Arthur House

Priory Eating Disorder Service

Arthur House is an innovative eating disorder service based in Wimbledon, South West London. Providing an alternative to traditional hospital treatment, this nine-bedded residential treatment centre provides cutting-edge therapies and a safe space for individuals to maintain a healthy relationship with food, including full nutritional and dietetic support.

The service consists of residential and day care treatment, appealing to both adult male and females with anorexia nervosa, bulimia nervosa, binge eating disorder (BED), or mixed eating disorder symptoms.

Treatment at Arthur House

We support people to increase their independence and empower each client/individual to take responsibility for their social and emotional lives, as well as their general health and wellbeing. Each individual works towards their own personal goals, along with a focus on developing a meaningful life and sense of identity outside of their eating disorder.

Individuals who may benefit include:

- Individuals who may benefit from residential treatment in a community based environment to support their goals around disordered eating
- Those who are looking for extended support after an initial stage of residential treatment
- Those looking for ongoing support, including day care, to support a return to everyday living

Length of stay will depend on the needs of the individual. Following a residential stay, there are personalised options for subsequent day care and aftercare.
The Arthur House treatment programme

Psychotherapy is delivered by our experienced team, providing a range of options based on full assessment and formulation. Therapies include dialectal behaviour therapy (DBT) themed groups and cognitive behavioural therapy (CBT) themed groups, which have been found to be hugely effective in driving change for eating disorder clients.

Therapy is provided through a mixture of group work and one-to-one sessions, which will take place with a registered mental nurse (RMN) or therapist. Progress is constantly tracked against the individual’s treatment goals.

Whilst our experienced team of clinicians and care staff maintain safety in relation to the associated risks of an eating disorder, we take advantage of our beautiful surroundings to support clients to make links with the local community, with a view to building a sense of identity and self-worth outside of that imposed on them by their eating disorder. This, in turn, can increase an individual’s motivation for change and lead to improved outcomes around physical and mental health.

Helping clients re-build their family life

Clients’ family and friends may be a very important part of their life, and their love and support can be a driver during treatment. As a UK-based centre, families can play a key role in our programme, allowing clients to start the process of re-integration back into family life.

Our location

Arthur House is based a short walk from Wimbledon Park, with its nearby tube station offering excellent access to Central London and the surrounding areas.

For more information

Treatment can be funded on a self-pay basis. While we would prefer to receive a GP referral when a patient enters our services, this isn’t always essential. For those using private medical insurance, your provider may require you to have one.

If you would like further information, you can call our 24/7 support centre on 0800 840 3219 or visit www.priorygroup.com/arthur-house

I was absolutely dazzled by the structure here. They had lots of exposure activities, allowing us to actually practice the skills we were learning.