

SHED

WINTER 2016-7



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

Leah Rees - Dietitian

Ruth Galloway- Specialist Clinician

Cecily Donnelly—Support Worker

Fran Field - Administrator

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



Farewell, Frances

SHED's Team Administrator Frances Field, is retiring .

Fran writes:

In March I will be retiring from the NHS and saying goodbye to SHED, after nearly 3 years.

My working life has been varied, I started at 15 as a tea girl but have taught unemployed adults computer skills, run my own made-to-measure machine knitted garments shop, and finally entered the NHS. I have to say that I have thoroughly enjoyed my role within SHED. The staff truly work as a caring team, not only for clients but for each other as well. I have mixed feelings concerning retirement, I will miss the job and the people enormously. My last job of all has had the nicest atmosphere I have ever known.

I have been putting together the newsletter recently, and I am planning to continue doing so as a volunteer. I am really pleased about this as it means that I will still feel involved.

I hope to expand my Handmade Card business after I retire, and improve my programming skills on the computer. Who knows, I might even become a very mature student!

I would like to thank everyone who I have dealt with - you have all been really friendly. Thank you all. I wish Staff , Clients and the Service all the best .

Fran



New Staff: Cecily Donnelly

Hello!

My name is Cecily Donnelly and I am the new Eating Disorder Support Worker. I have previously worked across a range of areas of mental health including working with adults and children with learning disabilities, working in an Improving Access to Psychological Therapies service and working with children and adolescents on an inpatient ward. It was during my time working on an inpatient ward that I developed an interest in eating disorders, after supporting patients during meal times and therapy groups. I am really excited to learn more and develop my skills to support individuals with eating disorders. As well as working for SHED, I will also be working towards finishing my Masters in Clinical Psychology which I hope will provide me with skills that I can transfer and use when working with clients that SHED works with.

Outside of work, I am a cheerleader with Cardiff University, competing at a national level. I love cooking, particularly experimenting with new ingredients and different cuisines. I have two black Labradors who keep me very busy – they are very naughty and like working together to get as many treats as possible!!

I am excited about working with the SHED team who have made me feel very welcome already. I am looking forward to working with all the clients and getting to know everyone!



New Staff: Rob Searle

INTRODUCING MYSELF!

Hello SHED newsletter readers!

My name is Robert Searle. I am a Trainee Clinical Psychologist on my final (elective) 3rd year placement, which will partly be spent with the SHED team. I will be based with the service for the next 9 months!

Prior to clinical training, I worked in a variety of different placements. This includes working as:

- A honorary Assistant Psychologist whilst completing my MSc in Abnormal and Clinical Psychology (Swansea University).
- A Psychology Assistant for Craegmoor Healthcare.
- A Senior Assistant Psychologist for the North Somerset Community Learning Difficulties Team.
- An Assistant Psychologist located in the Bristol University Student Health Centre, working with students who have eating disorders.

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I have been on placement in SHED for the past 7 weeks, and currently learning a lot! I would like to extend my thanks to the SHED team who have been very supportive of me since my time working here! It is my hope that with their support, I will gain an advanced knowledge of the difficulties experienced by those people who suffer with eating disorders, and help those individuals lead rich and fulfilling lives. I look forward to the many challenges that await me!



Courses

COMMUNITY COURSES & GROUPS

Cardiff University Lifelong Learning Centre –

Continuing and Professional Education:

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

Adult Learners Language Courses at Cardiff University:

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

Vale of Glamorgan Council Community Courses:

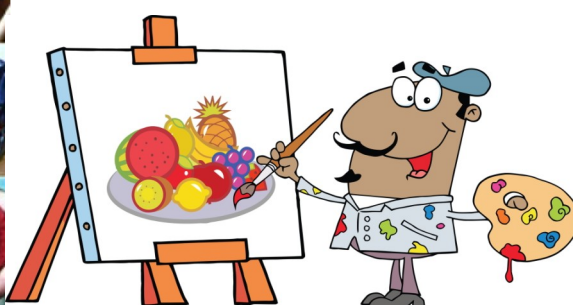
All starting in January including 1-day courses available

between January and March

[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](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)

Gartholwg Lifelong Learning Centre courses starting in January (Church Village, near Pontypridd)

www.gartholwg.org



Eating Disorders International Conference 2017

In March 2017, staff from the SHED team will again be attending the annual Eating Disorders International Conference in London to hear about developments in eating disorders services across the world. This will enable us to bring back to our team many new ideas about how to support our clients and to improve the service.



Key topics that will be discussed this year include economics and eating disorders, attachment issues, family issues, neuroscience, and psychological therapies. We are especially thrilled that a past member of the SHED team, Clare O'Reilly, along with a colleague in Cardiff, Debbie Woodward, will be leading a workshop at the conference based on the work that has been undertaken locally on running the Contemplation Groups for people with eating disorders.

It will be a great opportunity to see the work of this team being presented to an international audience and impacting on services being provided across the world.

NOTHING IS
IMPOSSIBLE
the word
ITSELF SAYS
I'M POSSIBLE

-AUDREY HEPBURN

IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL
IT'S DONE.
-NELSON MANDELA

The ACT Course

ACT: Acceptance and Commitment Therapy

by Leah Rees & Lea Opatz

Leah (dietician) and Lea (volunteer) attended the ACT course at Cardiff University. This is a 10-week course, one evening of teaching per week (2 hours), that introduces ACT as a concept, the theory behind the ACT model, and how to use it in therapy.

ACT is based on the idea that mindfulness and acceptance lead to the commitment to change your actions, in order to live a fulfilling and meaningful life. To start with, the course invited us to become more aware of ourselves, our environment and feelings. This is the first step towards observing your own emotions and being mindful of them. ACT encourages people to accept their emotions and thoughts as a natural part of life, and to give them less power by not trying to fight them. Be kind to yourself!

The next step was to identify what we really value in our life. Once you know what you want, you can start to set yourself goals to get there. It is important to set yourself positive and achievable goals that help you to progress along the journey towards your goal value - and this journey never stops, it is a part of life to work towards your value continuously.

The commitment then is to actually carry out the action needed to achieve the goals you set yourself. If you are interested in attending any ACT courses yourself, contact Cardiff University Lifelong Learning Department

ACT I - Acceptance and Commitment Therapy (next start date: 26.04.2017)

or have a look at this link:

<http://www.cardiff.ac.uk/learn/choices/social-studies/acceptance-and-commitment-therapy-act/>

Fee £160.00 (Concessionary Fee £128.00)

Code: SOC16A4700D

Frequency: Wednesdays from 7:00 pm to 9:00 pm

Duration: 10 weekly meetings

Tutor(s): Mrs Ingrid Wallace

Venue: John Percival Building,

Colum Drive, Cardiff, CF10 3EU

All of these classes are open to anyone, and costs range between £100 and £200.

Love yourself
unconditionally,
just as you love those
closest to you despite
their faults.

-Les Brown



Article from Service User

Hi. My name is Hazel Orchard and have recently become involved as a Service User participant in exploring a role in the development of SHED Services.

I was referred to the Eating Disorder Team by an NHS Dietician. At this time I was 54 years of age, and the only SHED I was familiar with were the ones you purchase for the garden. Most of my adult life saw me struggling with obesity. Having failed miserably with every diet known to mankind, I sought to have a Gastric Bypass some 3 years ago. This procedure was carried out privately at a cost of £9,500, a small price to pay to finally live the dream of being a normalise weight and enjoy life. It was NOT part of my dream or plan to then find myself being assessed by an eating disorder professional for Anorexia.

This journey has thrown me into very unfamiliar territory, one of isolation, strained lost and broken relationships, fear, loneliness, anxiety, deceit, confusion and so much more. Suddenly I was part of another service, one that I was so ignorant of until I became a Service User.

In March 2016, I attended a 12 week programme with the title "Contemplation Group". At the age of 56, I had my first experience of being with other people who were also on their personal journeys of living with an eating disorder. This experience was not easy I can assure you. It challenged my thinking in ways that no other experience in life has. By the end of the programme I wanted to do it again. There is no space to express what I learnt. However, the impact that it did have on me was the value, appreciation and opportunity to be with others who were also Service Users. Their comradeship, discussions and experiences will remain with me. Sharing that journey has positively impacted my life, and from it, my desire is to explore and contribute to the ongoing development of a Service that is so needed in our City.

The various staff members who have supported me this far are a credit to the Service. The working approach and support has been consistent, clear, inclusive of my needs and has been provided in a relaxing, non intimidating way. My experience is that the staff are wanting to strengthen and develop this Service for both Service Users, family members, friends, work colleagues.

Your voice and experience matters, because your journey is one that only you live with. Anyone can be affected, and I never considered the impact that my eating disorder had on my daughter, family, friends and work colleagues. As I said earlier, SHED is a much needed Service. It affects people of any age, ability, gender etc. If you would want to explore what being a Service User Consultant means and how your voice matters, the SHED staff team welcome you to get in touch. I have just started my involvement and had asked if I could use this newsletter to say hello and share with you a part of why I want to be a part of the fab service that, along with you can make a difference to others, and for ourselves as we continue our individual journeys here.

(Continued on next page)



Article from Service User Continued

My interests include camping, crafts, vintage clothing, history, and reading. I have an appreciation of cultural issues, photography and can regularly be found scouring the web for the best deals to enjoy the traveller within me. This is mainly mega bus, hostels and campsites mind. (Am happy to share any tips if needed).

Thank you for reading, I hope that one day we can have the opportunity to meet together as a Service User Group. Whatever your journey, may I say my journey has benefitted from the time I spent with other Service Users to whom I will forever be thankful to.

What have I received as a Service User?

Support. From both staff and other Service Users

Hope. That I journey toward the place of Freedom.

Encouragement. Despite how bleak, helpless, hopeless and useless I feel.

Desire to be involved in the development of a valuable, needed service. A service that positively changes lives.

Poem

The World Waits

The world waits for me to remember who I am.

They are all waiting.

Watching for me to find my joy again.

I put it away when I thought it was not enough.

But I know that it can fill me to overflow.

There is love waiting for me.

As soon as I am ready to receive it.

I have been looking down.

At weights and shadows instead of the world about me.

It is beautiful.

It is a long time since I saw it.

But it has been seeing me.

Waiting patiently as I pass through my dark hours.

Towards my dawn.

Soon I will grasp the Earth's hands so tight and swing it round until we are both dizzy

And fall to the ground not knowing which way is up and not caring.

I will lie safe in its grass and its trees and its clouds and its water.

I am not ready yet.

But soon.

Research Project: Does quality of life play a role in the recovery from an eating disorder?

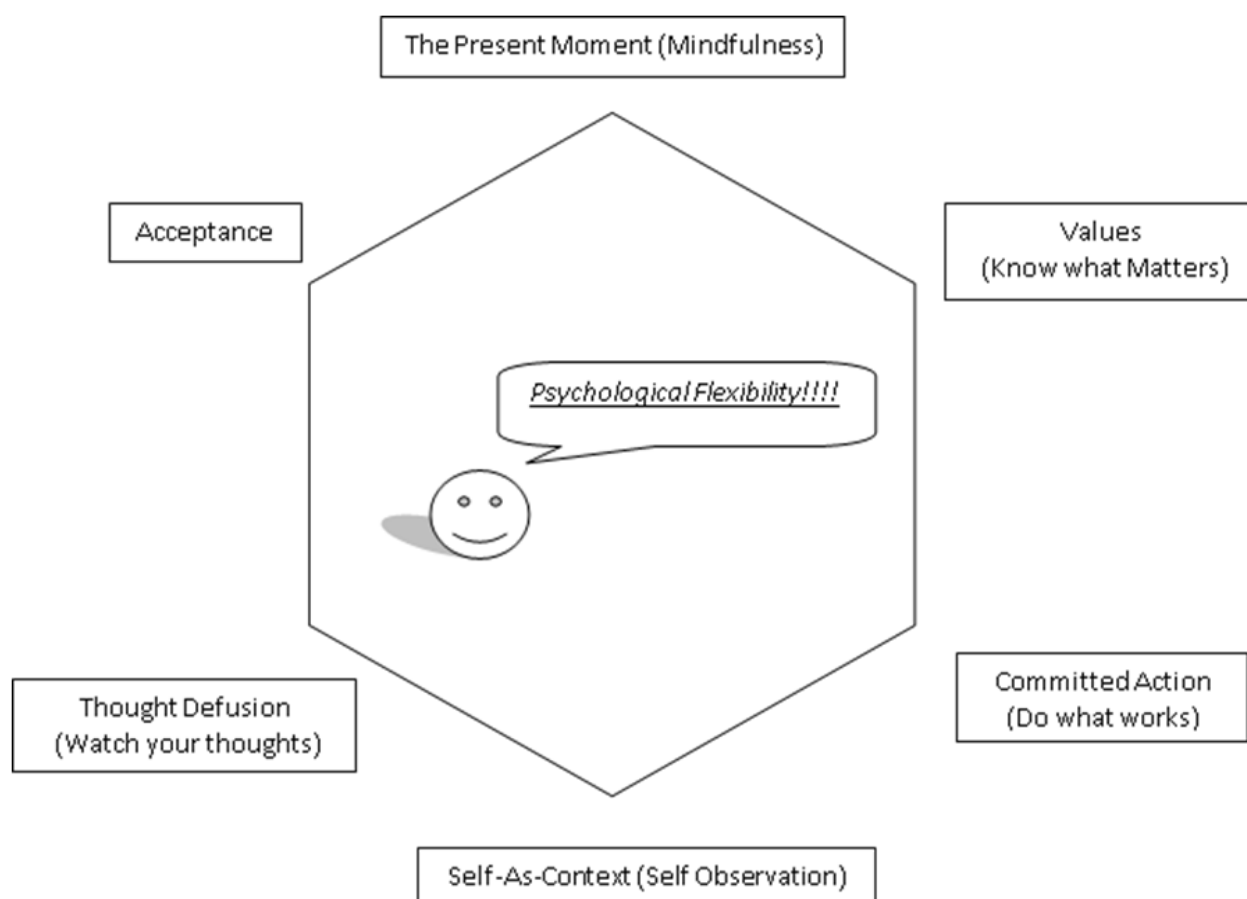


by *Lea Opatz*

SHED and postgraduate students from the University of South Wales teamed up this summer to carry out some research looking at whether motivation to change, severity of the eating disorder or quality of life can predict how

people recover from their eating disorder. Research and clinical practise so far are using motivation to change as an indicator for engagement with treatment and recovery, although there has recently been more doubt about whether it really is an accurate predictor.

Our results showed that motivation and severity of the eating disorder were not helpful in predicting whether people would recover. Instead, we found that quality of life, including having supportive social relationships, enjoying work and hobbies, and physical and mental health, could predict recovery: Lower quality of life was connected to more severe and long-term eating disorders, while people who reported high quality of life were more likely to be discharged from SHED at a healthy weight.



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)

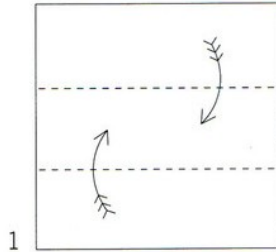
Provides a helpline and web chat service for men experiencing difficulties with the aim of reducing male suicides.



Distraction Techniques

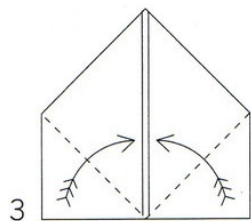
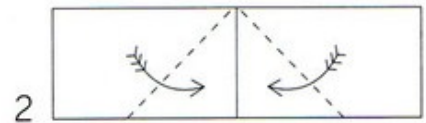
Easter Napkin

MATERIALS: Cotton or linen napkins, starched



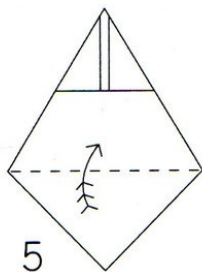
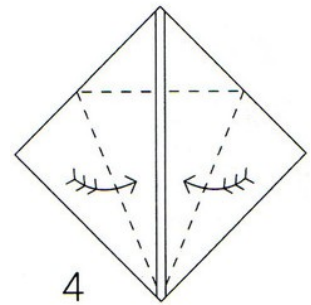
1 Fold starched napkin into thirds to form a rectangle. (If you're using a square napkin, you'll need to fold in half, and then fold in half again to get a long rectangular shape.)

Crease in half to create a center line for reference; fold top corners down along this line.



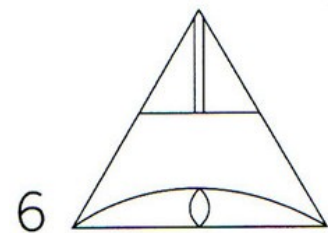
3 Fold up from bottom corners along dotted lines.

Bring left and right edges together on center line.



5 Flip upside down and over. Turn up bottom point.

To fasten: Fold left and right corners back; tuck one corner into the pocket of the other. Pull out bunny ears first; open up base.



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:

AWEDSIG Conference

On Monday 5th December, the All Wales Eating Disorders Special Interest Group (AWEDSIG) Conference was held in Llandrindod Wells. Representatives from the SHED team including Dr Menna Jones, Robert Searle (Trainee Clinical Psychologist) and Laura Fussell (Psychology Placement Student) attended.

A series of presentations were facilitated including:

- Transitions: CAMHS to Adult Services
- Aneurin Bevan UHB Training Strategy for Eating Disorders
- New SPEED Service in North Wales
- Mental Health Act/Mental Capacity Act in relation to ED

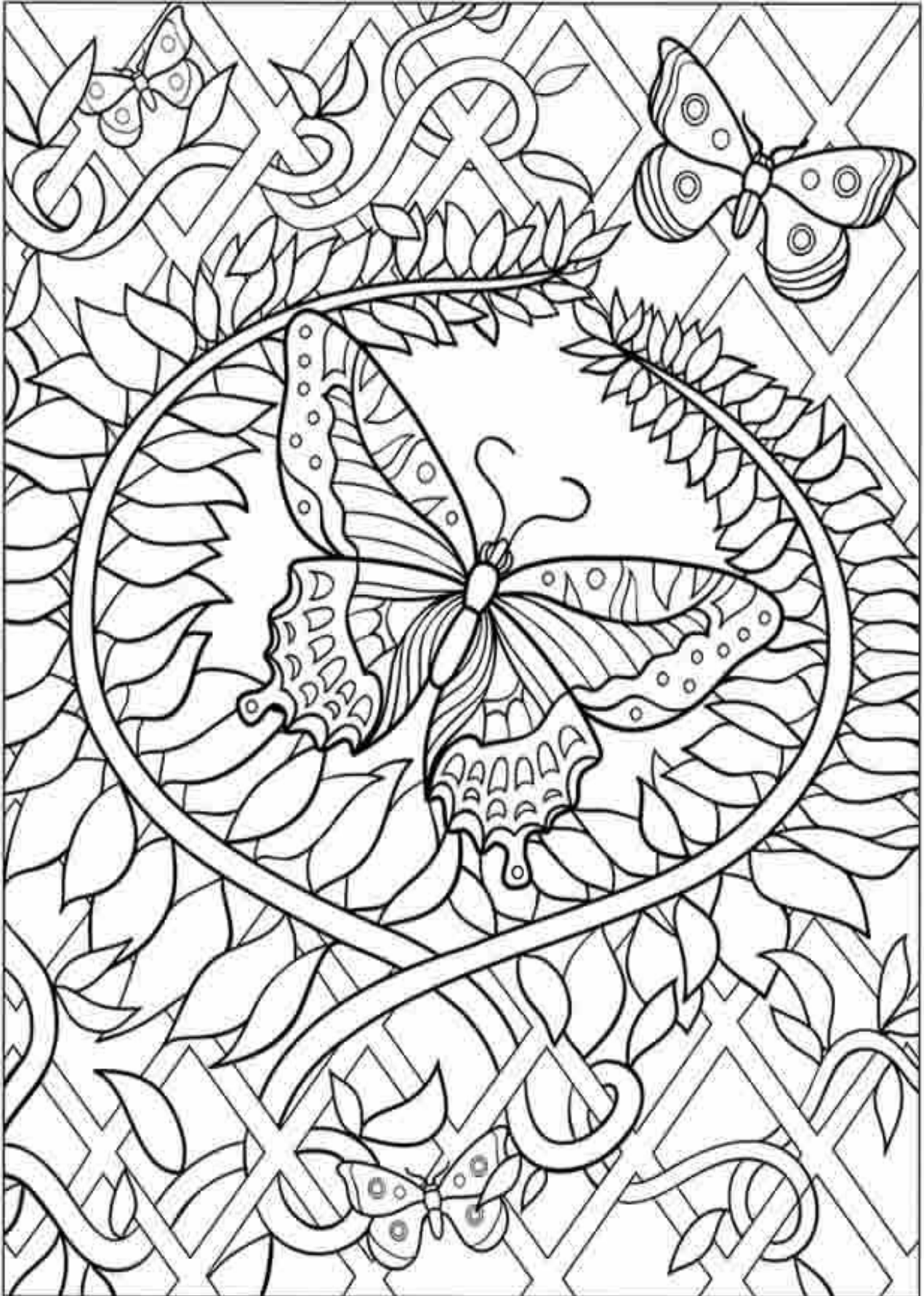
Overall, it was a fantastic day, filled with excellent presentations, rich insightful discussion and thought provoking debate! It was clear to see that there was a wealth of experience and expertise in the room, all of whom were passionate and enthusiastic about helping our client group live more fulfilling lives.

The transitions presentation was a particular highlight for me personally, as it generated a lot of information which will be incorporated into a key service delivery project which I am currently involved with! This involves developing a leaflet for children and their parents, to inform them about what services they will encounter when they adult services. It is hoped that the leaflet will prove to be a useful source of information and help alleviate the inevitable anxieties which patients and their families experience when transferring to a new service.

Watch this space! Rob Searle



Colouring Page



New SHED Information Service For Families

The SHED team have recently starting offering family information sessions. In the past we have run evening classes for families along with a day event. It has become clear that it is difficult to find times and dates to accommodate everyone. Due to this, we are now offering individual sessions for families to book at appropriate times for them.



These sessions are run by two SHED staff and last approximately two hours. During these sessions, families will be given an information pack along with some other useful resources. The families will go through this pack along with some activities to help get them thinking about the impact that caring for someone with an eating disorder has had on them and the wider family. These sessions are a chance for family members to discuss any questions they may have about the team, eating disorders or how to care for someone with an eating disorder.

If any family members are interested in learning more about these session or would like to arrange one they can give the SHED office a call. If there is no answer leave a voicemail and a member of the team will get back to you.

Call 02920 336447



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

Website:

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



Tel: 029 2033 6447

Fax: 029 2033 6465

