



Buckinghamshire Adult Eating Disorder Service

Community support for eating disorders

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Introduction

We provide specialist community eating disorder treatment for adults aged 18 and over, together with their families and carers.

Individually tailored treatment packages address both the physical and psychological aspects of an eating disorder.

What are eating disorders?

There are numerous eating disorders with lots of overlapping symptoms.

People may move between diagnoses if their behaviours change.

Eating disorders can have a significant impact on psychological and physical wellbeing.

Symptoms may include

- ❗ Limiting food intake
- ❗ Eating large quantities of food at once
- ❗ Getting rid of food by unhealthy means (vomiting, misusing laxatives, excessive exercise or fasting)
- ❗ or a combination of these behaviours.

We treat the following eating disorders:

- ✓ Anorexia Nervosa
- ✓ Bulimia Nervosa
- ✓ Binge Eating Disorder

How to access the service

We know that seeking help can be difficult, and people commonly experience barriers such as feelings of shame and anxiety

We know from research that the earlier people access support the better.

Weight is not an eligibility criterion for our service.

Referrals can be made by speaking with a health care professional e.g. GP, Bucks Talking Therapies.

The following resource can support this conversation:

https://beat.contentfiles.net/media/documents/Beat_printer_friendly_GP_guide.pdf

If your referral is accepted, you will then be booked for a comprehensive in-person assessment.

This will allow a holistic exploration of your needs and how treatment might support you towards identified recovery goals.

You will be welcome to bring a family member, friend or carer for support.

Treatment

Our team is comprised of a range of health care professionals including medical and nursing staff, psychologists, dietitians, social workers, peer support workers, and a carers support worker.

We aim to provide treatment consistent with 'The National Institute for Health and Care Excellence (NICE) guidelines for eating disorders (2017)'.

The aim is to improve psychological, physical, and social function through collaborative work with the individual and any others who support them.

Additional Resources

BEAT - <https://www.beateatingdisorders.org.uk/>

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Sue Nicholls Centre
 Bierton Road
 Aylesbury
 HP20 1EG

Phone 01865 901 091

Email buckseatingdisorderservice@oxfordhealth.nhs.uk

<https://www.oxfordhealth.nhs.uk/cotswoldhouse/service/bucks>

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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