

Cross Party Group on Mental Health & Eating Disorders

Monday 4th November 2024

Via Teams

In attendance:

Julie Morgan MS	Welsh Labour
Mark Isherwood MS	Welsh Conservatives
Eleanor Lancaster	Office of Julie Morgan MS
Jenny Murphy	Mind Cymru
Jemma Wray	Mental Health Foundation
Richard Jones	Mental Health Matters
Euan Hails	Adferiad
Dafydd Huw	RC Psych
Linda Newton	Cardiff and the Vale Action for Mental Health
Prof. Ian Jones	National Centre for Mental Health
Emily van de Venter	Public Health Wales
Carol Harris	Stori
Lowri Wyn Jones	Time to change Wales
Sarah Whitcombe Hayes	NSPCC / Maternal Mental Health Alliance
Meg Moss	National Counselling & Psychotherapy Society
Angie Darlington	West Wales Action for Mental Health
Steven Crane-Jenkins	BASW
Umer Jalal	CVUHB
Nia Holford	CTMUHB
Tamsin Speight	NHS Executive
Yolanda Snyman	BCUHB - Specialist Adult Eating Disorder Service
Rachel Humphreys	CVUHB
Emma Hagerty	ABUHB
Wendy Clarke	ABUHB
Dewi Druce-Perkins	CTMUHB
Helen Pritchard	BCUHB
Falguni Nathwani	CVUHB
Isabella Jurewicz	CVUHB & RCPsych
Donna Mason	Mental Health Matters Wales
Simon Jones	Mind Cymru
Jo Whitfield	Beat
Jonathan Kelly	Beat
Manon Lewis	
Martin Ball	
Georgia Taylor	
James Downs	
George Watkins	Mind Cymru
Hazel Orchard	
Rhys Hughes	
Beth Phillips	Mind Cymru

Steve Mulligan	BACP
Rhys Watkins	NHS Executive

1. Welcome and Introduction

Julie Morgan MS welcomed everyone to the first meeting of the newly formed Cross Party Group. Jo Whitfield (Beat) shared contact details for eating disorder support services if anybody needed support after the meeting. Jo also reminded everyone that, due to the nature of the content discussed, if people needed to step away or take a break from the meeting everyone was fine to do so.

2. AGM:

Julie Morgan MS nominated and appointed as Chair of the CPG, with Beat and Mind Cymru appointed as joint secretariat of the group.

3. Presentation: Jonathan Kelly, Beat- Intensive Community and Day Treatments for Eating Disorders

Jonathan delivered a presentation outlining Beat’s new report “[There’s No Place Like Home](#)”. The report highlights the urgent need to expand access to intensive community and day treatments for eating disorders, so that they are available to people of all ages across the whole of the UK.



ICT&DTs - CPG
presentation_.pptx

4. Discussion:

Julie Morgan MS – MS for Cardiff North

Asked about data showing increases in admissions in presentation. JK explained that the figures are from a FOI request and they cover primary and secondary diagnoses. The data in England tells a similar story. Many in Wales are admitted in England (out of area) which costs a lot of money. Plans for an inpatient unit in Wales aren’t the solution on their own.

Isabella Jurewicz - Cardiff and the Vale UHB

Explained that the figures also include people admitted to e.g. psychiatric units and general wards. JK raised the issue of other medical issues that eating disorders can cause. IJ also raised the importance of spreading the message about these support services and how to structure services going forward using existing capacity.

Dewi Druce- Perkins – Dietitian in Cwm Taff Morgannwg Health Board

Highlighted resource of staffing and hosting of their services. Issue for anyone in this space. Asked about sustainable workforce. JK wanted to follow up after the meeting. Hopes that the service can become a genuine alternative to inpatient care for some people. Raised virtual approaches as an option for services. Dewi would love to see a hybrid approach.

James Downs - Lived experience campaigner

Highlighted that a lot of admissions to ED services are preventable, not just at early points. Implementation has been an issue. Evidence is telling us the same stories repeatedly. JK hopes to add to case studies in the report and hopes they can be inspirational. He asked for any further ideas about getting messages across.

Sarah Witcombe-Hayes - NSPCC

Asked if there is any breakdown for admissions for women in the perinatal period. JK responded that there was not that level of detail within the report or the data at the moment.

Emma Hagerty - Aneurin Bevan UHB

Seen a reduction in their admissions without changing the size of the service they offer. Could shift their service to provide more intensive interventions, but it's a question of finding somewhere to do it (finding the right building). Some virtual interventions provided but concerns about success and effectiveness. Ideal would be in-person and individually. JK raised that in England capital budgets are often diverted away from mental health services. SJ raised the issue of the state of the inpatient estate in Wales.

Donna Mason – Mental Health Matters Wales

Raised the issue of funding concerns. What does the future look like in the third sector with funding? Results they get are fantastic and would love to scale if they had the money and resources. Collaborative working would be good between third sector and the NHS. JK said that the current financial situation is unsustainable. Long-term capacity planning is vital.

Angie Darlington - West Wales Action for Mental Health

Discussed the importance of peer support. Wants to see it stronger in models. Peer support in relation to families supporting each other is important to. Services need to be fully resourced. JK agreed.

5. Next steps and close

Closing remarks from Julie Morgan MS and Jo Whitfield.

Actions for the next meeting:

- Ensure Senedd Members will raise the report's findings and recommendations in Senedd Business.
- Aim to have upcoming meetings at least once a quarter.
- Next Eating Disorder Network Clinical Implementation meeting will feature the report.

JW informed the group that the intention is to alternate between a general mental health topic and a more specific eating disorder topic. With this in mind the next meeting of the CPG will focus on mental health with date to be set.

JM suggested hosting meetings in a hybrid way so that both face to face and online could be facilitated.