

## Cross Party Group on Eating Disorders

### Minutes

12 November 2020, 14:00 -15:15  
Microsoft Teams

#### In Attendance

Helen Mary Jones MS (Acting Chair)	Mid and West Wales
Eluned Morgan MS	Minister for Mental Health, Wellbeing and Welsh Language
Menna Jones	T3 ED Team Clinical Lead Cardiff and Vale / Cwm Taf UHB
Jo Maddaford	Head of Children's Mental Health & Vulnerable Group, Welsh Government
Donna Mason	Mental Health Matters Wales
Holly Thomas	Powys Teaching Health Board & Beat Digital Volunteer
Carole Phillips	
Emma Hagerty	Aneurin Bevan UHB
Emily Hoskins	
Chad Rickard	Researcher and Communications Officer, Office of Bethan Sayed AM
Gerrard McCullagh	Aneurin Bevan UHB
Peter Kellam	
Manon Lewis	
Natalie Chetwynd	Hywel Dda UHB
Natalie Reilly-Johnson	Cwm Taf UHB
Samantha Shore	Cwm Taf UHB
Sarah Tombs	Cwm Taf UHB
Teresa Hurrell	Aneurin Bevan UHB
Tracy Brain	Cwm Taf UHB
Wendy Clarke	Aneurin Bevan UHB
Rebecca Bowen	Cardiff and Vale UHB
Carl Shortland	Welsh Health Specialised Services Committee
Caroline Winstone	NHS Wales Health Collaborative
Hazel Orchard	
Mark Isherwood MS	North Wales
Yolanda Snyman	Betsi Cadwaladr UHB
Emma Evans	Betsi Cadwaladr UHB
Jo Whitfield	Beat
Tom Quinn	Beat

# Grŵp Traws Bleidiol ar Anhwylderau Bwyta

## Cross Party Group on Eating Disorders

1. Welcome and apologies																			
<p>Helen Mary Jones MS welcomed attendees of the Cross Party Group on Eating Disorders. Helen Mary also extended a warm welcome to Eluned Morgan, Minister for Mental Health, Wellbeing and Welsh Language.</p> <p><b>RECEIVED:</b> Apologies from absent members</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 50%;">James Downs</td> <td style="width: 50%;">Dr Jacinta Tan, Aneurin Bevan UHB</td> </tr> <tr> <td>Kim Palmer, Cwm Taf UHB</td> <td>Jazz Callen-Davies</td> </tr> <tr> <td>Sian Taylor, Aneurin Bevan UHB</td> <td>Llyr Gruffydd, MS</td> </tr> <tr> <td>Dr Debbie Woodward, Cardiff &amp; Vale UHB</td> <td>Rebecca Eksteen, Cwm Taf UHB</td> </tr> <tr> <td>Helen Parfit, Helen Mary Jones MS Office</td> <td>Angela Lodwick, Hywel Dda UHB</td> </tr> <tr> <td>Delyth Jewell, MS</td> <td>Nick Ramsay, MS</td> </tr> <tr> <td>Ewan Hilton, Platform</td> <td>Rhian Murphy</td> </tr> <tr> <td>Rhaun Ap Iorwerth, MS</td> <td>Martin Ball</td> </tr> <tr> <td>Dr Dai Lloyd, MS</td> <td>Mike Hedges, MS</td> </tr> </tbody> </table>		James Downs	Dr Jacinta Tan, Aneurin Bevan UHB	Kim Palmer, Cwm Taf UHB	Jazz Callen-Davies	Sian Taylor, Aneurin Bevan UHB	Llyr Gruffydd, MS	Dr Debbie Woodward, Cardiff & Vale UHB	Rebecca Eksteen, Cwm Taf UHB	Helen Parfit, Helen Mary Jones MS Office	Angela Lodwick, Hywel Dda UHB	Delyth Jewell, MS	Nick Ramsay, MS	Ewan Hilton, Platform	Rhian Murphy	Rhaun Ap Iorwerth, MS	Martin Ball	Dr Dai Lloyd, MS	Mike Hedges, MS
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2. Minutes from the last meeting																			
<p><b>APPROVED</b></p> <p>The minutes of the last meeting</p>																			
<p style="text-align: right;"><b>Actions</b></p> <p style="text-align: right;"><b>JW</b> to send to Table Office</p>																			
3. Welsh Eating Disorder Service Review Update																			
<p><b>Actions</b></p> <p>Eluned Morgan, Minister for Mental Health, Wellbeing and Welsh Language told the group that eating disorders remains a priority for the Welsh Government.</p> <p>The Minister explained that in light of the pandemic the actions outlined in the Together for Mental Health delivery plan had been updated and explained that mental health services remained as essential services throughout the crisis and have remained accessible to service users. The Minister explained that in some instances the mechanics for service delivery had to change.</p> <p>The Minister told the group that there have been three main areas of focus in response to the pandemic:</p>																			

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- Maintaining health services and responding to immediate mental health needs
- Strengthening of protective factors to prevent mental health issues
- Supporting the NHS to meet the changing mental health needs

The Minister explained that the Government continues to prioritise investment for eating disorder services and since 2017, health boards received an additional £2.5m to support service improvements.

Finally, the Minister confirmed the appointment of Dr Menna Jones to the National Clinical Lead of eating disorders. Menna will take up the role in the new year. The Minister explained that there are two key elements of the new role: leading the eating disorder clinical network and heading up the transformational programme of work.

Helen Mary Jones MS thanked the Minister and on behalf of the group welcomed Dr Menna Jones to her new post.

Jo Maddaford from the Welsh Government spoke to the group about measures taken during the first wave of the pandemic to support mental health services including eating disorder services.

Jo explained that during the pandemic eating disorders were prioritised as essential services and whilst delivery models changed, service delivery was maintained throughout.

Jo explained that during the pandemic £1.3m of funding was made available to support third sector mental health services. Beat received some of that funding to ensure it was able to continue to support people affected by eating disorders. Jo referenced data received from Beat confirming more than 1700 people were supported in Wales during April - October.

Jo updated the group on progress made towards implementing the recommendations made in the 2018 Welsh Eating Disorder Service Review. She explained that for the last two years the Welsh Government has

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set out three priority areas for the Health Boards to focus their funding proposals on:

- Configuration of services for early intervention and for improvement
- Work towards achieving the NICE standards for eating disorders
- Development of plans outlining how they will reach the four week waiting list targets

Jo reported that all seven health boards have submitted plans and explained that Menna's new role will help to drive forward this work.

Menna explained that as chair of the Eating Disorder Sub Group she had been involved with the developments since the review recommendations were released and commented on how good it's been to see the recommendations start to be implemented through the funding support over the last two years. Menna spoke about some key themes that have emerged indicating how services are moving together to achieve the key recommendations including:

- Early intervention work
- Improving access to psychological therapies
- Reducing waiting times
- CAMHS and adult tier 2 specialist support for people with eating disorders and their families
- Support for vulnerable, high risk and complex groups of people e.g. people diagnosed with Avoidant/Restrictive Food Intake Disorder (ARFID), Diabetes.

Menna is looking forward to building upon the work already underway putting together a clear plan looking broadly across the recommendations and coordinating the developments.

Gerrard McCullagh referred to a letter that Vaughan Gething, Minister for Health and Social Services, had sent to Health Boards in September 2019. Gerrard asked whether there was additional funding in the pipeline for Health Boards who were willing to become early adopters of some elements of the review

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<p>recommendations?</p> <p>Jo Maddaford responded by confirming that the Minister for Health did announce funding in 2019 and that this was the funding that she had referred to earlier. Jo explained that the distribution of the extra £1m had gone into service improvement and that by distributing it in this way it had allowed health boards to determine individual focusses and priority areas within their individual population needs. Jo confirmed that each Health Board that submitted an eating disorder proposal across both years has had their proposal approved.</p>	
<p><b>4. Third Sector ED Support - Response to Covid-19</b></p>	
<p><b>Mental Health Matters Wales (MHMW)</b> Donna Mason from Mental Health Matters Wales explained how MHMW had adapted their peer support groups for people affected by eating disorders in response to the Pandemic. Donna told the group that groups now meet online using Zoom. She explained that demand and referrals into their service has increased and that each group now runs for 2 - 3 hours a week.</p> <p>Donna reported that during the pandemic they had seen a mix of new clients and clients who have relapsed with their eating disorder. Donna explained that the problems they are seeing with clients include lack of routine, worries about shopping, concerns about being able to obtain safe foods and anxiety about not being able to hide behaviours from family. Donna reported an increase in self-harm and suicidal thoughts amongst clients.</p> <p>Donna told the group that MHMW have received funding from the national lottery enabling them to increase support to 6 hours of peer support each week. Donna explained that alongside the peer support groups MHMW also provides support via WhatsApp and email.</p> <p>More information about the support that Mental Health Matters provides can be found on their website: <a href="https://mhmwales.org.uk/">https://mhmwales.org.uk/</a></p>	<p>HMJ to write to Minister about concerns around access to services.</p>

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Donna explained to the group that during the pandemic MHMW clients have reported that sometimes there has been a lack of service availability from specialist eating disorder and other mental health services. Donna reported some of her clients had been discharged from specialist services at the beginning of the pandemic and some were not aware of their discharge until they tried to access support.

Donna explained that part of her role involves advocacy work with clients. During the pandemic she worked with clients who were unable to access their community mental health teams. She reported that people who had made attempts on their life were told by that they “would have to get in a queue and wait”.

Donna iterated to the group that she was reporting feedback received from her clients and didn’t want her report to be taken in a critical way.

Donna reported that there had been many positive experiences with services, however, she felt it was important to take the opportunity to bring attention to the issues some of her clients have encountered.

### **Beat**

Jo Whitfield explained how Beat had been able to respond to the pandemic and introduce new services for people with an eating disorder and families of someone affected through funding received from the Welsh Government, the National Lottery and a charitable trust.

Jo reported that demand for Beat’s services has continued to grow throughout the crisis and that Beat has seen a 162% increase in demand for its services in Wales from April - October compared to the same period last year.

Jo explained that since the pandemic started, Beat has recruited and trained 72 additional digital volunteers to help meet the growing demand which brings the total of

JW to share presentation slides with the group

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<p>digital volunteers to 112.</p> <p><b>Beat Digital Volunteer Programme</b> Hollie Thomas, Beat Digital Volunteer spoke to the group about her experience of volunteering through the pandemic.</p> <p>Hollie explained her role as a digital volunteer, outlining the training she received, what she does on a shift and the support she receives following a shift.</p> <p>Hollie explained how volunteering enables her to put into practice knowledge skills from her work background and her studies.</p> <p>Hollie outlined the application process she went through to become a digital volunteer which included an application form, references, interview, DBS checks and the subsequent training process.</p> <p>Hollie spoke about the de-brief support that she receives after each shift and the clinical supervision sessions that digital volunteers attend on a regular basis.</p> <p>Hollie told the group about the increase in demand she has witnessed whilst volunteering during the pandemic, explaining that pre pandemic she would average about 4 -5 web chats per volunteer session whereas now it can be up to 11.</p>	
<p><b>5. Review of Actions and Next Steps</b></p>	
<p>Actions were reviewed and have been noted throughout this document.</p>	
<p><b>6. Date of next meeting</b></p>	
<p>JW suggested that the next meeting could focus on re-visiting the areas of work that were agreed for 2020/21 to look at progress and areas that have had to take a back burner due to the pandemic.</p> <p>HMJ explained that Bethan Sayeed is expected to return</p>	<p>JW to work with HMJ &amp; Bethan Sayeed's office to agree date and agenda for next meeting.</p>

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from maternity leave in January and will chair the next meeting in January.

JW thanked HMJ for acting as chair of the CPG for the last year and for her support of the group.

January 2021 - Date TBC

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