

SHED News

AUTUMN 2016



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

Leah Rees - Dietitian

Ruth Galloway - Specialist Clinician

Fran Field - Administrator



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

Farewell, Charlotte

Charlotte Higgins, SHED's Eating Disorder Support Worker, is leaving SHED after 3 years of dedicated work. She will be very much missed by both colleagues and service users. She writes...

At the end of August I will be leaving SHED to start on the NHS graduate management scheme. It will be a bitter sweet move for me as I will miss SHED a lot, but this new opportunity will allow me to develop my career further.

I started in SHED in the autumn of 2013. I have learnt so much over the past 3 years. I have worked with some amazing patients who have challenged and inspired me. It really has been a job of mixed emotions with feelings of worry, excitement and pride. Menna and the rest of the team have given me lots of opportunities to attend courses and conferences with a highlight being when myself, Clare and Carol presented at the International Eating Disorders Conference in 2015. I have enjoyed working one to one with patients and have gained good therapeutic relationships with those I have worked with long term. I loved being part of the contemplation group and observing the challenges and changes people experienced over the course of the group. I actually use some of what I learnt in my everyday life.

My new job will take me down a completely different path into NHS management. I have gained a placement position working in Abertawe Bro Morgannwg University Health Board which will involve a 2 year placement in a management role, as well as studying management and leadership in health care at Swansea University. I think I will miss direct patient contact but I hope that wherever I end up I will have a direct effect on patient care.

The team has changed during my time with SHED, but everyone I have worked with has made my experience enjoyable. SHED really is an amazing service and I feel privileged to have spent the past 3 years working with and meeting some inspiring people. I hope that my path will cross with SHED again at some point in the future.



New Staff

Leah Rees

Hello

My name is Leah Rees and I'm the new Dietitian with the SHED Team. I've been working as a Dietitian since 2005 and over the last 11 years have worked across various clinical settings and specialities. Some of these specialities include gastroenterology, stroke rehabilitation, nutrition support, addictions and adult mental health.

Over the years my career has taken me down various paths, but my passion for working with people with eating disorders has always been very evident. It is for this reason that I have returned to work in this specialist area and am very much looking forward to working with you all.

Outside of work I enjoy playing netball, listening to music and socialising with family and friends. More recently I've developed a keen interest in DIY and have been tackling some home improvement projects, which I've thoroughly enjoyed.

I would like to take this opportunity to say a big thank you to all the clients I have met so far who have made me feel very welcome in my new role. It has been a pleasure getting to know you all. I would also like to thank the SHED Team who have been very supportive with my integration into the team.



New Staff

Ruth Galloway

Hello!

My name is Ruth Galloway and I am the newest member of the SHED team and currently working here part time until February 2017 as a secondment.

My background is in mental health nursing, and have worked in a range of different areas from drug and alcohol services to inpatient mental health wards. I currently work as a community mental health nurse at the Hamadryad CMHT in South Cardiff and have done so for the last 4 years, and have now reduced my hours to part time in order to work with SHED. I love my job working within the community mental health team, promoting recovery and independence with all types of mental health problems. I have, however, always had a special interest in eating disorders and during my time at the Hamadryad I have worked as a link worker for eating disorders service, and am therefore excited to become a part of the team and broaden my knowledge even further! This is the first time SHED has employed a nurse so am hopeful I can transfer the skills I have learnt over the past 6 years into my new role.

My hobbies tend to be outside – so anything from hill walking, sitting around a campfire to swimming in the sea, and try and take my border collie with me everywhere too!

I am excited to meeting new people through this role and thank everyone that I have already met for giving me such a warm welcome



Courses

COMMUNITY COURSES & GROUPS CARDIFF

Chapter Arts Centre – continuously running courses

Community Garden We are always looking for more people to get involved in the various projects organised by Canton Community Gardens, and in particular the Chapter Community Garden.

We have regular gardening sessions in the Chapter Community Garden on Thursday 9:30am - 11:30am whilst we also have Monday evening 6:30-7:30pm sessions during summer months. <http://www.cantoncommunitygardens.co.uk/pages/get-involved-page.html>

Contact: info@cantoncommunitygardens.co.uk or Speak to Roger Phillips on 07704 259159
Creative Writing - Briony Goffin brionygoffin@gmail.com

Cardiff University Lifelong Learning Centre – Continuing and Professional Education

<http://www.cardiff.ac.uk/learn>

Creative Writing Workshop - Level 4, 10 Credits.

starting on 28 September 2016 (Wednesdays from 1:00 pm to 3:00 pm)

starting on 25 January 2017 (Wednesdays from 1:00 pm to 3:00 pm)

Venue: Continuing and Professional Education, Senghennydd Road, Cardiff, CF24 4AG

Tel: 029 2087 0000

Exploring Creative Writing -

starting on 26 September 2016 (Mondays from 7:00 pm to 9:00 pm)

starting on 24 April 2017 (Mondays from 10:00 am to 12:00 noon)

Venue: Continuing and Professional Education, Senghennydd Road, Cardiff, CF24 4AG

Tel: 029 2087 0000

A History of Cardiff: From Roman Fort to Capital City - starting on 24 January 2017 (Tuesdays from 7:00 pm to 9:00 pm)

Venue: John Percival Building, Colum Drive, Cardiff, CF10 3EU

Adult Learners Language Courses at Cardiff University:

Search courses and register through <http://www.cardiff.ac.uk/learn/choices/languages/>

Cardiff Metropolitan University: Widening Access

Introduction to Psychology:

Dates and times: Mid September (Exact day to be confirmed) - Mid November 2016 (Exact day to be confirmed); 9.30am - 12.30pm

Venue: Grangetown Hub (to be confirmed)

Courses Continued

Introduction to Youth and Community Work:

Dates and times: Monday 19 September 2016 – Monday 12 December 2016:
10.00am – 12.00pm
Venue: Rumney Hub (to be confirmed)

Transferable Business Skills:

Dates and times: Saturday 24 September 2016 – Saturday 22 October 2016;
10.00am – 3.00pm
Venue: Rumney Hub

Vale of Glamorgan Council Community Courses:

http://www.valeofglamorgan.gov.uk/en/working/education_and_skills/adult_and_community_learning/Vale-Courses/Course-Search.aspx?s=vcs&Category=Select+Category&Area=Select+Area&Day=Select+Day

Calligraphy for Beginners
Knitting for Absolute Beginners
Knitting for Beginners
Crochet Flower Brooch
So You Think You Can't Draw
Art for Beginners
Watercolours Basics
Drawing and Painting Mixed Media
Felt Making Beginners and Improvers
Stained Glass - Through the Looking Glass
Upcycle Jewellery Making
Patchwork and Quilting for Beginners



Register:

Via Telephone

To book your place on a course , please telephone Cowbridge Community College on 01446 773831.

By Post

Download an enrolment form. Complete and forward to:

Cowbridge Community College, High Street, Old Hall, Cowbridge CF71 7AH

Cheques made payable to 'Vale of Glamorgan Council'.

Please note: If you require confirmation of your course, please enclose a stamped self addressed envelope.

In Person

Cowbridge Community College, High Street, Old Hall, Cowbridge CF71 7AH

01446 773831 aecowbridge@valeofglamorgan.gov.uk

Or visit:

Palmerston Adult and Community Learning Centre

01446 733762 PalmerstonCentre@valeofglamorgan.gov.uk

All-Wales Eating Disorders Special Interest Group (AWEDSIG) Conference

In June, Leah Rees's first day as SHED's specialist dietitian was spent at the AWEDSIG conference.

"I was looking forward to hearing about the family interventions that are being offered around the country and to learning about Interpersonal Psychotherapy (IPT). We had the opportunity to listen to the work being done in CAMHS services using the 'Maudsley' model of multi-family therapy for young people with anorexia nervosa. We participated in a group exercise, reflecting on the guilt that an individual with AN, siblings and parents feel. I also found it helpful to reflect on strategies that parents use to support young people to eat.

In the afternoon we heard about the family and friends group that was run in Swansea. Our Cardiff colleague, Debbie Woodward, later explained the importance of attachment styles and discussed how using IPT can be useful to clients with eating disorders. In addition to hearing about interventions being used across Wales we had the opportunity to meet with local and national colleagues to share experiences and ideas. The day was well-evaluated by those who attended and plans are afoot to hold another conference in the coming months."

*It does
not matter
how slowly
you go
as long as
you do not
stop.*

- CONFUCIUS

NOTHING IS
IMPOSSIBLE

the word

ITSELF SAYS

I'M POSSIBLE

-AUDREY HEPBURN

My Best Friend.

*My best friend... she's always got her arms around me.
Breathing down my neck night and day.*

*She's been there for me, through thick and thin, when I'm lonely or hurt.
She never fails to take my smiles away.*

*She loves me so much, she's pushed everyone I cherish away.
She snarls at me, my best friend,
"Just do as I say, or I'll lock you away"*

*Me and my best friend are one of a kind, she keeps me all to herself.
She kidnaps and isolates me.*

*She incapacitates me.
I must count the calories, if I forget, she ruins me.*

*My best friend has taken my job.
"I'll help you succeed" She promises me.*

*My best friend tells me I am ugly.
That nobody cares for me.*

*I cry and cry.
She comforts me, puts her arms around me.
Tries to strangle me.*

"I love you" she explains to me.

*But my best friend hurt me.
She lied and threatened me.
"Do as I say or I'll take you away"*

My best friend filled my brain, with obsession and pain.

She stole the sparkle from my eyes... But she still loves me.

The shine in my hair, the colour in my skin, my sleep has also gone away.

My money, my independence, my relationships she's taken from me.

She stole the breath from my lungs, the steady beat of my heart.

The friend I love so much... she's taken everything from me.

Helen Lewis

Reflection on Recovery

Some of the best things in life happen slowly.

It takes time, lots of time, for a friendship to fully develop. Surely, one of life's most satisfying experiences is watching a child grow from infancy to adulthood. Building a house takes time. So does becoming established in a career, learning to play a good game of tennis, and nurturing a relationship.

Recovering from an eating disorder takes time. We need to be patient with ourselves if progress is not as rapid as we would like. Undoubtedly, our problems with food did not spring up overnight, and it is not likely that they will vanish instantly either.

With time and patience, we can learn to give food its proper place in our lives as nourishment for our bodies.

Perhaps I can be more patient with my recovery today than I was yesterday.

IMPROVE the moment

IMPROVE the moment is a Distress Tolerance skill, which can be used to tolerate and 'ride out' a crisis. The idea behind Distress Tolerance skills is that pain and distress are parts of life which cannot be completely avoided or removed, and that trying to deny this only leads to increased pain and suffering. By accepting that pain and distress are part of life you do not have to approve of the fact that they exist, but you can develop skills to help you tolerate difficult times when you experience them. The IMPROVE skill is one of many skills identified by Marsha Linehan using Dialectical Behaviour Therapy (DBT).

The IMPROVE the moment skill is an anagram of different actions you can take to help you to make the moment bearable (i.e. IMPROVE the moment). These skills can be used individually or used one after another. Like any skills they need practise so it is useful to practise each of them many times in order to become more skilled at them. Although you may find some skills more helpful than others it is helpful to practise them all.

Imagery

Meaning

Prayer

Relaxation

One Thing at a Time

Vacation

Encouragement



©-Can Stock Photo

IMPROVE the moment continued

Imagery

Imagery is creating a situation or a scene in your mind which is positive and different from the situation you are currently in. It may be warm, comfortable, safe or simply enjoyable. Practicing using imagery can be a way of mentally 'leaving' the unpleasant situation or thoughts. Ways you can do this are by imagining waves on a beach or thinking of a 'happy place' or time which is personal to you. It can be a real place you have visited or somewhere that you have made up.

Meaning

Finding meaning is like 'making lemonade out of lemons'. Meaning doesn't necessarily mean you should think of a 'purpose' for your suffering, although some people find this helpful. Instead, meaning can be trying to find some sort of meaningful aspect to the experience, for example: What can you learn from this experience so that you can deal with similar situations better in the future? This experience can help me to strengthen my resilience and improve my ability to use skills.

Prayer

Pray to a higher power, or a higher, wiser part of yourself which has a strong sense of what is right (may be like a 'gut' feeling) or to God. Prayer is for acceptance and for the strength to get through the situation, to accept the will of your wise mind', not a 'why me' prayer or 'distress' prayer or a prayer to make the situation or distress end.

Relaxation

By relaxing the body you can stop the 'fight or flight' response and relax your mind and racing thoughts as well. By relaxing the body and mind together, you can stop fighting with the feelings of distress and feel better in the moment. One way to relax when you notice you are tense is by clenching your fist or the muscles of the tense part of your body and then unclenching it. You can also use soothing breathing techniques or relaxing imagery.

One Thing at a Time

Practicing One Thing at a Time involves focusing on one thing you are doing now, in the present moment, and is also known as mindfulness. Being mindful is a good way of giving yourself time to calm down when you are upset. You can practice this skill by being aware of things in the present moment such as the sounds which are around you, a task you are completing, or an object you are holding. There is lots of information on different mindfulness activities available on the internet.

Vacation

The vacation skill is like taking a temporary 'holiday' from your worries. Often you might only have time for a mini-vacation, like spending some time watching kids cartoons, taking some time out from your responsibilities, or getting back into bed and pulling the covers over your head. It's important that your vacation doesn't mean you avoid any important responsibilities, or avoid your responsibilities for too long as that is likely to lead to more distress down the line.

Encouragement

Encouragement is like giving yourself a motivational talk, or being your own personal cheerleader. By encouraging yourself you might be able to keep up your motivation to keep going in a difficult situation. It's important not to be half-hearted in your encouragements, but also not to be unrealistic. A good

Online Resources For Understanding and Recovering From an Eating Disorder

APPS

Recovery Record (iPhone and Android app)

Recovery Record is a free app which allows you to record your meals and snacks, as well as your thoughts, feelings and urges through the day. The app has a large range of features and options and lets you set yourself fully customisable discreet reminders in the form of texts.



Rise up + Recover (iPhone and Android app)

Similar to Recovery Record, Rise up + Recover is a free app which lets you record your meals and feelings. It has a simpler layout and less features than Recovery Record, but does have activities tips and skills for different situations.



Positive Thinking – The Key to Happiness (iPhone app)

Cognitive Diary (Android app) Cognitive Diary is a free app which lets you record different situations you have found difficult as you go through the day. The app then lets you record any thoughts you had during the event and guides you through identifying any irrational beliefs behind them. This app uses a CBT approach to help you to think of more helpful thoughts for similar situations in the future.

The Mindfulness App (Android app) (£1.49)

Stop, Breathe, and Think (Android app) A meditation app with information on the types and benefits of meditation and mindfulness. It also has a selection of free guided meditations, as some more specific meditations which can be paid for. You can also monitor your progress by collecting stickers and checking how long in total you have meditated.

Headspace (iPhone and Android app)

Before I Eat (iPhone and Android app)

WEBSITES

<http://www.b-eat.co.uk/> Beat is a charity dedicated to supporting people with eating disorders and raising public awareness about eating disorders. Their website has a wide range of information and details of helplines and forums to access for further support.

<http://www.anorexiabulimiare.org.uk/> (**Website and Helpline**) Anorexia and Bulimia Care (ABC) is an 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.

<http://www.fixers.org.uk/fixing-eating-disorders.php>

<http://www.freemindfulness.org/download> (**Downloads**) This website has free audio downloads for guided mindfulness meditations. The clips vary from short under 5 minute meditations, to up to 45 minutes.

<http://www.getconnected.org.uk/> (**Helpline**) Get Connected provide a helpline for people under 25 for a large variety of issues including non-mental health such as housing and employment issues. People using the service can either call or text the helpline, or talk with an adviser via webchat or email.

<http://metro.co.uk/2105/12/01/7-things-that-could-help-you-recover-from-an-eating-disorder-5537626/> An article from 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 includes a video with tips on how to get into a structured eating pattern.

<http://mengetedstoo.co.uk/> Men Get Eating Disorders Too (MGEDT) provide information and advice specific to men suffering from eating disorders. The website has a forum for users to offer each other support, and the website features stories of men who have suffered with eating disorders.

http://www.creatinghopetogether.com/cook_along.asp Recipe videos designed by Cheshire & Wirral NHS specifically for people recovering from an eating disorder. The website also has a useful 'myth-busting' page on eating disorders.

Campaign Against Living Miserably (CALM)

Provides a helpline and web chat service for men experiencing difficulties with the aim of reducing male suicides.



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 your experiences for staff to use during information/training panels when the service is recruiting new staff

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



Scissors icon at top left and top right corners of a large dashed pink box containing the text: Name and contact details

Distraction Techniques

Make A Mini Christmas Tree to use on your tree or table



This little tree is made with a 15 x 15cm piece of origami paper but any paper will do.

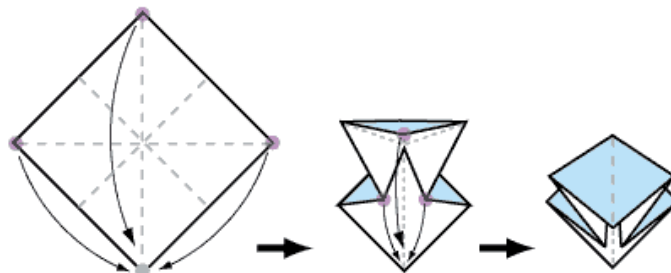
The lucky star is just pinned to the top of the tree with a long thin pin.

1. Start with a square piece of paper, coloured side up.

Fold in half in 2 directions.

2. Turn the paper over to the white side.

Fold the paper in half, crease well and open, and then fold again in the other direction



3. Using the creases you have made, Bring the top 3 corners of the model down to the bottom corner. Flatten model

4. Fold toward centre line and unfold.

5. Using the crease you have just made, open and flatten this flap.

6. Repeat step 4 and 5 on the other 3 sides, so your model looks like this.

7. Now make sure there are equal flaps underneath the model, and that the top flap is showing full colour.

8. Fold whole model along this crease and unfold

9. Fold each full colour flap backwards underneath itself.

10. Now you can adjust your pine tree so it is even all the way around, and it stands up by itself.

Farewell, Clare

When I first joined SHED in May 2011 it was a fledgling team with lots of ideas and enthusiasm but nobody knew how these would develop. Five and a half years later we have established groups and therapeutic programmes, seen many people make huge progress and become an established team. It has been wonderful to see the service develop over the years. As I sit at my desk for the last time I have reminisced about all the experiences I've had in my time here in SHED. It has been a stimulating and challenging job and I have absolutely loved it. It has been an incredible honour and a privilege to have worked with those who have needed SHED's support in the last five years. I have also been fortunate enough to work with very caring, talented, skilled and dedicated colleagues not only in SHED but in Tier 2 eating disorders services and across the CMHTs. My time in SHED has been richly rewarded by sharing individuals' journeys to recovery. Often these journeys were not straightforward or smooth which made the steps towards progress all the more special. Thank you all for allowing me not just to share your journey but for putting your faith in me and in the therapies that guided you on your paths. Your courage has been awe inspiring and it has been truly humbling to watch your individual personalities emerge from the fog of the eating disorder. Seeing people smile, being proud of their achievements and looking towards their futures has been amazing. I will really miss my work here at SHED. I will miss seeing you all blossom. I will miss continuing to strive to learn new skills and pick up new ideas to help you on your way. However I know you are in good hands in SHED. Thank you to all my colleagues and clients for your good wishes over the past number of weeks. I will always remember my time here in SHED and no doubt will think of you all fondly in the years ahead. I will be encouraging you all (staff and clients!) to keep up the hard work!

With heartfelt thanks and all good wishes for the future

Clare



Colouring Page



New SHED Information Service For Families

The SHED team are aware of the concern and uncertainty that families often experience when supporting someone who is experiencing an eating disorder. Many families contact the SHED team to discuss general questions about eating disorders and how to support people through this challenging time.



We are now running a **monthly evening telephone information line**, where family members have the opportunity to speak to a member of the SHED team about general queries on eating disorders, services and how to support people with an eating disorder.

Please feel free to ring the information line on 07817458053, on:
**the first Wednesday of every month,
between 6:30pm and 8:30pm.**

The upcoming dates are
Wednesdays Oct 5th, Nov 2nd, and Dec 7th.

This new initiative will be reviewed based on the feedback we receive from those who use it.



Community Activities

CREATIVE CRAFTS CARDIFF are a group that meet fortnightly in the centre of Cardiff. Take your own craft items to make, you will be very welcome and be given lots of help to learn new things.

www.creative-crafts-cardiff.co.uk.

The website contains information for Knitting, Crocheting, Jewellery, Cardmaking, Sewing, Other Crafts, Crafting for Charity. Plus free patterns for all of the above subjects. Well worth looking at.

COMMUNITY SINGING GROUPS

Here you will find info about the many Community Singing Groups, Community Choirs and Natural Voice Groups in the Cardiff area, as well as a calendar of one-off singing workshops, concerts and other events.

<http://cardiffsinging.info>



Contact Us!

The clinical base for the SHED team is:

Ward East 3A,
Whitchurch Hospital,
Park Road,
Whitchurch,
CARDIFF.
CF14 7XB



Tel: 029 2033 6447
Fax: 029 2033 6465

