Eating Disorders Day
Care at The Priory Hospital Cheadle Royal

A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT
Getting lives back on track

The causes of an eating disorder can vary greatly. The long-term consequences can have a very serious impact on a person and those around them. This can affect all areas of their life, including their mental health and physical health, whilst also having a detrimental effect on friends and family.

Priory deliver expert treatment for a wide range of eating disorders, including Anorexia Nervosa and Bulimia Nervosa. With specialist facilities across the UK, our experienced professionals tailor treatment and care to suit individual needs.

Why Priory?

The Priory Hospital Cheadle Royal provides the very best expert day care for eating disorders. Eating disorders are currently estimated to affect more than 725,000 people in the UK, leading to the highest mortality rate of any other mental health disorder.

That is why we provide unique and tailored treatment, in order to maximise the chances of individuals who suffer from an eating disorder, to reach their own positive goals and outcomes.

Who is it for?

- Males and females
- Aged 18 years and over
- Those who are diagnosed or undiagnosed with an eating disorder, including Anorexia Nervosa, Bulimia Nervosa or EDNOS (eating disorders not otherwise specified)
- Those requiring continued care from an inpatient admission
- Those who may require an alternative to inpatient care but require more intensive input than outpatient care

Our philosophy

Encouraging each person to achieve a better understanding of their problems and promoting the importance of taking responsibility for one’s own recovery.
We recognise the importance of maintaining stability in the recovery phase and this is incorporated into our care planning upon admission. It is an integral part of the group programme which includes:

- **Group psychological therapy, for example** Radically Open Dialectical Behavioural informed groups
- **Monthly Carers group**
- **1:1 psychological therapy**
- **Family therapy**
- **Group programmes such as nutritional health, self-image and anxiety management**
- **Weekly dietetic sessions, if necessary**
- **Supported eating in social settings and culinary skills sessions including meal preparation and portion sizing**
- **Overall assistance in re-establishing a healthy relationship with food**

The Priory Hospital Cheadle Royal provides a community based, therapy oriented setting which offers comprehensive assessments, treatment programmes and management of eating disorders in a safe and secure environment. Our individualised, tailored approach includes:

- **Weekly physical health monitoring including weight and blood tests**
- **Progress monitoring through the CPA procedures**
- **Co-ordination of care with GPs, carers, commissioning authorities, etc**
- **A multidisciplinary assessment of needs**
- **Regular updates to commissioners and weekly reviews in key worker sessions**
- **Medical supervision**
- **A comprehensive risk assessment to establish the best possible care plan**

We work positively and closely with Russell House, our onsite inpatient service, which is rated as ‘Outstanding’ in the Care Quality Commission inspection.
If you would like to make a referral, please send us a referral letter, a copy of your patient's blood results, physical observations, medication and relevant history.

An assessment will then be offered by our consultant psychiatrist or specialty doctor. We will then apply for funding to the relevant Commissioning Authority if necessary.

This service is also available for those who wish to self-fund or access treatment via their Private Medical Insurance (PMI). A GP referral is usually required in all cases of self-funding.

The Priory Hospital Cheadle Royal is conveniently located for easy access. We are situated close to major transport links such as the M56, M60, Manchester Airport and local train stations.

To make an enquiry about our day care service, please contact our Admissions team:

Call: 0161 428 9511 (ext 5071)
Email: susanwilson@priorygroup.com
Visit: www.priorygroup.com/eating-disorders

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