



SPRING 2018 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.



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

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** - Dietitian
- Harriet Collie** - Trainee Clinical Psychologist
- Paulo Pestana** - Student Psychologist
- Stephanie Airey** - Administrator

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



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DIY

'YEAR OF POSITIVITY' JAR

The idea is to keep positive thoughts around for when you need them. This way you have a secret stash of happiness and positive thoughts around for you when you need it.

1) Take a jar (mason jar, coffee pot, it doesn't matter what you use but it should be something with a lid) .

2) Cut a pile of 3"×3" pieces of paper. Write positive things on the paper, one positive thing on each piece. Write as many as you can. They could be:

Favourite quotes

Favourite days in the year

Favourite recipes

Favourite words in a song

Things you have accomplished

Maybe you print out some favourite pictures of your dog

What you are happy about in your life

Write down anything that will help you achieve a year of positivity.

4) Fold each one and put them in the jar.

5) When you are having a bad day, pull one piece of paper out of the jar and read it out loud.

6) Tape the piece of paper to your bathroom mirror or hang it on your fridge. Keep it somewhere that you can see it and be reminded of it.

7) Whenever you see it read it, and reflect on the positive.

8) When you need something positive in your life, reach for the next note in your Year of Positivity Jar and repeat the process, taking down the old piece and replacing it with this new one. You can put the old thought back in the jar for later in the year or throw it away if it is no longer "speaking" to you.



Focusing on Positive: The Beads Exercise



Sometimes life can feel like there are only rubbish things happening for us, and we can lose sight of the positive things in life. Of course, everyone has bits of their life that they feel are not going so well or are not as good as they would like them to be. As much as we would love for things to be positive all the time, no one can achieve this and these rubbish parts are going to stick around to some extent. However, it is important to recognise the positive events in our lives even whilst there are negative things going on. If we lose sight of positive things in life, it can feel overwhelmingly negative and scary. To help us focus on the positive aspects of our life, you could use two different bottles of

beads. The bottles need to be clear plastic/glass so that you can see what's inside them. You could use empty jam jars or glass bottles. You can buy clear plastic bottles from lots of craft shops.



In one bottle, fill it about $\frac{1}{4}$ full with blue beads. These blue beads represent the things in our lives that we don't feel very positive about – they may change but they will always be there unfortunately, nobody's life is perfect!

In the second bottle, put in lots of different coloured beads. These represent all the positive events that go on in our lives. They may be something little like enjoying the sun on your face, or something bigger like seeing your friends or enjoying a nice bath.



Throughout your day or week, every time that you have a positive experience, take one of the colourful beads and place it in the box of blue beads – no matter how big or small the positive event. Eventually, you will find that the bottle of blue beads is becoming more and more colourful as time goes on.



Goodbye Cecily

At the end of December, I left SHED to move to my new role as an Assistant Psychologist at the Maudsley Hospital in London. I am both excited to make this move but also very sad to be leaving SHED and Cardiff.

I have learnt so much over the past year and I have enjoyed every minute of it. I have worked with some amazing clients, all of whom have made a huge, positive impact on my life and on my desire to continue a career in psychology. The team have been incredibly supportive and always encouraged me to develop my skills and explore new opportunities, such as presenting my Masters research

at the Cwm Taf University Health Board Research and Development Conference. They have always made me feel like a valued member of the team and I will miss them greatly!

My new role will allow me to return to working within a child and adolescent mental health team, where I will be working one-to-one with young people with eating disorders and running therapeutic groups. I hope to also be involved in clinical research that can benefit clients and clinicians in all services. I hope that I can continue to build up good therapeutic relationships with clients and use many of the vital skills that I have learnt during my time as support worker within SHED.

The team is constantly changing, with new roles being created and new faces joining, but everyone I have worked with has been incredibly welcoming and it has been a pleasure to work within this team. I hope that in the future I will be able to return to Cardiff and my path will cross with SHED again!





Hello Harriet

My name is Harriet and I'm a Trainee Clinical Psychologist on my first placement, so I'm spending 6 months working with SHED! I've been here for a few weeks already, it's gone so fast and I'm really enjoying it! Before being at SHED, I have worked in lots of different areas of mental health. Much of this work has been with adults, including running a DBT group for people with Eating Disorders.



More recently I've been working with teenagers who are in care and supporting them with their emotion regulation. I'm really looking forward to building up these skills and learning some new ones as well!



When I'm not in work I enjoy seeing my friends, baking/cooking, and watching TV. I've just started House of Cards and I

can't stop watching it, which is not helping me be productive! I've also got a dog who I love taking for walks; she's a Sproodle and has way too much energy!

I'm really looking forward to the rest of my placement within such the lovely team at SHED who have already been so welcoming and supportive. I'm also excited to be meeting and working with clients. Hope to see some of you around

soon!



12 Ways to Support a Friend

Now, everybody is different so do not assume these ideas apply to your friend – but you can use them as a starting point for discussion. If you are suffering from an eating disorder, I hope the ideas here will help you to articulate to your friends how they might help you. You may be surrounded by kind and caring people who are ready and willing to help, but unless you guide them, they may not know how. Many people are scared of making things worse, so not reaching out doesn't mean they don't care - be brave and guide them and life will almost certainly improve.

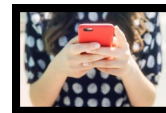
Hold their hand

You need to check this as some people shy away from physical touch, but for many people, during recovery, the sensation of being physically close to others is hugely reassuring. Having our hand held or being cuddled can make life feel instantly better. Eating disorders can make people appear very sick and frail and can tend to result in people shying away from big cuddles and other physical contact. This can feel really isolating. So reach out and hold your friend – but check your friend is okay with it first. If you are far away, telling your friend you are holding their hand in our thoughts can also be reassuring. When they face difficulties just remind them – I'm here for you. I'm far away but you're in my thoughts and your hand is in mine.



Send text and picture messages

Text messages, Snapchat, Whatsapp and other similar services can be just brilliant. They can be short and sweet and little photos or videos of what you are up to or things that have taken your interest can act as the most wonderful distraction for a friend trying to keep their mind away from difficult thoughts and feelings. People sometimes feel guilty for continuing with their life whilst their friend is suffering and their life is on hold. Do not feel guilty. For most people who are ill, reminders of the real world will motivate recovery, will remind them of the world, will give them a distraction and will give them a context for their conversations with you and with others if they see you face to face or talk to you on the phone.



Humour is good

Don't expect a reply though – make it clear that no reply is expected so there is no pressure. Little and often is good even if you're getting no replies, but do check that your friend is happy to be receiving the messages periodically and also be sensitive to times they may be asleep and messages might wake them.

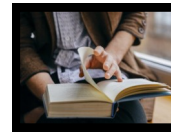
Send a card

Post is a wonderful distracter and concrete proof that someone is thinking of you. It takes little time to pick and send a card but cards will be enjoyed and treasured

by many who receive them. You might send a get well card or a card full of words of support and inspiration if you want to, but just as pleasurable to receive is a simple card that shows your friend was in your thoughts. Think of something that would have made you both smile in easier times and send a card related to that – humour can be a wonderful thing in dark times. It's nice to smile, it gives people strength.

Share a book

If you've enjoyed a book, pass your copy on to your friend. If they're up to reading, it will give them a chance to escape into another world for a few hours and it will give the two of you something to discuss. When people are ill, they often have precious little to talk to friends about as they are doing very little other than trying to keep their heads above water from one mealtime to the next (this really is the most draining full time occupation) so having a ready source of discussion is most welcome.



Suggest a meal

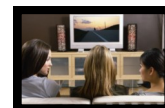
This seems so unlikely, but if a friend suggests a favourite meal that is the one thing that they could always manage to eat when times are hard, this can motivate them to try a new food. When people are recovering from an eating disorder, they are probably thinking about food a lot and some people will welcome discussions about food and may still seek pleasure in food. If your friend is able to tell you what foods they feel safe eating at the moment, you could use this as a guideline. This won't be a good way of supporting everyone so be guided by your friend.

Eat with them

Ask your friend if they'd like you to eat with them. For some people this would be their idea of unmitigated hell but some people begin to really enjoy food within certain boundaries during recovery. Eating out can be a challenge which people become ready to take on and something they can be more ready to fight for if it comes with the pleasure of a friend's company. Work with your friend to understand exactly what will feel comfortable and make sure you have lots of ideas of things to talk about to help distract them whilst they're eating and ensure you have time to be with them after the meal too. That can be a difficult time full of guilt and shame, a friend to distract them or walk with them or reassure them can help. Your friend may have unusual rules around food or may eat very slowly or seem quite emotional whilst eating. Be prepared for this, but if they say they would like you to eat with them, please try not to let these difficulties put you off supporting. It is a huge show of trust if your friend asks you to join them during a meal of any kind.

Watch a film together

Sometimes your friend may want company but not have anything to say or not have the emotional capacity to have a conversation. Suggest watching a film together, go to the cinema if they are up to it, or go to their house with your favourite DVD. If you are not



nearby, watch it 'together' by synchronizing your viewing and perhaps chatting via messenger during the film. This can be a lovely way of being with someone without the pressure of their physical company or where geography prevents you physically being there.

Lend them a box set

Distraction is a very important part of recovery for many people and for some that can be readily found through TV. If you have a box set you especially enjoyed, lend or recommend it to your friend. It is another way of finding common ground for conversation too.

Walk or drive together

Go for a walk or a drive with your friend. When we walk or drive with people it can help them to relax and open up a little more easily than



when we sit together. Walking and driving are also great distractions for difficult thoughts and feelings even if they are done in companionable silence.

Send YouTube video links

Sending your friend videos can be a great way to distract or inspire. For example Joshua Prager's TED Talk could help someone accept that we are a different person when we have suffered a trauma (such as a mental health issue) and helps us consider that this might be a good thing.

Make a 'mix tape'

Of course, mix tapes are a thing of the past, the modern day equivalent is something like a spotify play list. Listening to a spotify playlist that they have been given may remind someone that they are being thought of. You might choose to tell your friend why you've chosen each song. You could put together a play list which is specifically designed to change their mood, perhaps your friend is struggling to sleep so a classical play list might help, or they are anxious and calming music would be good or their mood is low so something cheerful and upbeat may work for them. Or perhaps there are songs that have specific memories relevant to your friendship. Everyone always loved mix tapes, they're such a special way of showing you care and a playlist can do the same.



Adapted from Dr Pooky Knightsmith Hesmondhalgh's article.

From the Beat website
www.beateatingdisorders.org.uk

What Counts is Doing The Best We Can With What We Have

Most of us would like to be more – more attractive, more talented, more successful, more popular, more competent. Many of us may have tried to compensate for what we felt we lacked and focusing much of our discontent on food and our bodies. Most of us would also probably like to have more – more time, more money, more approval, more love.

Recovery guides us into a deeper appreciation of the gifts and blessings we have right now.

When we tune in to the present, we are able to tap the resources we already possess. We don't need to wait until our bodies acquire an ideal shape to enjoy them. We don't have to move to a bigger house to make friends. And we don't need to win awards to make a useful contribution with what we have where we are.

Right now, we can love the people who are in our lives, without waiting until we become better or become more deserving. We may not win prizes or beauty contests, but we can have the satisfaction of using our gifts and talents responsibly, as recovery makes them available to us.

Today, I will use what I have with gratitude.

Taken from
"Inner Harvest Meditations"
 by the Hazelden Foundation,
 1990



30 days of gratitude

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

Text prompts courtesy of www.TextMyJournal.com

Workshop on New NICE Guidelines

In May 2017, NICE (the National Institute for Health and Care Excellence) published new guidance for the treatment of eating disorders. NICE provides national guidance and advice to improve health and social care in the UK, and this was the first time that they had produced guidance on treatment of eating disorders since 2004. The new updated guidance includes new recommended treatments based on research findings that have been collected across the world over the last 13 years.

In November, the SHED team and other colleagues who support people with eating disorders in Cwm Taf UHB and Cardiff and Vale UHBs met for an informal day to discuss the new guidelines and how we will adapt our services to take into account the new evidence that is available on what works for people with eating disorders. We were very pleased to see that the NICE guidelines now include recommendations on treatment on Binge Eating Disorder, which have not been included in the guidance in the past, and also there are important recommendations on how to support people who have both an eating disorder and diabetes. The SHED team will be continuing to work on improving our service in line with best practice across the world.



New Staff To Support Young People in Transition

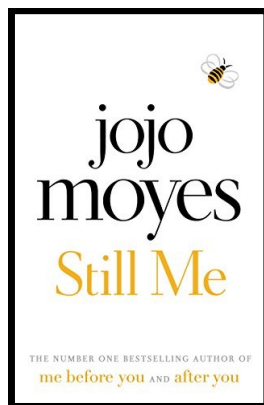
In past newsletters, we have informed you that the SHED team and similar services across Wales are to receive additional funding from the Welsh Government to have new staff who will be focusing especially on supporting young people with eating disorders who are moving from children's services to adults' services at the age of 18. We are very pleased to announce that two new full-time staff have been appointed into roles as specialist clinicians, and I'm sure that they will be introducing themselves in a future newsletter. The SHED team will also be recruiting a family therapist to support these young people and their families, and this job will be advertised soon. This is a very exciting development for all eating disorders services across Wales, which the SHED team is very pleased to be a part of.



Llywodraeth Cymru
Welsh Government



BOOK / FILM CLUB



Lou Clark is back in the ALL NEW Jojo Moyes novel *Still Me*, follow-up to the Number One international bestsellers *Me Before You* and *After You*.

Lou Clark knows too many things . . .

She knows how many miles lie between her new home in New York and her new boyfriend Sam in London.

She knows her employer is a good man and she knows his wife is keeping a secret from him.

What Lou doesn't know is she's about to meet someone who's going to turn her whole life upside down. Because Josh will remind her so much of a man she used to know that it'll hurt. Lou won't know what to do next, but she knows that whatever she chooses is going to change everything.

'Jojo's work never fails to bring a smile to my face with her honesty, humour and empathy about what it is to be human - a must-read!' Emilia Clarke, the star of *Me Before You* and *Game of Thrones*.

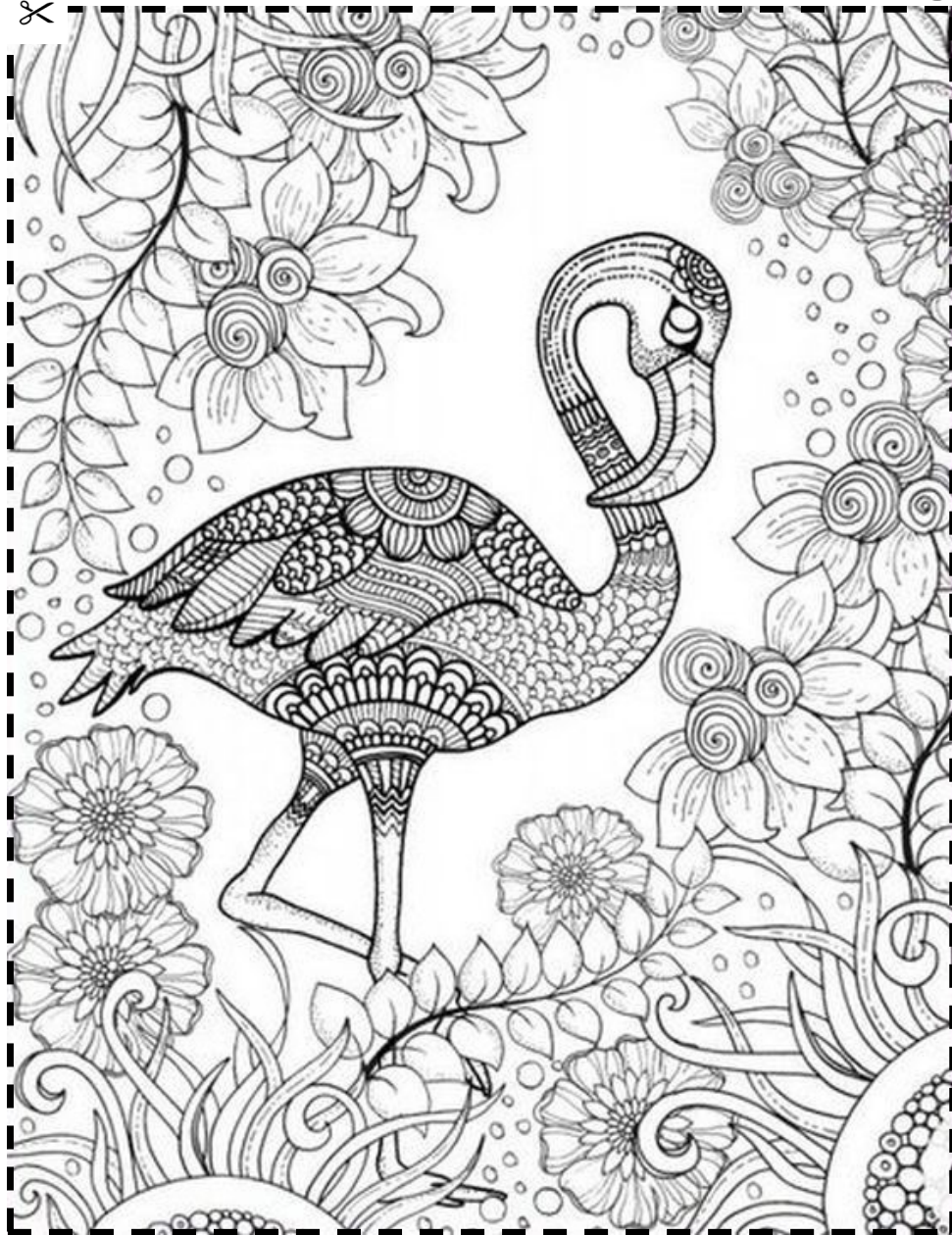
The incredible untold true story of Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) & Mary Jackson (Janelle Monae), brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. This stunning achievement galvanized the world and inspired generations to dream big.



*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



MUST SEE EVENTS

RHS CARDIFF FLOWER SHOW

When: 13th - 15th April 2018
Friday & Saturday 10am - 5:30pm
Sunday 10am - 4:30pm
How much: £11- £15



Book via: <https://www.rhs.org.uk/shows-events/rhs-flower-show-cardiff>

What: Annual St David's Day Concert
When: Saturday 3rd March 2018
How Much: £8-£10 £2.50 booking fee
Presented by Cwmbach Male Choir



This annual concert is the perfect way to celebrate St. David's Day, with rousing anthems and inspiring music from the world renowned Cwmbach Male Choir.

Book Via: <https://rct-theatres.co.uk/event/annual-st-davids-day-concert>

Not feeling any of these? Then go on
www.visitcardiff.com/events/
www.rctcbc.gov.uk/EN/Events/Events.aspx
Hopefully you will find something which
might tickle your fancy

Cardiff History and Hauntings

Professional Guided Walks
Discovering the History,
Legends and Ghosts of
Wales.

To book a guided walk,
please go to

www.cardiffhistory.co.uk

Tours costs from: £15-25.

Where: Different locations across South Wales



Where: St Fagan's Natural History Museum

When: Thursday, March 1st

Springtime in Wales means lambs – and lots of them.



#lambcam is back this St David's Day and it's going to be better than ever. You'll be able to follow all the action live from the lambing shed at this special time of year. Go online, head to **museum.wales/lambcam** and celebrate the start of spring with the cute baby lambs. And then, of course, head to the museum where you can see them for yourself.



Cardiff Open Air Theatre Festival

22nd June - 29th July, 2018 at **Sophia Gardens Cardiff**

Tickets: **0333 666 3366**

All seating numbered and undercover

Box Office Opens 1st March 2018

Cardiff Open Air Theatre Festival attracts over 15,000 visitors a year. Referred to in previous years as a “summer highlight” by the South Wales Echo, Everyman is proud to stage productions that cater to a wide demographic of all ages.

It is our ambition to stage innovative interpretations of our productions that both challenge and entertain our audiences. We stage a Shakespeare Production, Musical, Family show suitable for young children and a Light Entertainment/Comedy production.

Training Session With Homestart

Building on previous training events, a training session was delivered in November 2017 to Homestart RCT at the Interlink centre in Pontypridd. Homestart are a charity who recruit and train volunteers who visit families in their own homes with children under 11. Volunteers are offered training on different subjects that may affect family members.

The training session was delivered to 11 volunteers and 2 staff members from Homestart. Menna Jones (SHED's Clinical Lead) and Naomi Swift (Tier 2 Eating Disorders Lead Clinician for Cwm Taf) gave an overview of eating disorders, where to go for help, along with general communication tips on ways to support someone with an eating disorder. Mike McGuire (Dietitian in SHED and Cwm Taf Tier 2) provided an overview of what normal eating is, what changes can occur with an eating disorder, the complications of these changes and the role of the dietitian working with an individual with an eating disorder.

Positive feedback was provided, with attendees finding the session "informative, interesting, and helpful". Menna, Naomi, and Mike enjoyed delivering the training as volunteers were enthusiastic about the subject area and were able to relate the information to particular family members who they had been involved with in their working roles. SHED look forward to the opportunity to provide further education and training to improve awareness and understanding of eating disorders in the future.



Exam Stress vs Recovery

I can't count how many times I've been told this over the years. It's always the same speech every year about the importance of passing exams and getting through the next step, whether that's college, an apprenticeship, university or a job. Constantly being reminded of the slowly shrinking number of days left till the final exams and the consequences of 'failure' if you don't pass them, year in and year out. But not once has it been mentioned on how to look after yourself in this 'critical time' or how important not only your physical health is to you, but your mental health too. There is so much focus for educational institutes on passing and grades that the welfare of its students is deteriorating. Students are forgetting to care for themselves in the rush to achieve great things and avoid the 'failure' they're being told about. Students are sacrificing their health for a letter on a piece of paper year in and year out, unaware that doing so has detrimental effects on their welfare. Skipping a meal here and there because the thoughts of exams sickens them, the late nights filled with papers and revision followed by a workout because it's nearly summer and the pressure of a 'summer body' is on, slowly drifting away from the people closest to you and the obsession with spending as much time as possible on work and nothing else – for what? To end up losing hair because of the stress? For an unhealthy obsession with food? To feel tired all the time for the lack of sleep and energy you have? To get anxious every time someone comes near you just in case they notice the change in you? All that for a certificate? To end up in a hospital because you can't focus on your recovery because you've been told endlessly to put your grades before your health?

This post is a reminder to all students out there that passing or failing exams isn't the end of the world. It's not the most important thing. The most important thing is your health. It's the decision between life and death, passing those exams might help, but what about results day you being unable to pick them up due to being stuck in a unit, on bed rest because you're too sick to get up? Don't let exams be the centre of your world. Focus on yourself. When you're better you can always go and retake them and gain the qualifications you need. Don't risk your health for a few grades on a piece of paper. Take that day off when you need time to yourself to work on self-care. Ignore the comments about just getting on with the work and trying harder. You have to put yourself first in such a stressful time. Recovery is stressful and exams only add to the stress. Remember, recovery results in good exam results.

Put your mental health first.

Contributed by Lydia

From the Beat website

www.beateatingdisorders.org.uk



*Your illness does not
define you.
Your strength and
courage does.*



Contact Us



GIG
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Cardiff and Vale
University Health Board

Service for High-Risk Eating Disorders (SHED)
Cardiff and the Vale & Cwm Taf

Global Link
Dunleavy Drive
Cardiff



GIG
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NHS
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University Health Board

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Telephone **02921 832 200**

