

SHED News

SUMMER 2016



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

Leah Rees - Dietitian

Ruth Gallaway- Specialist Clinician

Charlotte Higgins - Support worker

Fran Field - Administrator



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

Farewell, Carol

SHED's Dietitian, Carol Ledwards, is leaving SHED after five years of dedicated work. She will be very much missed by both colleagues and service users. She writes...

Having worked as Dietitian in the SHED Team since January 2011, the time has come to say goodbye, as I move into a new job as Dietitian for the CAMHS network.

I have worked in a wide variety of dietetic roles throughout my career, but my job in the SHED Team has been the most fulfilling and rewarding one! It has been a great privilege to work with our clients, and I have enjoyed getting to know you all and working with you to try to overcome your eating disorders. I have such immense admiration for you all for your courage in facing the many challenges of recovering from an eating disorder, and wish you all the best for the future.

I would also like to say a big thank all of my work colleagues in the SHED Team, Nutrition and Dietetic Service and Mental Health Services. You have been so supportive and I will miss you all very much!

Carol Ledwards



BEAT INTERNATIONAL CONFERENCE

March saw the three-day Beat Eating Disorders International Conference (EDIC) being held in London, and once again it drew professionals working in eating disorders services from far and wide across the world. A large number of people and families who are affected by eating disorders also attended the conference on the final day. Menna Jones, Clinical Lead of the SHED team, attended to present a poster about how the team has developed its values and philosophy of practice over the last few years, which had a very positive response from those who strolled around to see the wide range of posters on display during the event. As always, the conference included an array of talks and presentations on treatments and therapies, with a particular emphasis this year on body image, collaborating with families to support sufferers, and treatment for binge eating disorder.

Reflections on Recovery

We seek progress, not perfection.

It would be nice if we could follow our food plan perfectly every day, accomplish everything on our schedule efficiently, and have flawless interpersonal relationships. It would be, but it's an unrealistic expectation.

Since we are human, we will make mistakes – in our work, our dealings with other people, and our choices about food. If we're prepared to forgive ourselves and start again, a minor slip need not become a major relapse.

If we hurt someone, we can promptly make amends to the best of our ability. If we let ourselves down by slipping back into old habits, we can gently correct our course without feeling that we have failed.

We are learning. Each time we choose to eat what our bodies require for good nutrition, each time we refrain from hurtful behaviour to ourselves or others, each time we nourish our minds and hearts with interesting and rewarding activities, we make progress.

Today, I will concentrate on taking one step forward, however small.

Taken from

["Inner Harvest Meditations" by the Hazelden Foundation 1990]

Positivity

Every day might not be a good day but there is good in every day”

Experiencing your emotions can be very overwhelming, especially when they are negative. A **positive** outlook is important for life satisfaction. When you allow yourself to have negative thoughts, it will default your response in most situations. The **good** news is that negativity can be altered to **positivity**. Behaving positively is a choice and one which may **improve** your life, health and relationships.

There are [positive ways to cope with negative emotions](#). Here are a few suggestions to get you started:

- **Call a friend** – Just for a chat or support or arrange a social event to look forward to.
- **Listen to music** – Music can be very therapeutic. Try chill-out music or something mellow for when you want to relax, something up-beat or your favourite artist to get you in a happy mood.
- **Read a good book** – A long novel or a short story in a magazine, reading can help focus your mind into a positive place.
- **Watch a film** – Ask people for suggestions to create a film bucket list and enjoy ticking them off.
- **Get out outdoors** – Take a short walk, sit in the sun. Being outdoors can offer relief from negative thoughts as we use our senses to take notice of the environment.

Do something nice for someone else – Helping others and offering your kindness is great for creating happiness in ourselves. Give it a go!

Activity – Write down 3 things which were positive about today..... then try doing this everyday and making it part of your daily routine.



KEEP
CALM
AND
RADIATE
POSITIVITY

Eating Disorders Training For Doctors



Doctors who plan to develop a career in psychiatry undergo training which is designed and accredited by the Royal College of

Psychiatry, known as the MRCPsych. This year, the MRCPsych course for South Wales included two sessions of training specifically in eating disorders, and welcomed service user participation in delivering those sessions. These two sessions were run jointly by Helen Lewis, service user, and Menna Jones, Clinical Lead, of the SHED team. The doctors attending the course showed a great interest in eating disorders and in the experiences that Helen described in particular, and welcomed all the materials and resources that they were provided with to ensure that they are fully informed about how to support someone with an eating disorder and how services are organised in their local areas.



GIVE YOUR VIEWS ON NETWORKS TO SUPPORT PEOPLE AFFECTED BY EATING DISORDERS

A group of service users, carers and professionals in Wales have developed an online questionnaire to hear the views of those affected by Eating Disorders on creating supportive networks. The results of the survey will influence the All Wales Eating Disorders Special Interest Group's work in this area.

Your comments on what type of events or contact would be helpful to you and your family would be very helpful in giving a full picture of what people would find useful across the country.

Below is a link to the survey:



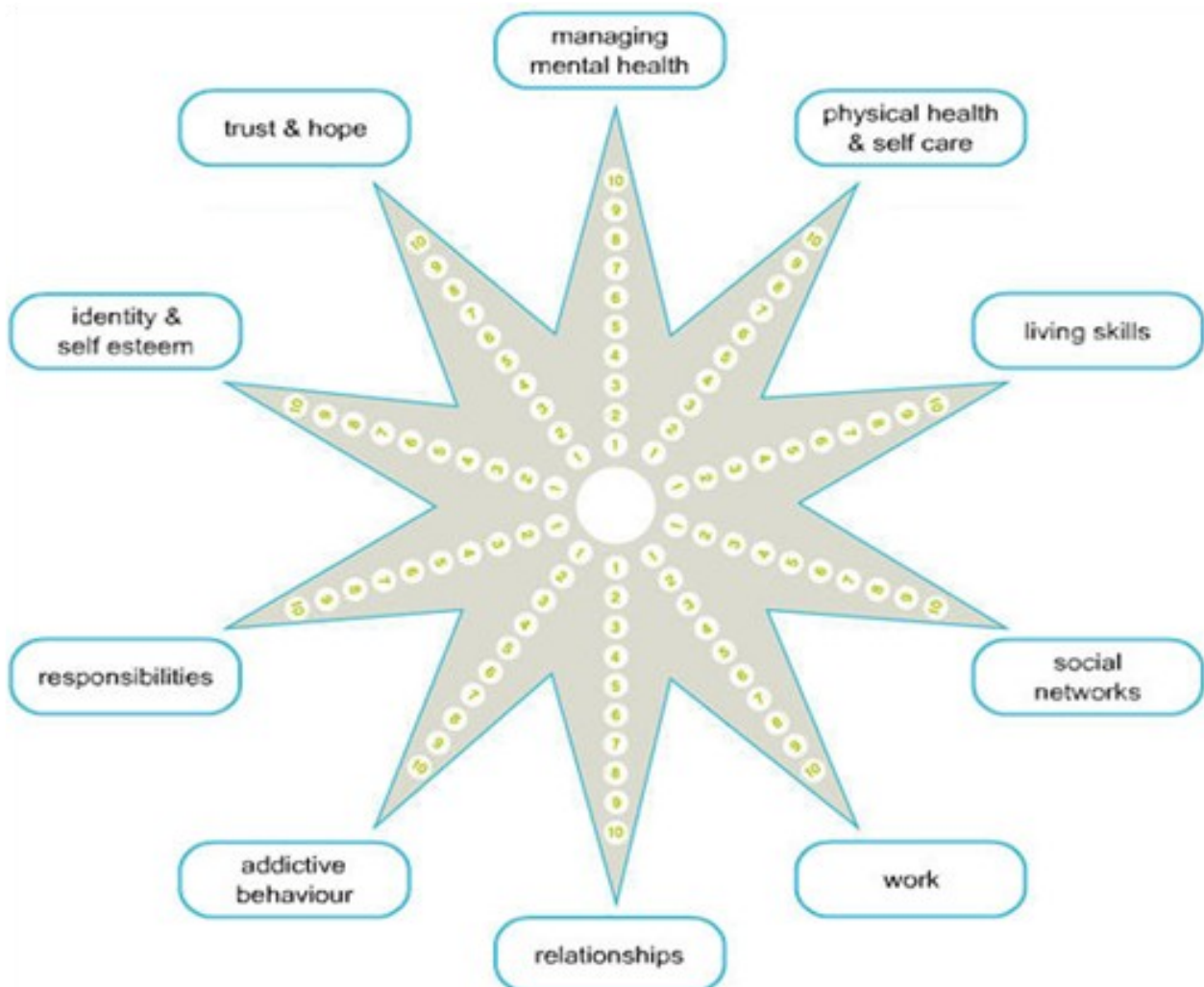
<https://www.surveymonkey.co.uk/r/BMZ9FFH>



Recovery Star



The recovery star can help boost self-esteem and quality of life in people with a range of difficulties, including eating disorders. If you would like some more information or would be interested in using the Recovery Star speak to someone in SHED or contact the office stating that you have an interest.





Recovery Star



Recovery Star

The recovery star is a tool designed to help people manage their mental health and help them work towards recovery. It measures change by plotting progress through five stages; stuck, accepting help, believing, learning and self reliance. It will support people to work through these stages by planning actions, challenges and goal setting.

The star focuses on 10 areas that are important to recovery:

- Managing mental health
- Self-care
- Living skills
- Social networks
- Work
- Relationships
- Addictive behaviour
- Responsibilities
- Identity and self-esteem
- Trust and hope

AND I SAID TO MY BODY. SOFTLY.
'I WANT TO BE YOUR FRIEND.'
IT TOOK A LONG BREATH. AND REPLIED,
'I HAVE BEEN WAITING MY WHOLE
LIFE FOR THIS.'

-NAYYIRAH WAHEED



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.



Distraction Techniques

“The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing structured patterns.”

Zentangles are miniature pieces of unplanned, abstract, black and white art. The process of creating a Zentangle is a form of “artistic meditation” as one becomes completely engrossed in making each pattern, deliberately focusing on “one stroke at a time”®. The creativity options and pattern combinations are boundless. *And anyone can do it!*

The Zentangle Method “increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being.

Format - A 3.5” Square Tile

The surface for a Zentangle is a **3 1/2-inch square “tile”** (9 cm x 9 cm) of high quality paper. A tile is small enough to finish in a short period of time and portable so you easily take your supplies with you to tangle anywhere, any time.

Rulers, straight edges, or other mechanical aids are not used in Zentangle. It’s just you and your pen.

The first important step in the ceremony of Zentangle is to relax and breathe deeply, bringing one’s attention to the process.

On the Zentangle tile, one lightly *pencils* a border and a **string**, a freeform shape into which one then draws intricate patterns

A Zentangle is not intended to be a representation of some thing. Both the tangles used, and the resulting completed tile are intended to be unplanned, abstract, non-objective creations that grow organically as you make each deliberate stroke.



“A Zentangle has no up or down and is not a picture of something, so you have no worries about whether you can draw a hand, or a duck.”



Just type Zentangle for Beginners into your search engine and you will be amazed how much information is available.

Send in your finished results we would love to put them on the next newsletter!

Colouring Page



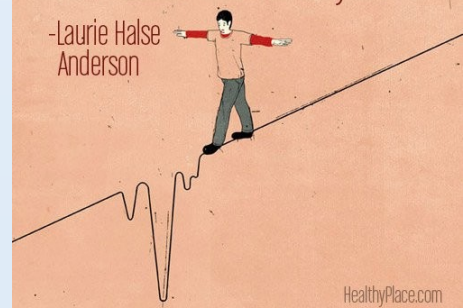
New SHED Information Service For Families

The SHED team are aware of the concern and uncertainty that families often experience when supporting someone who is experiencing an eating disorder. As a team, we are very keen to offer support to families to improve knowledge of eating disorders and to provide practical guidance. Many families contact the SHED team to discuss general questions about eating disorders and how to support their family member through this challenging time, and we are now starting a new opportunity for families to access this support. From June, we will be running a monthly evening telephone information line, where family members will have the opportunity to speak to a member of the SHED team. In order to use this service, family members will need to ring the SHED office (on 02920 336447) to find out when the next session is being held and to book themselves into one of the available timeslots. They will be allocated to a 20-minute timeslot within the session, and be given the number they need to ring on the evening. We will not be able to discuss specific issues about your family member's difficulties and their treatment during this session. The purpose of the session is to answer any general queries you have about eating disorders, local services, and how you can support your family member. This new initiative will be reviewed based on the feedback we receive from those who use it.

Please speak with a member of the SHED team to find out more, or ring the office on 02920 336447.

There is no magic cure,
no making it all go away
forever. There are only small
steps upward; an easier day,
an unexpected laugh, a mirror
that doesn't matter anymore.

-Laurie Halse
Anderson



Upcoming events:

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!

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