

## Cross Party Group on Eating Disorders

### Minutes

21 January 2020, 12:15 -13:30  
Committee Room b, Ty Hywel

#### In Attendance

Bethan Sayed AM (Chair)	BS	South Wales West / Plaid Cymru
Helen Mary Jones AM	HMJ	Mid and West Wales
Emily Hoskins	EH	
Kim Palmer	KP	EDOS CAMHS
Menna Jones	MJ	T3 ED Team Clinical Lead Cardiff and Vale / Cwm Taf UHB
Jacinta Tan	JT	CAMHS, ABUHB
Jazz Callen-Davies	JCD	
Nyall Boyd	NB	
Sam Sharpe	SS	Clinical Lead and Head of the North Wales Specialist T3 EDr Service, BCUHB
Philippa Richards	PR	Administrator and Caseworker, Office of Bethan Sayed
Chad Rickard	CR	Researcher and Communications Officer, Office of Bethan Sayed AM
Jo Whitfield	JW	Beat
Tom Quinn	TQ	Beat

1. Welcome and apologies	Actions
<p>Bethan Sayed AM welcomed attendees of the Cross Party Group on Eating Disorders.</p> <p><b>RECEIVED:</b> Apologies from absent members</p> <ul style="list-style-type: none"> <li>Janet and Jon Ribero, Carers - they have asked to be removed from the group as their daughter has been stable for a number of years and asked to pass on their thanks for the support they have received from the group over the years.</li> </ul>	

## Grŵp Traws Bleidiol ar Anhwylderau Bwyta Cross Party Group on Eating Disorders

<ul style="list-style-type: none"> <li>• James Downs</li> <li>• Donna Mason, Mental Health Matters, Wales</li> <li>• Emma-Jayne Hagerty, Specialist Eating Disorder Services, ABUHB</li> <li>• Sian Taylor, Lead Dietitian, ABUHB CAMHS</li> <li>• Toni Hoefkens, Cardiff &amp; Vale UHB</li> <li>• Michaela Moore, Mental Health Matters, Wales</li> <li>• Carl Shortland, Welsh Health Specialised Services Committee</li> <li>• Gerrard McCullagh, Clinical Lead, Tier 3 Specialist Eating Disorders Service</li> <li>• Kerry McLeod, Dietitian, ABUHB</li> <li>• Natalie Chetwynd, Clinical Lead Tier 3 Eating Disorders, West Wales</li> <li>• Martin Ball</li> <li>• Louise Rodde ,Senior CAMHS Practitioner &amp;Early Intervention in Psychosis and Eating Disorders Lead, Powys Teaching Health Board</li> <li>• Helen Missen, Carer</li> <li>• Gemma Johns, ABUHB CAMHS / ED review team</li> <li>• Dai Lloyd AM, South Wales West</li> </ul>	
<b>2. Minutes from the last meeting</b>	<b>Actions</b>
<p><b>APPROVED</b> The minutes of the last meeting</p>	<p><b>JW</b> to send to Table Office</p>
<b>3. AGM - CPG Annual Report 2018 - 2019</b>	<b>Actions</b>
<p><b>APPROVED</b> The Cross Party Group on Eating Disorders Annual Report and Financial Statement.</p>	<p><b>JW</b> to send to Table Office</p>
<b>4. AGM - Election of Chair</b>	
<p>BS was the sole nomination for chair of the Cross Party Group on Eating Disorders and received unanimous support from all in attendance. Beat will provide secretariat support.</p>	

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<p>It was agreed that HMJ will become acting chair of the group while BS is on maternity leave.</p>	
<p><b>5. Terms of Reference</b></p>	
<p>JW updated the group on proposed changes to the group's terms of reference including issues to be considered during 2020/2021 which were:</p> <ul style="list-style-type: none"> <li>• The implementation of the recommendations made in the 2018 Welsh Eating Disorder Service Review.</li> <li>• The early identification of eating disorders and that people are supported to seek help.</li> <li>• The profile of eating disorders in the Together for Mental Health strategy delivery plans and strategy beyond 2022.</li> <li>• The appropriate teaching and assessment of eating disorders at Welsh medical schools and that all junior doctors undergoing foundation training in Wales benefit from specialist clinical experience of eating disorders.</li> <li>• Parity of esteem for mental health research funding, including eating disorder research.</li> <li>• Eating Disorder Awareness Week 2nd - 8th March 2020.</li> <li>• Other policy and legislation relevant to eating disorders.</li> </ul> <p>JW reported that she had contacted AMs listed as members to see whether they wanted to remain as members of the group.</p> <p>A discussion took place around how to engage AMs further in the work of the Cross Party Group. It was agreed that a message would be drafted to all AMs to inform them that HMJ will be acting as chair while BS is on maternity leave, and to encourage their support and participation in the group.</p> <p>Several amendments to the TOR were suggested by attendees and noted.</p>	<p><b>JW</b> to draft message to AMs for BS / HMJ to send.</p> <p><b>JW</b> to update TOR and circulate for agreement by email.</p>

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<p>MJ suggested ensuring representation on the group from someone who could provide a link with education should be invited to be part of the group. JT suggested inviting Dave Williams who is a health board Designated Education Clinical Lead Officer (DECLO).</p> <p>BS suggested that the issues identified should form the basis of an action plan for the group.</p>	<p>JT to introduce Dave Williams to JW so that he can be invited to join the group.</p> <p>JW / TQ to draft action plan and circulate to group for agreement by email before next meeting.</p>
<p><b>6. Eating Disorder Service Review Update &amp; Next Steps</b></p>	
<p>JT gave the group an overview of Current ED developments in UK and outlined the review remit. JT explained that there were several underlying principals articulated by the public that underpinned the recommendations made which were:</p> <ul style="list-style-type: none"> <li>• Early detection and intervention</li> <li>• Inclusivity</li> <li>• Person-centred</li> <li>• Relationship-based</li> <li>• Recovery-focused</li> <li>• Trauma-informed</li> </ul> <p>JT then gave an overview of the <a href="#">22 review recommendations</a> which were published by the Minister for Health and Social Care, Vaughan Gethin, in September 2019.</p> <p>MJ then gave an overview of the key developments since the service review report was submitted in 2018.</p> <ul style="list-style-type: none"> <li>• May 2<sup>nd</sup> 2019 - £14m Mental Health Improvement Fund with EDs being identified as one of five key priority areas. All Health Boards apart from Betsi Cadwaladr submitted proposals and were successful in their bids.</li> <li>• May 10<sup>th</sup> 2019 - Consultation event with clinicians.</li> <li>• September 2019 - Publication of review recommendations</li> <li>• November 2019 - The Minister for Health and Social Services requested details from health</li> </ul>	

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<p>boards on views on recommendations of the review.</p> <ul style="list-style-type: none"> <li>January 10<sup>th</sup> 2020 - National Eating Disorder Lead role announced that will be based within NHS Wales Collaborative working for Jo Jordan the Mental Health Director.</li> </ul> <p><b>Next Steps</b></p> <p>MJ suggested that further clarity from the Minister on budget for the implementation of the recommendations is now needed by the Health Boards and information on the process for implementation.</p>	<p><b>JW / TQ</b> draft a letter from Bethan / Helen Mary to the Minister asking for clarity around funding and implementation of the review recommendations and inviting him to speak to the group at the next CPG meeting.</p> <p><b>JW / TQ</b> draft a letter for Bethan / Helen Mary to Dai Lloyd the chair of the Health Committee seeking support for sufficient funding for the implementation of the recommendations.</p>
<p><b>7. AOB</b></p>	
<p>JW flagged that there was information available for the group to take away about campaigner, Hope Virgo’s “Dump the Scales” campaign.</p> <p>JT commented that she was very impressed by EH’s recent interview on BBC Wales about her story and that interviews such as these are very helpful in keeping the profile of Welsh eating disorder services in people’s minds.</p> <p>JW updated the group on Eating Disorder Awareness Week which is taking place during the 2 - 8 March 2020. JW explained that during the week Beat has organised a Campaigner Action Day at the Welsh Assembly on the 4<sup>th</sup></p>	<p><b>JW</b> ensure that Minister for Health and Social Services is invited to the action day event.</p>

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<p>March to give supporters and campaigners in Wales the opportunity to engage with AMs and share their experiences of eating disorders. The group agreed that the Minister for Health and Social Services should be invited to attend the Action Day event.</p> <p>JW encouraged the group to get involved with EDAW either through attending the action day, through social media or through holding their own event. More information available here: <a href="https://www.beateatingdisorders.org.uk/edaw">https://www.beateatingdisorders.org.uk/edaw</a></p>	
<b>8. Meeting Schedule 2020</b>	
<p>JW explained that it's intended to aim for three meetings a year with the next being scheduled for April / May 2020, however, this may be dependent on the Minister for Health's schedule if he is able to attend.</p> <p>The third meeting to be held in Autumn.</p>	