

# Langley Carers Newsletter

## June 2021



### Welcome – from the Langley team!

Welcome to our first Langley newsletter for family and carers. We hope to produce this regularly to keep you updated with news and information that may be of help to you. Please let us know if there is anything you would like to see featured in future newsletters by emailing us at:

[researchED@leicspart.nhs.uk](mailto:researchED@leicspart.nhs.uk)



### Langley Ward Service Evaluation - Carers Questionnaire

Langley Ward continually look at ways in which we can improve our service and care of your loved ones.

It would be much appreciated if you could complete our questionnaire from a carer's/family member perspective, it is anonymous. We would like you to complete this questionnaire twice, once when the person you care for is admitted to Langley Ward and again at discharge. Please access via this link:

<http://ratenhs.uk/KAc9nV>

You can also email any comments or suggestions on how we could improve our service to:

[researchED@leicspart.nhs.uk](mailto:researchED@leicspart.nhs.uk)

#### Leicester Eating Disorders Carers Group

Are a volunteer led group of carers for loved ones who suffer from any eating disorder, our experiences as a parent or partner of a sufferer led to the formation of our group. We usually meet on the 3<sup>rd</sup> Wednesday of every month at the Bennion Centre, Glenfield Hospital, Groby Road, Leicester, LE3 9DZ from 2-4pm, but are currently meeting on Zoom.

The group aims to offer support for carers, covering information of the aims and therapies of the Eating Disorders Unit at the Bennion Centre for both in and out-patients, or for any carer involved with an eating disorder sufferer in the East Midlands. Our ethos is to offer support to carers, to listen to carers problems, offer advice and information, and do our best to support them through the exceedingly difficult situations encountered. To not feel alone in their situation is a big factor, and all our sessions are strictly confidential.

Over the past few years, we have had sessions with the various sectors involved in caring for our loved ones e.g. dietitians, therapists, as well as with the mental and medical aspects of the treatments. These have proved invaluable for answering questions raised by carers. A good rapport has been built up with the team on Langley Ward bringing awareness of the difficulties carers may have. It is strongly felt the families, partners and friends also require support, advice, and information to enable them to cope and deal with the sufferers of the disorders.

We have regular meetings with the team from the unit to discuss care and any problems raised by the carers which has proved extremely helpful.

If you require any assistance or information, please contact the group through the Facebook page Leicester Eating Disorders Carers Group.



**Eating Disorders Carers Group**

Dates for 2021:

- 20th January
- 17th February
- 17th March
- 21st April
- 19th May
- 16th June
- 21st July
- 18th August
- 15th September
- 20th October
- 17th November
- 15th December

2-4pm Online Zoom Meeting (until Further Notice)

For details or to receive Zoom login details contact:

The email address for the Group or Lynn Wooley on 07598 504 534 or visit, [www.leics-edcg.btck.co.uk](http://www.leics-edcg.btck.co.uk) or [www.facebook.com/Ledc01](https://www.facebook.com/Ledc01)





## Impact of COVID-19 on people with eating difficulties / disorders in the UK

Three UK eating disorder charities have initiated a survey to look at the impact of COVID-19 on eating difficulties/ disorders from the perspective of those living with the conditions, carers and clinicians. If you would like to take part please click on the link below.

[Impact of COVID-19 on people with eating difficulties / disorders in the UK \(office.com\)](#)



### Carer support- BEAT, UK

BEAT, a UK eating disorders charity, offers support not only for those suffering with an eating disorder, but also for the carers involved. One of these services is 'The Aviary' an online support group directed by the carers themselves. It is a confidential, inclusive, and welcoming space for anyone supporting someone with an eating disorder. You can attend as often as you like with no pressure to attend every time.

The Aviary runs on **Sunday from 6:45 to 8:00pm**

For more information and to gain access to the online chat room follow the link provided.

<https://www.beateatingdisorders.org.uk/aviary>

### Day programme groups on Langley Ward

We will feature information on some of the groups that run on the ward in each issue.

#### **Psychological Education**

Usually shortened to 'Psych-ed', this is a 7 week course run by the Occupational Therapists and ward staff. This group aims to allow the participants to:

- gain information about eating disorders and treatment
- think about their eating disorder, how it is maintained, and their readiness to address difficulties
- participate in facilitated group discussion



A recent craft activity on Langley Ward

### Update on Visiting



Under the COVID-19 regulations, there is still no change to the current visiting guidelines. As soon as there is an update, we will let you know.

### Keep up to date with us



Twitter: @Lpt\_LangleyWard

Or contact Langley Ward directly on: 0116 295 1511