

SHED

SUMMER 2017



**Welcome to the latest newsletter from
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

Leah Rees - Specialist Clinician

Ruth Galloway - Specialist Clinician

Cecily Donnelly - Support Worker

Mike McGuire - Dietitian

Abigail Williams - Occupational Therapist

Stephanie Airey - Administrator

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



Welcoming Mike McGuire

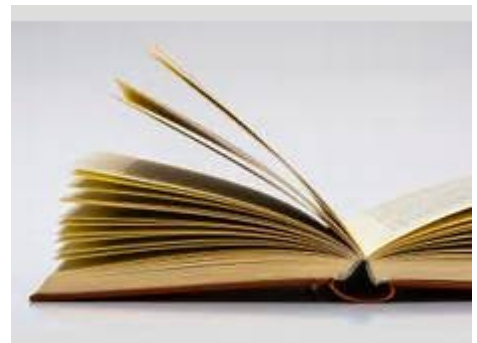
Hi,

My name is Mike McGuire and I'm the new Dietitian working with the SHED Team across Cardiff and Vale and Cwm Taf. I've been working as a Dietitian since 2008 and over the past 9 years have worked across a broad range of clinical settings and specialities. A significant amount of time has been spent working with people living with diabetes. I worked as a specialist dietitian in the NHS for 5 years and most recently as the Type 1 Lead for Diabetes UK Cymru. It is through working with people with diabetes that I gained experience and developed a keen interest in working with people with eating disorders and I am very much looking forward to working with you all in this role.

Outside of work I keep busy along with my wife and two young children! We currently have a number of home improvement projects on the go! To relax I enjoy reading, running, listening to music, and spending time with family and friends.

Book Review

“Slow Suicide: Living with Diabetes and an Eating Disorder” by Amy Marcle



A recommended read for anyone living with diabetes and an eating disorder or anyone who would like to gain an insight into the thoughts and challenges that a person living with these conditions may face. Amy provides an honest account of her life having been diagnosed with type 1 diabetes in her early teens and how she subsequently developed an eating disorder in adulthood following the birth of her child and subsequently going onto withhold her insulin (Diabulimia) initially as a means to lose further weight, with near fatal consequences. Knowing that there is a lack of published accounts in the area Amy has written the book to try to help others. Amy describes the key moments in her life that may have influenced her behaviour and importantly how she found her road to recovery.

Mike McGuire Specialist Eating Disorders Dietitian



Abbie Williams is Back!

My return to SHED Abbie, Occupational Therapist

Hi, I'm back and raring to go! I have been away for just over a year having after having baby number two and have spent my days covered in dribble with two beautiful and cheeky boys swinging from each arm. Although I LOVE my role as a mum I have been very much looking forward to my return.



I enjoy crafts, cooking, films, skating and being outdoors. I love contact sports and play roller derby for a local skate team in Cardiff.

I also work as a photographer and I love using my creative skills with service users to promote meaningful activity, build confidence and explore new skills. As an OT I aim to explore how eating disorders affect everyday function, and use goal directed activities to maximise functioning in all areas of life such as self-care, productivity and leisure. I am hoping to set up some groups in the future so any suggestions would be welcome.

I am excited about being back with SHED and everyone has welcomed me back with open arms. I look forward to getting back in the swing of things and getting to know everyone.

Laura Fussell's Year With SHED

My Placement Year

At the end of May I will be finishing my placement year with the SHED service to complete my undergraduate psychology degree in Cardiff University. Throughout my placement I have helped the team with research, projects and the day to day running of the service.

I have fully enjoyed my time on placement with the SHED service and I am very grateful for all the opportunities the SHED team has offered me. I have learnt lots throughout my placement year and believe that it will have a positive influence on my future careers.

I have been truly touched and amazed by the courage and bravery I have seen from the clients in the service and would very much like to continue to work and volunteer with people with eating difficulties. Throughout my placement year I was inspired to volunteer with Cardiff University Student Minds eating difficulties peer support group and have now been nominated to be the president of Cardiff Student Minds throughout my final year.

I would like to thank all staff and clients that I have met whilst on placement for allowing me to sit in on sessions, meetings and so forth. I feel very honoured to have had this opportunity to get to know all of the staff and clients in the SHED team.

My placement with the SHED service has been truly inspiring and has furthered my motivation to become a clinical psychologist.

Finally I would like to wish all the team and service users the best of luck for the future.



Change of Role

Leah Rees

Hello I'm Leah, some of you may have met me whilst I was working as the Dietitian for the SHED Team. In March this year I was given the exciting opportunity to work within a different job role for the team and my new title is that of a 'Specialist Clinician'. Working with a 'different hat on', I'm thoroughly enjoying getting to grips with my new role which involves conducting initial assessments, providing one to one therapy sessions such as CBT-E, DBT, Contemplation work as well as group based work such as the Contemplation group and DBT skills group. I also co-facilitate family/carer information sessions with other members of the SHED team.

For those of you that I haven't met my background is within Dietetics and I have been a Dietitian for 12 years. During this time I have worked across various clinical settings and specialities, some of which include gastroenterology, stroke rehabilitation, nutrition support, addictions, adult mental health and most recently the Service for High-risk Eating Disorders. My hobbies are playing netball, going to the cinema and socialising with family and friends.

As well as introducing myself to those I haven't had the pleasure to meet yet, I would like to take this opportunity to thank all the clients that I have come into contact with during my nine months as the SHED Dietitian. It has been a real privilege getting to know you and your courage has been truly inspiring. Also I would like to express my thanks to all staff and colleagues that I have worked with who have been extremely helpful and supportive from the moment I arrived in the SHED Team.

This may sound like a goodbye but it's really an opportunity to say a massive thank you and to let you know that we may cross paths again soon but within the context of my new role



MINDFULNESS



MINDFULNESS – Waking up to the Autopilot!

Routine activities we normally miss.....

Choose one of the following (or another of your choosing), and each day for the next week, see if you can remember to pay attention while you are doing it. You do not have to slow it down or even enjoy it. Simply do what you normally do, but see if you can be fully alive to it as you do it. See what you notice. The idea is not to make you feel different, but simply to allow a few more moments in the day when you are fully 'awake' to the present moment.

- Brushing your teeth
- Drinking a cup of tea, coffee, juice
- Washing the dishes
- Taking out the rubbish
- Loading the washing machine

Write your own choices here:-

Example:-

Brushing your teeth – Where is your mind when you are brushing your teeth? Pay careful attention to all the sensations, the toothbrush in relation to the teeth, the flavour of the toothpaste, moisture building up in the mouth, all the movements required to brush, spit etc.

This exercise is taken from the book *Mindfulness, a practical guide to finding peace in a frantic world.*, by Williams and Penman

Your notes or observations: -

Poetry Page

MY WHISPER

From deep within
I hear My whisper
Speaking tales of joys and loves
And freedoms.
It speaks quiet kind words
That are strong and steady
Always reminding me
That I have another story to tell
About giving, loving, and being fully alive.
And I know that it is within those
Narrow cracks of light
That I shine through
That when I lift my face to the sun
And stretch high
That I can whisper along too.



International Eating Disorders Conference, London

On the 22nd March 2017 I attended the 13th International Conference for Eating Disorders, which was held in London at the Institute of Education. This was a three day practical conference and exhibition showcasing excellent pieces of work and research in the area of Eating Disorders. The event was very valuable, stimulating and enjoyable and was a great opportunity to meet other colleagues locally and internationally working within this specialist area. It was exciting to learn about new and ongoing projects which were inspiring individuals and teams to pursue research objectives or service developments within the area that they work. The speakers were very enthusiastic and inspiring and the range of topics on offer throughout the conference was extremely impressive. It was a shame that there was not enough time to attend every session as they all had something very interesting to offer. There were so many presentations that I thoroughly enjoyed but to name a few that really sparked my interest:-

‘Warnings about the impact of eating disorders on fertility: patient perspectives’

‘Peer support with eating disorders: finding the hidden gold’

‘To contemplate or not to contemplate: that is the question’.

I found the above sessions really informative and of great value to the kind of work I will be involved in whilst working in my new job role as a ‘Specialist Clinician’. From the choice of venue which had a great location with excellent facilities and friendly staff, to the quality of the conference, the resources and the amount of organisation that went into this event, I couldn’t praise it high enough. I hope to return again in the near future.

Leah Rees, SHED Specialist Clinician



Online Resources For Understanding and Recovering From an Eating Disorder

USEFUL 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.



MyCare helps carers and family members take good care of themselves

Diet or Disorder? A free App designed for those who are concerned they may have an eating disorder and for people who care.

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)

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:

Reflection on Recovery

Reflection on Recovery (from “Inner Harvest Meditations” by the Hazelden Foundation, 1990)

Change is a certainty.

There’s no way any of us is going to travel from the cradle to the grave without experiencing change, lots of it. We can wear ourselves out trying to preserve the status quo, but we won’t succeed. We are fated to be caught up in change – in ourselves, in others, and in our lives.

Even though we know that change is inevitable, and that without it there can be no growth, we still resist it. Perhaps this is because we fear the unknown and feel threatened by what is new. Fear of change can prevent us from taking advantage of promising opportunities. Resistance to what is new can keep us focussed on past situations and on responses that won’t work with our current reality.

By accepting changes in our lives – divorce, a new boss, the death of someone close, a promotion, children leaving home – we are able to function in the present and make the most of it.

I can cope with change today without turning to food or away from it.

USEFUL 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.anorexiabulimiacare.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.





Your Name and Email Address / Phone Number:

Large empty rectangular area with a dashed blue border for writing the name and contact information.

SHED Moves to New Premises

In early March, the SHED team packed up all of our belongings and moved to our new premises near Cardiff Bay, as the old Whitchurch Hospital in Cardiff has now fully closed. We had been based on one of the old wards at Whitchurch Hospital since the SHED service was set up in 2010. There had been many challenges in working at Whitchurch Hospital towards the end of its days, as those of you who visited us there will know only too well! However, we worked hard to try and create a homely and relaxed environment to welcome our clients and visitors within the SHED team's area of the hospital. The move to Global Link has brought many changes for us, including now being based with different services and getting to know new colleagues. We are settling in well, and have now unpacked and found a new home for all our bits and pieces. The building is modern and we are still enjoying working on cosy-fying it for ourselves and our visitors.

Our new contact details are:

Service for High-risk Eating Disorders,

Dunleavy Drive,

Cardiff.

CF11 0SN

Tel: 02921 832200.

If you are planning to visit us here, then look for Burford Gardens turning off from Dunleavy Drive, and the Burford Gardens road will lead you straight into our carpark at Global Link.



Get Involved

MY STORY

Would you like to tell people about yourself in a future issue of this newsletter?
Write below what you would like us to know about you, then tear the page out and post it to Menna Jones at SHED (Global Link, Dunleavy Drive, Cardiff CF110SN), or just email your story to Menna at menna.jones3@wales.nhs.uk

WHAT I WOULD LIKE EVERYONE TO KNOW ABOUT ME IS....



HOW TO CONTACT US

The base for the SHED team is:

Service for High-risk Eating Disorders,

Dunleavy Drive,

Cardiff.

CF11 0SN

Website:

<http://www.cardiffandvaleuhb.wales.nhs.uk/adult-eating-disorders-service>

Tel: 029 2183 2200