

# Eating Disorders Day Care at The Priory Hospital Cheadle Royal



## Getting lives back on track

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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?

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The Priory Hospital Chaddle 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?

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- **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**



In Priory's overall Satisfaction Survey, **92%** of people treated for an Eating Disorder felt safe, and **96%** felt they were treated with respect at all times.

## Our philosophy

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Encouraging each person to achieve a better understanding of their problems and promoting the importance of taking responsibility for one's own recovery.

“Day Care has been really helpful in so many ways, in my steps towards recovery. I’ve been able to challenge many of my fears with the support of staff who understand the difficulties. I’ve benefitted from help in meal planning, learned strategies to help me to cope and gained confidence in social situations involving food”



## Our treatment

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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.**



## Information for GPs and referrers

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.

## Our location

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.



## Contact us

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

Call: **0161 428 9511 (ext 5071)**

Email: [susanwilson@priorygroup.com](mailto:susanwilson@priorygroup.com)

Visit: [www.priorygroup.com/eating-disorders](http://www.priorygroup.com/eating-disorders)

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