported so well.

I really hope that other services (especially in mental health where the psychological needs of service users can be complex) can emulate the model of service user involvement that SHED has been so excellent at developing. This type of collaboration has so much to offer services if they are to reflect what their service users really want, and can be mutually beneficial for service users who are willing and able to be involved at their stage in recovery.

If you are a service user and feel like you would like to get involved in some way with the development of SHED, I would encourage you to talk about it with any of the team in order to think about the ways you might like to contribute and how it fits with your needs and goals at the time too. You can also **use the cut-out on form on the following page** to let the service know which ways you are interested in contributing. You too might be as surprised as I was about just how helpful it can be for all involved!



Helpful Resources Online

The internet can be a great source of information and support in recovery from mental health problems. Here are links to two websites which may be a helpful resource for individuals looking for support recovering from their eating disorder. If you wish to share any helpful online resources, please contribute them to a member of the SHED team!



This first link is for Anorexia and Bulimia Care (ABC), an eating disorders organisation which provides a helpline for people suffering with eating disorders. This helpline provides callers with a place to talk about their worries with a professional or someone with personal experience of eating disorders. The organisation also provides advice and training for friends and family of people with eating disorders. Some of the other resources ABC offers is a befriending scheme, nutritional advice, and advice about self-harm.

<http://www.anorexiabulimiacare.org.uk/>



The second link is an article in the Metro written by a woman who has suffered with bulimia. She offers practical advice for people wanting to recover from an eating disorder from her personal experience. The article also includes a video with tips on how to get into a structured eating pattern.

<http://metro.co.uk/2015/12/01/7-things-that-could-help-you-recover>

Want to get involved?

If you would like to get involved as a service user in the development of SHED, please tick the boxes that interest you below and cut out the form to hand to any member of staff, or post to the address on the back of this newsletter! Don't forget to put your name and details on the reverse of the form!



- helping the service to write new information materials and leaflets for clients and professionals
- contributing to the newsletter (anonymously if you prefer)
- attending meetings locally to share ideas about how services can be improved
- attending information/training sessions for professionals or families who are supporting people with eating disorders, and talking about your own experiences of an eating disorder and the support you've received
- writing about you experiences for staff to use during information/training sessions for professionals and families
- being on interviewing panels when the service is recruiting new staff
- Any other ways you can think of:

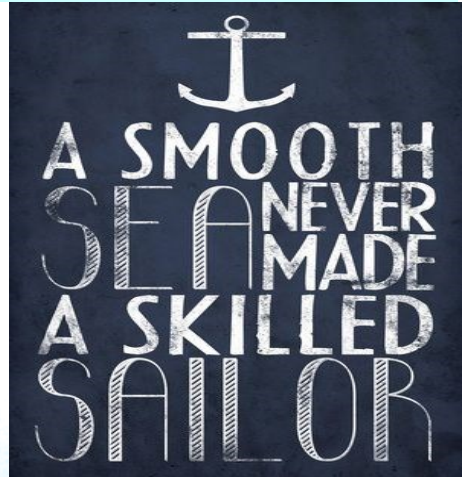
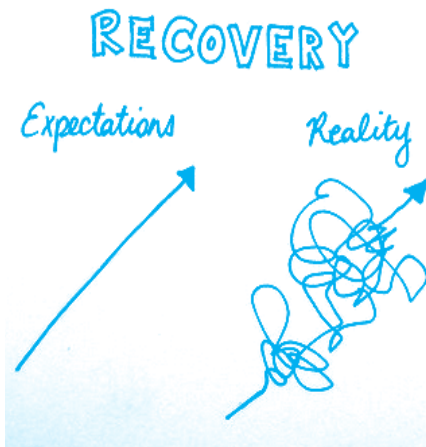
Reverse of page for service user involvement cut-out form



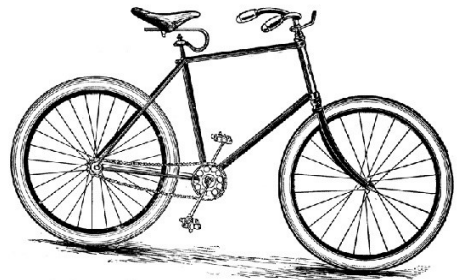
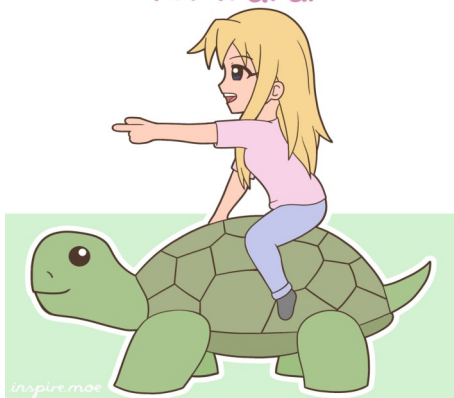
Name and contact details

Metaphor and Meaning

Sometimes images, symbols and stories can communicate powerful ideas that we find hard to articulate ourselves. They can be strengthening and motivational, and many people use them to support recovery. Here are some that you may find useful. Are there any that you find have especially helped you? Do you have any you've chosen for yourself, or even created your own?



*your speed
doesn't matter.
forward is
forward.*



Life is like

riding a bicycle

**TO KEEP YOUR
BALANCE**

You must keep

Moving

Upcoming events:

- **Eating Disorders Awareness Week (EDAW)**, as featured on page 13, will take place this year between the 22nd and 28th February. The theme for the week is “eating disorders in the workplace”.
- The **Eating Disorders International Conference (EDIC)** brings together experts in the field from across the world. This year it is being held from 17th—19th March, and the SHED team are looking forward to presenting some of their most interesting work!
- Eating disorders charity, **Men Get Eating Disorders Too (MGEDT)** are holding a workshop day in the All Nations Centre, Cardiff from 10am—4pm on May 13th. See <http://mengetedstoo.co.uk/> for more information.



Contact Us!

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