

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

Minutes of the last meeting

19 November 2014

Ty Hywel, National Assembly for Wales

IN ATTENDANCE:		
Bethan Jenkins AM (Chair)	BJ	AM for South Wales West (Plaid Cymru)
Samia Saeed-Edmonds	SSE	Assistant Director- Partnerships, Cwm Taf UHB
Leslie Rudd	LR	Public Health Wales
Michelle Bushell (secretary)	MB	Beat Cymru
Ewan Hilton	EH	Gofal
Katie Dalton	KD	Gofal
Hazel Yates	HY	Gofal
Manon Lewis	ML	Beat
Bridget Taylor	BT	Beat
Julie Davis	JD	Beat
Menna Jones	MJ	T3 Clinical Lead Cardiff & The Vale/Cwm Taff
Carolyn Sansom	CS	T2 Clinical Lead Cwm Taff
Robin Glaze	RG	CAMHS North Wales
Emma Hagerty	EH	T2 Lead Aneurin Bevan Health Board
Gill Davies	GD	CAMHS Cardiff and the Vale
Clare O'Reilly	CR	T3 Cardiff and the Vale
Jane Burgoyne	JB	T1 Cardiff and the Vale
Jacinta Tan	JT	Clinical Associate Professor, College of Medicine Swansea
Don Ribeiro	DR	Carer
Janet Ribeiro	JR	Carer

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

CPGED/NAW4/07 - Welcome and apologies	Actions
<p>Bethan Jenkins AM welcomed attendees to the meeting of the Cross Party Group on Eating Disorders.</p> <p>RECEIVED:</p> <p>Apologies from absent members:</p> <ul style="list-style-type: none"> • Janet Finch Saunders AM • Mohammad Asghar AM • Martin Ball • Ian Hulett • Annette Dunne • James Downs • Helen Missen 	
CPGED/NAW4/08 - Minutes of the last meeting	Actions
<p>AGREED: The minutes of the last meeting were agreed.</p> <p>DISCUSSED: Matters arising</p> <ul style="list-style-type: none"> • CPGED/NAW4/02 - Eating Disorder Framework ACTION: BJ to write to Welsh Government UPDATE: BJ received a letter from the health minister Mark Drakeford advising that they hope to undertake a review by Spring 2015. Officials are considering the options for the review and evidence from inpatient eating disorder facilities in Wales to inform the review. • CPGED/NAW4/04 - Beat Cymru UPDATE: EH gave an update on the partnership between Beat and Gofal. HY gave an overview of Beat's Section 64 funding application to raise awareness through an ambassador programme and a training delivery model to health professionals. The funding decision is expected by the end of 2014. • CPGED/NAW4/05 - Issues to raise ACTION: Invite a representative from the British Medical Association to the next meeting to discuss identification and management of 	<p>BJ to write to Health Minister to request an update on the timescales for the ED Framework review</p>

Grŵp Traus Bleidiol ar Anhwylderau Bwyta Cross Party Group on Eating Disorders

<p>eating disorders by GPs/primary care? UPDATE: The group agreed that it would be useful to invite a GP to a future meeting and would consider options.</p> <ul style="list-style-type: none"> • CPGED/NAW4/06 - Any other business <p>ACTION: Bethan will be meeting shortly with Tina Gambling, of Cardiff University, to discuss her findings into self-esteem in education. UPDATE: Tina Gambling is carrying out a desktop study about body image but has not been contactable. BJ will continue trying to arrange a meeting with her.</p>	<p>BJ to continue to try to arrange a meeting with Tina Gambling</p>
CPGED/NAW4/09 - Eating Disorder Services in Wales	Actions
<p>BJ welcomed Samia Saeed-Edmonds (Assistant Director - Partnerships for Cwm Taf University Health Board) and Dr Leslie Rudd (Head of the Centre for Mental Health Service Development Wales) to the meeting and invited them to deliver their presentation about Eating Disorder Services in Wales. Their presentation included the following points:</p> <p>Recent Successes</p> <ul style="list-style-type: none"> • Establishment of Tier 3 Services across Wales • Better relationships and transitions across Tiers • Implementation of Eating Disorders Intelligent Targets • Inclusion of Eating Disorders in the Together for Mental Health Strategy • Hosting of B-eat Cymru by Gofal <p>Current Position: Opportunities & Risks</p> <ul style="list-style-type: none"> • All-Wales Tier 3 ED Clinical Network well-established, but limited in remit • New All-Wales CAMHS/ED Network • New service user networks being established • Pressures on services across all Tiers • ED could have a stronger focus in T4MH - how do we influence? • Review of the Eating Disorders Framework <p>Emerging Priorities</p> <ul style="list-style-type: none"> • Primary Care 	

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

<ul style="list-style-type: none"> • Tier 4 Options Appraisal to be concluded • Further development of service user and carer networks • Refocusing of the All-Wales Tier 3 ED Network • Eating Disorders Conference? 	
CPGED/NAW4/10 - Discussion	Actions
<p>Members of the cross party group discussed the issues raised in the presentation and responded to the following questions at the end of the presentation:</p> <p>What works well?</p> <ul style="list-style-type: none"> • CAMHS has a funded outreach service role within S.Wales and has an element of training attached to this to raise the standards of those working within CAMHS eating disorder services • Data collection at tier 3 and measuring positive outcomes <p>What does/would a good service look like?</p> <ul style="list-style-type: none"> • GP referral for urgent cases into CAMHS within one week • GPs need further training around Eating Disorders to be able to confidently refer patients into CAMHS and Adult services. Some GPs are ambivalent about presentation of ED and need upskilling to recognise an ED • Have a framework structure which is consistent through all services and tiers • Have a family therapist working within eating disorder teams • Measuring outcomes in collaboration with service users <p>What would be your priorities?</p> <ul style="list-style-type: none"> • Review the Eating Disorders Framework for Wales • Raise the profile of eating disorders in general mental health policy • Improve attitudes and reduce stigma <p>Early intervention: primary care and education</p> <ul style="list-style-type: none"> • Improve health professionals' awareness and knowledge of eating disorders in primary care and generic community services • Provide specialist training about eating disorders to GPs and other relevant primary care professionals. • Improve information and support available to people with 	

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

experience of eating disorders and their family/carers.

- Improve the availability of appropriate and timely referrals
- Refresh the Eating Disorders Framework for Wales to incorporate the legal duties and services provided under Part 1 of the Mental Health (Wales) Measure.
- Improve clarity about referral routes from primary care.
- Improve the ability for GPs and Local Primary Mental Health Support Services to fast-track people with eating disorder and deliver timely interventions.
- Support volunteers such as Beat ambassadors to work with health partners to improve first responses to patients with eating disorders.
- Support more research to assess the difficulties and pressures facing primary care in providing information, treatment and support to people with experience of eating disorders.
- Reduce waiting times for treatment and support.
- Reduce the variation in treatment, support and waiting times across Wales.
- Improve evidence base about the effectiveness of different types of treatment and support.
- Deliver the most appropriate, evidence based interventions and improve outcomes for patients.
- Improve the evidence base about the effectiveness of early interventions.
- Improve information, awareness and support in schools - for pupils and staff.
- Improve knowledge of referral routes for pupils with eating disorders.
- Support for Beat ambassadors to work with school to better equip teachers to support pupils with eating disorders
- Improve support for people leaving home to attend college/university, where they may move away from health professionals, family and support networks.
- Improve information, awareness and support in colleges and universities - for students and staff.

Child and Adolescent Mental Health Services

- Improve inter-relationship between CAMHS and the Eating Disorders Framework for Wales.
- Provide specialist eating disorder training for CAMHS in order to upskill staff.

BJ to write to Health Committee Chair David Rees AM to highlight EDs in review of Mental Health (Wales) Measure

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

<ul style="list-style-type: none"> • Reduce referral times throughout CAMHS / specialist ED services. • Improve the availability of family therapists in CAMHS. • Improve transition between CAMHS and adult services. • Support the proposed merger of the All Wales CAMHS/Eating Disorders network with the All Wales Tier 3 Clinical Network. <p>Skills and attitudes on general, mental health and paediatric wards</p> <ul style="list-style-type: none"> • Improve understanding and knowledge of eating disorders on general, mental health and paediatric wards. • Reduce the stigma and improve attitudes towards people with eating disorders who are placed on general, mental health and paediatric wards. • Improve training about eating disorders for health professionals on general, mental health and paediatric wards. <p>The group agreed that it would be useful to create a document that outlined the issues and priorities discussed at the meeting. This could then form a cross party group ‘manifesto’ that could be fed into the review of the Eating Disorders Framework for Wales.</p>	<p>KD/MB to produce draft document outlining main issues/priorities and circulate to CPG members for input</p>
CPGED/NAW4/11 - Terms of reference	Actions
<p>A draft Terms of Reference for the Cross Party Group on Eating Disorders was presented to the group. Due to the limited time available, the ToR would be circulated to the membership and formally agreed at the next meeting.</p>	<p>KD/MB to circulate to CPG members</p>
CPGED/NAW4/12 - Future meetings	Actions
<p>The group agreed that the next meeting would take place after Christmas but before the Easter recess.</p>	<p>MB and BJ to agree date and circulate</p>
<p>BJ thanked everyone for their attendance and thanked SSE and LR for their very informative and interesting presentation.</p>	