

Cross Party Group on Eating Disorders

Minutes

15 June 2023, 12:00 -13:15
Microsoft Teams

In Attendance

Amelia Holt	Dr Natalie Chetwynd
Jonathan Kelly	Sarah Williamson
Hajrah Khan	Katherine Lowther
Sarah Murphy MS	Emma-Jayne Hagerty
Helen Lowe	Naomi Swift
Euan Hails	Bethan Wilson
Sarah Hanney	Gemma Johns
Sarah White	Alka Ahuja
Kate Meredith	Vicky Daniels
Dr Nia Holford	Tamsin Speight

1. Welcome and apologies					
<p>RECEIVED: Apologies from absent members</p> <table border="1"> <tr> <td>Jo Whitfield</td> </tr> <tr> <td>Mike Hedges MS</td> </tr> <tr> <td>Emily Hoskins</td> </tr> <tr> <td>Georgia Taylor</td> </tr> </table>		Jo Whitfield	Mike Hedges MS	Emily Hoskins	Georgia Taylor
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2. Minutes from the last meeting & actions update / matters arising	Actions				
<p>Amelia Holt updated the group on Jo Whitfield's behalf.</p> <p>WHSCC have been invited to the next meeting in the Autumn.</p>					
3. Schools & their role in the early identification and prevention of eating disorders.	Actions				
<p>Sarah Murphy updated on the work going on in schools to support and identify those with eating disorders. She highlighted the potential negative impacts of some of the implementation methods of Healthy Weight, Healthy</p>	<p>Sarah Murphy to update on this work at the next meeting.</p>				

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<p>Wales. She said she has raised this with the Health Minister and why some of these things may be damaging.</p> <p>Sarah Murphy further highlighted the need for a balance in the messaging around issues to do with food and weight. Sarah Williamson from the Royal College of Nursing (RCN) highlighted her concerns with calorie labelling on menus (CLOM). Euan Hails said that Royal College of Psychiatrists (RCP) are also developing a position statement. RCN and RCP are keen to see CLOM paused (as it was in Scotland) or not implemented. RCN, RCP & Beat will be hosting a drop-in session for members of the Senedd, to highlight the lived experience perspective on CLOM.</p> <p>Tamsin Speight said that she is passionate about support in schools, and that we should be looking at prevention programmes that are proven to be effective eg: The Body Project and others. Said that implementing these programmes may be a challenge because of staffing concerns in schools. Sarah Murphy said we could explore inviting someone who delivers these sessions to the Cross Party Group.</p>	
<p>4. Best Practice</p>	
<p>Hajrah Khan and Helen Low delivered a presentation on non-clinical best practice. Helen spoke about her own experiences with both CAMHS and adult services, and the experiences of her parents. She spoke particularly about the challenges surrounding transitions. The group thanked Helen for sharing her experience, and Sarah Murphy reflected on her own experience. SM highlighted Mind Cymru's 'Sort the Switch' report. Emma Hagerty spoke about the challenges that eating disorder services have interfacing with general AMH teams. Euan Hails said that work needs to be done on transition and a youth service for ages 14-25.</p>	<p>Beat to update on Best Practice work at the next meeting.</p>
<p>5. Eating Disorder Clinical Lead Update & Together for Mental Health - 10 year Strategy Consultation</p>	
<p>Tamsin has asked the Welsh Government for an update on the strategy. She asked how we can best feed into</p>	

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this consultation as an eating disorder community.

Tamsin gave some updates on her work as Clinical Lead for Eating Disorders. She said she has previously looked at challenges to accessing specialist services and providing training for Community Mental Health Team staff to deliver evidence-based therapies. In the past few months, she has been getting to know her team and the wider eating disorder community and getting to grips with her brief. So far she has focused on training, the implementation of Medical Emergencies in Eating Disorders (MEED), and the possibility of a single point of access to treatment. Euan Hails says that the single point of access works well in AB CAMHS.

Tamsin also says that they are looking to recruit a project manager to support her work. Sarah Murphy says that Tamsin's position needs to be made full time and long term.

Helen Low asks if there are plans in place to ensure that staff in emergency healthcare settings are trained in eating disorders. Tamsin says that this is important and that they are working towards it, and that joined up working is important.

Sarah asked a question about the need for inpatient beds and how Tamsin sees that progressing. Tamsin says that we need to see what the outcome of the WHSCC review says, and that there are lots of options related to inpatient beds that need to be looked at.

Annalise Ayre reflected on her own experiences and the barriers that she faced trying to find treatment because of her comorbidities. She highlighted the importance of working in partnership, especially when people have other health conditions or are neurodivergent, to ensure that people's needs are met. Early intervention is important, but people who are further along in their journey with their illness should not be left behind.

Sarah emphasised that it is a real priority to get WHSCC

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to come to our next meeting.	
6. Calories on Menus - proposed legislation in Wales update	
This was discussed under item 3.	
7. Review of actions & date of next meeting	
<p>Sarah Murphy to update on work in schools at the next meeting.</p> <p>Beat to update on Best Practice work at the next meeting.</p> <p>The group approved the minutes of the previous meeting and agreed that the next meeting should take place after the summer recess. Amelia Holt agreed to circulate a date in the coming months.</p> <p>Sarah Murphy thanked everyone for their time.</p>	