

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

Minutes of the last meeting

24 October 2017

Seminar Rooms 1 & 2, Pierhead, National Assembly for Wales

IN ATTENDANCE:	
Bethan Jenkins AM (Chair)	South Wales West / Plaid Cymru
Martin Ball	Carer
Brigid Bowen	Compassionate Mental Health
Lewis Cole (secretary)	Gofal
Emma Hagerty	ED CAMHS, Aneurin Bevan UHB
Ewan Hilton	Gofal
Gemma Johns	Swansea University
Menna Jones	T3 ED Team Clinical Lead, Cardiff and Vale/Cwm Taf UHB
Kerry McLeod	CAMHS, Aneurin Bevan UHB
Helen Missen	Carer
Toby Missen	Carer
Kim Palmer	T4 EDOS CAMHS, Cwm Taf UHB
Christie Reames	ABUHB
Mark Rivett	ED Services, Cwm Taf UHB
Martin Sutherland	Carer
Jacinta Tan	Swansea University / Abertawe Bro Morgannwg UHB
Manel Tippett	RCPsych in Wales
Jo Whitfield	Beat

CPGED/NAW5/07 - Welcome and apologies	Actions
<p>Ewan Hilton welcomed attendees of the Cross Party Group on Eating Disorders of the Assembly term.</p> <p>RECEIVED: Apologies from absent members</p> <ul style="list-style-type: none"> • Gerrard McCullagh • Simon Thomas AM • Llyr Gruffydd AM • Caroline Winstone 	

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<ul style="list-style-type: none"> Llinos Keren 	
CPGED/NAW5/08 - Minutes from the last meeting	Actions
<p>APPROVED The minutes of the last meeting.</p>	LC to send to Table Office
CPGED/NAW5/09 - Annual Report and Financial Statement	Actions
<p>APPROVED The Cross Party Group on Eating Disorders Annual Report and Financial Statement.</p>	LC to send to Table Office
CPGED/NAW5/10 - Additional funding confirmed for transitional eating disorders services	Actions
<p>MJ updated the group on the current progress of the additional funding allocated to transitional services between CAMHS and Adult services, put forward by the group following the last meeting.</p> <p>The new service is moving quickly, with each health board area putting together their proposals. The service will consist of new and uplifted staff, and currently both services are getting to know each other. Ensuring that outcomes recorded are focused on being through the eyes of a service user and therefore clearly identifies effectiveness is very much on the agenda, with a workshop event planned as part of the training.</p> <p>As allocation was only confirmed recently but funding is in place from the start of the 17/18 financial year, this year's budget will be spent on new staff salaries once in post and the remainder will be used on a training plan currently being developed. This proposal has been approved by Welsh Government.</p> <p>An area of concern currently is the pressure to spend the money by the end of the year and not having the ability to carry over into the next financial year. EH agreed more time should be given to allow for all staff to receive the training, and suggested writing a letter on behalf of the group to clarify this possibility.</p>	<p>EH to write a letter to Welsh Government from the group to ask whether funding can be carried over.</p>

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<p>The group discussed that the initial £1million secured by Plaid Cymru in last year’s budget deal was to be split between eating disorders services and for a study into a potential gender reassignment clinic. A study into the potential for a clinic was initially funded, but could the group seek clarification on whether a new clinic will be funded by money from elsewhere or if this money is now available for eating disorders services. It was agreed it would also be useful for the group to seek clarity on the breakdown of the additional £40 million secured for mental health services, to identify what eating disorders services will receive.</p>	<p>EH to seek further clarity in Welsh Government letter on funding for eating disorders services in budgets.</p>
<p>CPGED/NAW5/11 - Primary and secondary healthcare for eating disorders research update</p>	
<p>GJ and JT updated the group on the current research they are carrying out on people’s experiences of primary and secondary eating disorders healthcare. GJ has been carrying out a systematic literature review of healthcare interfaces globally, and some of the main themes coming out of this have been concerns around:-</p> <ul style="list-style-type: none"> • The initial help seeking process • Medical responsibility • Collaboration and opposition • Social support system - treatment choice • Treatment process <p>JT updated the group on the findings of the focus groups the study has been running. One of the main aims was to find out if there’s a gap between primary and secondary healthcare, and the findings have revealed there are gaps everywhere, and the challenge now for the study is to reconceptualise where the gaps are.</p> <p>Numbers are well beyond where both the framework for eating disorders and GP estimates are, but in comparison to the UK the figures for Wales are lower at 0.6% compared to 1-2%.</p> <p>A report launch supported by the group is planned for next Summer where all findings will be presented.</p>	
<p>CPGED/NAW5/12 - Introduction to Beat’s current and upcoming projects in Wales</p>	

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Jo Whitfield introduced herself to the group as Beat's new National Officer for Wales and spoke about new and existing support by Beat for people with eating disorders in Wales. New initiatives include:

- School professionals training - for staff to recognise early signs of an eating disorder, and will then be supported on an ongoing basis following the training.
- Expanding a network of Beat ambassadors across Wales, of both Young Ambassadors (18-25) and Ambassadors (25+)
- Launching a local rate helpline - support provided by a trained advisor. There will also be an online discussion board for professionals.
- Launch a peer telephone coaching programme - carers with experience will be able to support other carers with advice.
- Regional Twitter account for Beat in Wales (@BeatED_Wales)

Existing support already provided on a national level by Beat include:

- Two telephone helplines for young people and adults, along with a new instant messaging service, all of which are open 365 days a year, 3.00pm - 10.00pm.
- Online support groups - with different lived experience and carer focused groups.

JW emphasised she welcomed the chance to support the group's work and members in their work supporting people. The group welcomed Beat's return to Wales and the commitment shown in funding a permanent National Officer role as opposed to previous project roles.

The group expressed concerns about the previous work of Beat Cymru coming to an end, and that the scale of setting up the new support services might result in sporadic services, but work of the Ambassadors and national backing aims to overcome these challenges this time around. It was suggested that inviting the Chief Executive of Beat to Wales for the launch of the research in the last point next Summer might be a good opportunity for the group to discuss further support for Wales and involvement from Beat.

The support for people in schools raised concerns that the creation of 'experts' among staff might be detrimental to pupils if incorrect assumptions are made without ongoing external support. This led onto

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<p>a discussion about the wider issues around diet education and healthy eating in Wales, which can often lead to insecurities in children around certain foods which can be deemed ‘unhealthy’ by this type of education, but actually provide key components of a truly balanced diet.</p> <p>MT mentioned that Obesity Alliance Cymru is currently putting together guidelines to feed back to Welsh Government regarding the Obesity Strategy, which the group could feed into and suggest amendments that take into account the vulnerability of young people with eating disorders. It was agreed the group contribute to this via a letter that would raise concerns regarding healthy eating education in schools.</p>	<p>MT to put together a letter/liaise with OAC regarding obesity strategy</p>
CPGED/NAW5/13 - Any other business	
<p>Due to the gap since the last meeting, EH suggested that the group circulate and review its previous key issues and priorities so that we can be more focused in what we want the group’s work to achieve.</p> <p>BJ asked the group for suggestions of potential speakers and guests that would be useful to hear from at and contribute to future meetings. BJ also asked for ways we could encourage new Assembly Member attendees of the group, and suggested new refocused aims could help achieve this, along with a public survey on what our priorities should look like.</p> <p>Brigid Bowen introduced herself as the founder of Compassionate Mental Health, a movement and series of gatherings designed to inspire and empower people who live and work with poor mental health, and changing how we think about mental wellbeing. Eating disorders will be on the agenda at the next gathering which will take place in March/April 2018 and will be attended by experts by experience, industry professionals and policy makers. BB invited and thanked the group for the opportunity to sit in on today’s meeting.</p>	<p>LC to circulate and seek amendments of CPGED key issues and priorities.</p>
<p>Bethan Jenkins thanked everyone for their attendance.</p>	