



SERVICE DESCRIPTION: Eating Disorders Service

Sheffield Eating Disorders Service is a community based specialist out patient service, providing assessment and psychologically based interventions to those with severe eating disorders. A Day Service operates 3 days a week and, where appropriate, liaison takes place for service users who may require admission to either a medical or mental health ward or referral into a specialist in-patient Eating Disorders Unit.

ADDRESS: St George's Community Health Centre, Winter Street, Sheffield S3 7ND

DIRECTORATE: Specialist Directorate

DATE: December 2014

1. ELIGIBILITY

The referral criteria for the above Service are applicable to:

- All people over the age of 18 who have Moderate or Severe Anorexia Nervosa irrespective of gender, ethnicity, sexuality, culture or physical abilities;
- All people who have Moderate or Severe Bulimia Nervosa irrespective of gender, ethnicity, sexuality, culture or physical abilities;
- Young people between 16 – 18 years of age with Moderate or Severe Anorexia Nervosa or Bulimia Nervosa or who are transferred from the Child and Adolescent Mental Health Service where an eating disorder is the primary concern.

The service offers assessment, psycho-education and psychological outpatient therapy to people with a wide range of psychological difficulties associated with eating including anorexia nervosa, bulimia nervosa, binge eating disorder, atypical eating disorder.

Treatments include dietetic support, Cognitive Behavioural Therapy (CBT), Cognitive Analytical Therapy (CAT), motivational and supportive sessions – individual and group.

For referrals that are deemed to be a priority, for example, where the patient's BMI is below 15 or there is a history of dramatic weight loss, the case will be prioritised and the patient offered the next available appointment with an appropriately trained member of staff. The core objective of this initial assessment is to screen patients for eating disorders and to assess their immediate level of need.

2. THE REFERRAL PROCESS

Referrals into the service are via GP, Secondary Services or SYEDA (South Yorkshire Eating Disorders Association).

3. GEOGRAPHICAL POPULATION COVERED

- The registered populations of NHS Sheffield Clinical Commissioning Group;
- People without settled accommodation who are resident in Sheffield;
- People who live in Barnsley, Rotherham, Doncaster and who meet the criteria for funding by their local Clinical Commissioning Group or meet the criteria under a contractual arrangement.