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I honestly feel like a completely different person to a year ago, and I am proud to say that anorexia no longer controls me.

## Althea Park House

# Sarah's story

### Priory's transitional eating disorder services

**Sarah\* arrived at Althea Park House in Stroud having suffered with anorexia nervosa. Sarah shares her story below and describes how we helped to turn her life around.**

“A year ago today, I was sat in a hospital bed, waiting to be transferred to Althea Park House, unsure of my future, my education and how life would look with my eating disorder still controlling me. I had made progress, but not enough to live in the community without being re-admitted within a fortnight.

I was being sedated three times a day and held down in an attempt to get nutrition inside me, as well as medication to ensure that I'd rest and go to sleep instead of walking in an attempt to burn calories. I had blisters and infections all over my feet due to my intense walking, and eventually I had to be sedated for long periods of time to ensure I would rest. This was the darkest time of my life, I was merely surviving.

Althea Park House was like a beaming ray of sunshine for me; the light at the end of the tunnel and where I had hoped to be transferred to for over two years, although, up until this point, I hadn't been 'well' enough to make the move. To put things into perspective, moving to

Althea House Park was the biggest move of my life at that point and I thought that was as good as it would get for a couple of years.

I wanted to go to university but it all seemed so impossible and longwinded and I just felt hopeless. I would never have thought that one year on, thanks to the support at Althea Park House, I would be going to university and moving in with my incredibly supportive boyfriend.”

### More information

Althea Park House is part of Priory's Transitional Living Services for young people and young adults, supported by nearby Ashleigh House and the Anchor. For further information please email [prioryenquiries@nhs.net](mailto:prioryenquiries@nhs.net) or call **0808 291 2162**.



\*Patient's name has been changed to protect their identity. Priory Group UK 1 Limited, 80 Hammersmith Road, London, W14 8UD. Company Registration Number: 09057543