

## Eating Disorder Daycare Service

An introduction to our eating disorder daycare service

Located at the Marina, Preston, the Eating Disorder Daycare Service provides a comprehensive range of psychological services for people who require specialist interventions, without the need for inpatient admission.



### Patient profile

Males and females aged 16 and over with a diagnosed or undiagnosed eating disorder, including:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- Eating disorder not otherwise specified (EDNOS)

### Facilities

- Dining room with full kitchen facilities
- Multi purpose lounge area
- Group rooms
- Spacious therapy and treatment rooms
- Discreet, relaxed and calm environment
- Centrally located

### Multidisciplinary team

All our team are trained in managing the special needs of patients with eating disorders and include:

- Consultant psychiatrist
- Clinical team leader
- RMN's and healthcare assistants
- Dietitian
- Cognitive behaviour therapist
- Art therapist
- Family therapist
- Group therapists
- Counsellor
- Specialist therapists

### Assessment

Upon receipt of a referral letter an assessment will be offered by a member of our specialist eating disorder team. During this assessment we will discuss individual needs and formulate a treatment plan of appropriate therapy tailored to the individual's diagnosis and the severity of their condition.

#### **We provide:**

- Access to a range of psychological therapies including cognitive behaviour therapy as recommended by NICE guidelines
- Treatment tailored to the needs of the individual
- Experienced and fully accredited therapists
- Assistance in re-establishing a relationship with food
- Education and information around eating disorders
- Support and guidance
- Flexible attendance up to six days per week



## Treatment options

All treatment options can be modified to match the patients presenting symptoms and treatment requirements. We aim to provide the techniques to help a patient recover. The types of psychological therapies available include:

### **Cognitive behaviour therapy (Group and one-to-one sessions)**

Aims to overcome negative thoughts and behaviour which cause psychological ill health. This involves theory and practise by learning new skills and strategies to incorporate into daily life.

### **Supportive group psychotherapy**

Aims to provide a therapeutic environment to explore difficult emotions, develop self awareness and understand the complexities of psychological health. Issues raised may include, work difficulties, loneliness, childhood and cultural issues.

### **Psychoeducation (Group and one-to-one sessions)**

Aims to provide knowledge to help understand illnesses, symptoms and behaviours.

Topics covered will include:

- The eating disorder
- Anxiety and stress
- Relationships
- Self esteem
- Depression
- Anger
- Bereavement



### **Family therapy**

Helps family members find constructive ways to help each other, acknowledging the contexts of people's families and other relationships, sharing and respecting each individual's different perspectives, beliefs, views and stories, exploring possible ways forward.

### **Dietetics (Group and one-to-one sessions)**

These sessions cover dietary assessment, nutritional education and dietary change.

### **Art therapy (includes creative expression)**

An approach designed to help explore feelings and emotions and the underlying processes and conflicts causing emotional distress through image making. It also encourages and facilitates emotional growth, self-esteem, psychological and social integration.

### **Individual therapy**

One-to-one therapy sessions are available according to need.

## Free carer support and information evening

Sessions are held every Tuesday evening from 5.30pm to 6.30pm at the Marina, Preston. A qualified and accredited facilitator is available to address the questions that carers may have. Professionals are also welcome to attend to gain information about our services. For further information call the Eating Disorder Daycare Service team on 01772 726 956.

## Location

The service is set in a desirable location at Preston Marina, and is situated close to Preston town centre with excellent transport links.

## Accessing treatment

The Eating Disorder Daycare Service may be accessed directly via a referral letter from a GP, consultant psychiatrist, local NHS eating disorder team or community mental health team. This may be privately funded through private medical insurance or self-funded by the individual. NHS funding may also be available through the Primary Care Trust. This must be applied for by the GP and funding agreed before an appointment is made.

The referring agency will be kept up to date regarding the individual's ongoing progress and upon their discharge will receive a discharge summary enabling care to continue in a primary care setting if required.

## Directions

To find us from North, East or South head into Preston following signs to the railway station, then follow signs to Lytham and Blackpool.

This route joins the A583. Turn left off the A583 at McDonalds, then right at the next roundabout and then first left into the car park onto Navigation Way.



**For referral enquiries, admissions or further information and confidential advice please call us on:**

**01772 726 956**

or send an email to [preston@priorygroup.com](mailto:preston@priorygroup.com)

Alternatively you can visit our website at:  
[www.priorygroup.com/preston](http://www.priorygroup.com/preston)