



If you are concerned about a loved one's physical health, you can contact NHS 111 or their GP for advice with their consent.

In an emergency, please call 999 or go to A&E.

The MEED (Managing Medical Emergencies in Eating Disorders) Guidelines can be helpful in knowing what to look out for <https://meed.org.uk/>



We would love to hear from you.

If you would like to share your thoughts, feelings or experiences with the eating disorder team please contact us using the details below.

Leicestershire Eating Disorders Service

The Bennion Centre

Groby Road,

Leicester, LE3 9DZ

www.leicestereatingdisorders.co.uk

0116 2252557

Lpt.admin@nhs.net

LEICESTERSHIRE EATING DISORDERS TEAM

INFORMATION FOR CAREERS, FAMILY AND
FRIENDS



SUPPORT OFFERED IN THE SERVICE

SKILLS-BASED TRAINING GROUP

We offer a skills-based training group for family and friends supporting someone with an eating disorder. It is 5 weeks long and takes place over MSTeams on Thursdays between 12.30-1.30pm.

This is a group that offers information about eating disorders, treatments and looking after yourself as well as offering a forum for sharing with others who are in similar positions.

FAMILY & FRIENDS SUPPORT GROUP

The Family & Friends Support Group was started by a group of family members and staff who got together to see how the Eating Disorder Team could better support those who are caring for someone with an eating disorder. This led to the monthly Family & Friends Support Group, who meet in-person at the Bennion Centre. This takes place on the second Wednesday of each month from 5.30-6.30pm.

More recently we have started a virtual Family & Friends Support Group, which meets on the 4th Wednesday of each month from 5.30-6.30pm via MSTeams.

The aims of these groups are to meet other people with lived experience, to share your story, to offer help or to just be with other people who understand what life can be like supporting someone with an eating disorder. The groups are open to all family or friends who are supporting someone under the care of the Leicestershire Eating Disorders Team. All the groups are confidential and are there to support you.

AFTER TREATMENT

When your loved one is discharged from eating disorder treatment it can be an anxiety provoking time for all.

Tips to remember:

- **Your loved one is not ‘cured’.** There may still be work your loved one has to do to continue challenging their eating disorder. They may still face difficulties in their day-to-day life, so your continued support is invaluable.
- **Anxiety is normal.** Your loved one being discharged, whether this is from the inpatient service, the outpatient service, or from Waterlily, is a big change so feelings of anxiety and worrying about what happens next are understandable.
- **Know when to take action.** Recovery is not always a straight pathway—sometimes people have blips along the way. Talk with your loved one about what are blips and what might be signs of a relapse.
- **You are not alone.** Even if your loved one is no longer under the care of our service, the Family & Friends support groups are still open to you.

Contact us

If you would like to join any of the support groups, or would like further information please contact us:

Phone 0116 2252557

lpt.adminded@nhs.net

THINGS THAT HELP YOU

Self care

Things I say that can be helpful

Things to avoid saying

Support for me

Anything else

WHAT HAPPENS WHEN MY LOVED ONE IS REFERRED?

When someone is referred to the service, they are offered an assessment if they are agreeable to do so. If accepted, they will be put on a waiting list for appropriate treatment. This may be inpatient, group, individual, in person or virtual treatment, depending on their needs.

SHARING INFORMATION

Unless your loved one consents, we cannot share any confidential information with you. This includes things like weight, whether or not they have attended, treatment plans. We would like to involve you as much as we can and as much as you want to be but this is dependent on your loved one agreeing.

Once they have been accepted by our service, you can access all the carers groups. All of the resources on our website are available to everyone, you do not need your loved one's consent to do this..

OTHER RESOURCES

BEAT Eating Disorders Charity - [https:// www.beateatingdisorders.org.uk/](https://www.beateatingdisorders.org.uk/)

FEAST Support for families - <https://feast-ed.org/>

First Steps ED – Treatment options and family support - <https://firststepsed.co.uk/>

New Maudsley Carers - <https://newmaudsleycarers-kent.co.uk/>

PEACE Pathway for Eating Disorders and Autism
<https://www.peacepathway.org/>

VASL - telephone helpline, local groups
<https://www.leicestershire.gov.uk/popular-now/directories/information-and-support-directory/support-for-carers-vasl>

WHAT OTHER SUPPORT IS THERE FOR ME AS A CARER?

Whether or not your loved one wants to share information with you, as a carer you are entitled to help and support in your own right.

As a carer you are entitled to a carers assessment from social care services if you would like further support.

[https:// www.leicester.gov.uk/health-and-social-care/adult-social-care/ support-for-carers/get-a-carer's-assessment/](https://www.leicester.gov.uk/health-and-social-care/adult-social-care/support-for-carers/get-a-carer's-assessment/)

Golden Guidelines

Guideline number 1

Remember your loved one is ill. They are not choosing this illness, but they are the ones who have to take responsibility for recovery. They need your support and that of the team around them. Some eating disorders can come with medical risk so talk to your loved one about warning signs and what to do.

Guideline number 2

Look after yourselves first. An exhausted carer cannot be an effective carer. Make sure you do some self-care activities, have time out and utilise your support network. By looking after yourself you are also role modelling to your loved one how important self-care is.

Guideline number 3

Remember that the eating disorder has a purpose. Nobody chooses to have an eating disorder, but often it can be a way of managing other difficulties in life. Recovering from an eating disorder may mean that your loved one has to learn other ways of coping. Recovery is a gradual process where your loved one will learn healthier coping strategies.

Golden Guidelines

Guideline Number Four

Try not to focus all your attention on the eating disorder behaviours. Your loved one is still there. Try to notice their attempts to fight back against their eating disorder and support these rather than fighting the eating disorder behaviours.

Guideline Number Five

Do not try to fix your loved one. This may lead to arguments with the eating disorder voice, which you are unlikely to win. Consider how you might make small changes to your own responses to the eating disordered behaviours to support your loved one.

Guideline Number Six

Support your loved one, sometimes with comfort, sometimes with gentle challenges. Ask yourself, am I comforting my loved one or the illness? Set realistic goals with your loved one when they are ready. Be curious “help me understand”, “I’m curious to know”, “have I got this wrong?”.