

## Cross Party Group on Eating Disorders

### Minutes

3<sup>rd</sup> March 2023, 10:00 - 11:10  
Microsoft Teams

#### In Attendance

Sarah Murphy MS (Chair)	SM	MS for Bridgend, Welsh Labour
Mark Isherwood MS	MI	MS for North Wales, Welsh Conservative Party
Jo Whitfield	JW	Nations Lead, Beat
Amelia Holt	AH	Policy and Public Affairs Officer, Beat
Annalise Ayre	AA	
Ryland Doyle	RD	
Professor Euan Hails	EHA	Director of Clinical & Therapeutic Governance, Adferiad Recovery
Georgia Taylor	GT	
Helen Missen	HM	
Katherine Lowther	KL	Policy Officer, Royal College of Psychiatrists
Louise Bell	LB	BCUHB - Child & Adolescent Health
Martin Ball	MB	
Brandon Renard	BR	Research and Communications Officer, Office of Sarah Murphy MS
Sarah White	SWH	Dietetic Service Lead Eating Disorders, Hywel Dda University Health Board
Sarah Williamson	SWI	Policy, Parliamentary and Public Affairs Officer, Royal College of Nursing Wales
Sophie Weeks	SWE	Head of Public Affairs and Communications, Welsh Women's Aid
Tamsin Speight	TS	BCUHB - Mental Health & Learning Disabilities
Yolanda Snyman	YS	BCUHB - Specialist Adult Eating Disorder Service
Emma Hagerty	EH	Aneurin Bevan UHB - Specialist Eating Disorders Service

1. Welcome and apologies	Actions
<p>Sarah Murphy welcomed attendees to the group.</p> <p><b>RECEIVED:</b> Apologies from absent members</p> <ul style="list-style-type: none"> <li>Jayne Bryant MS (Labour)</li> <li>Heledd Fychan (Plaid Cymru)</li> </ul>	

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

<ul style="list-style-type: none"> <li>• Rhun Ap Iorwerth (Plaid Cymru)</li> <li>• Nia Holford, Clinical Psychologist, Eating Disorders Specialist Outpatient Treatment Team Cardiff &amp; Vale</li> <li>• Sian Taylor, CAMHS Dietitian ABUHB</li> <li>• Rebecca Bowen, Cardiff &amp; Vale CAMHS</li> <li>• Vikki Burrow, ABUHB CAMHS</li> <li>• Carol Philips</li> <li>• Sarah Davies</li> <li>• Hazel Orchard</li> <li>• Manon Lewis</li> <li>• Dr Nia Holford, Lead Consultant Clinical Psychologist for CTM Tier 2 Eating Disorder Service</li> <li>• Dr. Natalie Chetwynd, Clinical Lead Tier 3 Eating Disorders West Wales</li> <li>• Dr Naomi Swift, Lead Consultant Clinical Psychologist</li> <li>• Emily Hoskins</li> </ul>	
<b>2. AGM - Election of Chair &amp; Secretariat</b>	<b>Actions</b>
<p>Sarah Murphy elected as the Chair with unanimous support. Jo Whitfield and Amelia Holt from Beat elected as secretariat.</p>	
<b>3. Updates - Welsh Eating Disorder Service Review, Calories on Menus.</b>	<b>Actions</b>
<p>Please see the appendix for the PowerPoint slides for this item.</p> <p>JW provided updates on the Welsh Eating Disorder Service Review, concentrating on the findings of Beat’s 2022 Report ‘Three Years On’.</p> <p>New updates for 2023 included:</p> <ul style="list-style-type: none"> <li>- TS introduced herself as the new National Clinical Lead for Eating Disorders. She is due to take up her post in April.</li> <li>- JW highlighted the expansion of adult eating disorder services in Aneurin Bevan University Health Board and Betsi Cadwaladr University Health Board enabling more patients to access support early.</li> <li>- JW highlighted the launch of the pan Wales CAMHS schools in reach service.</li> </ul> <p>JW talked about the lack of adult inpatient eating disorder services within Wales. She highlighted the WHSSC recommendation for a scoping exercise to establish the need for a Tier 4 ED unit in Wales.</p>	

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<p>JW updated on Beat’s campaign to prevent calorie labelling being introduced on menus in Wales. On this issue, Beat ran focus groups, delivered an open-letter, and met with the Deputy Minister for Mental Health and Wellbeing.</p>	
<p><b>4. Review Terms of Reference, agree areas of focus and next steps</b></p>	
<p>SM outlined the Terms of Reference shared with the group prior to the meeting.</p> <p>MI expressed support for the recommendation in the 3 years on report of establishing framework with timescales and asked what response the government had made to this recommendation. JW explained that a satisfactory response hadn’t been received. SM suggested that this could be submitted a written question. SM also suggested that the group should follow up their first meeting by writing a letter to the Deputy Minister for Mental Health and Wellbeing to inform the deputy minister that the CPG has been re-instated, including the TOR and any questions from the group. SM also suggested that the deputy minister could be invited to a future meeting of the group.</p> <p>HM highlighted recommendation 22 of the eating disorder service review, that a mini review should be held 5 years after the 2018 review.</p> <p>Georgia Taylor asked if there were any updates on inpatient services in Wales. JW provided an update on the WHSCC Specialist MH Strategy consultation that is underway that includes plans to undertake a feasibility study into creating an inpatient unit in Wales. SM suggested that a representative from WHSCC be invited to the next CPG meeting.</p> <p>SM asked JM for some further information about the new CAMHS schools in reach programme. JW explained that the initiative was piloted in ABUHB in 2017 and that the programme is now being rolled out across Wales. JW suggested that it might be good to invite someone to talk about the initiative at a future CPG. SM agreed and explained that her and GT had been looking at how to raise awareness in the schools in their constituency about providing teaching on EDs in PSHE lessons, however, it would be good to make contact with the CAMHS project instead.</p> <p>EHA noted that the CAMHS schools in reach project has a</p>	<p><b>SM to write to the Deputy Minister for Mental Health and Wellbeing Minister, on behalf of the group, to mark the establishment of the group and invite her to a future meeting.</b></p> <p><b>JW to follow up with SM on submitting a written question to the Deputy Minister regarding the publication of a new framework or plan with timescales.</b></p> <p><b>JW to invite a representative of WHSCC to the next meeting for an update on the eating disorder inpatient elements of the new specialised mental health strategy consultation.</b></p> <p><b>SM to follow up with EH for</b></p>

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<p>success and covers all areas of mental health. EHA also noted the Welsh first episode psychosis model as another a successful example of early intervention that could be replicated.</p> <p>SM highlighted the lack of training on eating disorders in multiple professions and that there is fear around approaching it as a topic. SM reflected on her own experiences in accessing support and the importance of hope and understanding that lived experiences can bring. SM requested adding a goal regarding raising awareness and better training to the CPG TOR aims.</p> <p>HM noted that SAPHNA has produced a toolkit for school nurses to talk about eating disorders. JW flagged Beat's School Professional Online Training (SPOT) eLearning platform.</p> <p>SM noted the issue of psychiatrists and psychologists only receiving minimal training on eating disorders during their training. SM also raised the issue that mental health counsellors often feel unequipped to deal with clients who have an eating disorder.</p> <p>EHA speaks of the importance of using lived experience and peer support in treatment. EHA highlighted the lack of evidence based psychological therapies and models being used for eating disorders, and more could be done in addition to the Maudsley model. EHA also highlighted the issue of no inpatient beds in Wales and that sometimes CAMHS patients are sent to Edinburgh for treatment. EHA flagged third sector in Wales are considering the potential of opening an eating disorder unit. SM noted that inpatient treatment is an issue she flagged when recounting her own lived experience and has been called for a scoping exercise into inpatient demand and the establishment of an inpatient unit in Wales as part of her membership of the Health and Social Care Committee.</p> <p>SM noted that she will be on BBC Wales Live next week talking about eating disorder services in Wales and will call for a scoping exercise into inpatient demand and the establishment of a unit in Wales.</p>	<p><b>further information on the early intervention model.</b></p> <p><b>SM to consider existing resources available for school professionals.</b></p> <p><b>JW to add an objective related to increasing awareness of eating disorders and training of professionals. Also ensuring that existing training resources are sufficiently promoted.</b></p>
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<p>GT highlighted in the meeting chat the importance of increasing focus on supporting non specialist staff in treating eating disorders, because there are an increasing number coming into contact with eating disorder patients.</p> <p>HM highlights their involvement in ‘whole team training’, which is commissioned by UK government to train all types of healthcare teams on eating disorders in England. HM asked if it could be used and rolled out in Wales.</p> <p>EH highlights in the meeting chat that there is interesting research being done into family involvement with the first episode psychosis population.</p> <p>SM wraps up by noting the importance of acknowledging that there are many types of eating disorders, not just Anorexia and Bulimia.</p>	
<p><b>5. Review of actions &amp; date of next meeting</b></p>	
<p>JW &amp; AH recapped the agreed actions.</p> <p>SM suggests that our next meeting be on a Friday to which there are no objections. SM and JW agree to discuss date for next meeting and circulate invitation.</p>	<p><b>SM, JW, BR and AH to discuss date for next meeting and circulate invitation.</b></p>