

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

Minutes of the last meeting

16 May 2018

Media Briefing Room, Senedd

IN ATTENDANCE:	
Bethan Sayed AM (Chair)	South Wales West / Plaid Cymru
Beth Mahoney (Secretary)	Gofal
Ewan Hilton	Gofal
Gemma Johns	Swansea University
Jo Whitfield	Beat
Hazel Orchard	
Donna Mason	Mental Health Matters Wales
Lee Waters AM	Llanelli / Welsh Labour
Russell George AM	Montgomeryshire / Welsh Conservative
Kendra Tanner	Independent
Dr. Natalie Chetwynd	Elizabeth Williams Clinic
Misbah Gladwyn-Khan	Trainee Clinical Psychologist
Carole Phillips	
Carl Shortland	Swansea University
Zoe John	Beat Ambassador
Chloe Pearce	Beat Ambassador
Ollie John	RC of Psychiatrists
Dr. Ahmed Darwish	Cwm Taff University Health Board
Gerrard McCullagh	Aneurin Bevan University Health Board

Welcome and apologies	Actions
<p>Bethan Sayed AM 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"> • Jacinta Tan • Annette McClean • Simon Thomas AM • Llinos Keren 	

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<ul style="list-style-type: none"> • Emma-Jayne Hagerty • Menna Jones • Dr Debbie Woodward • Kim Palmer • Manon Lewis 	
Minutes from the last meeting	Actions
<p>APPROVED The minutes of the last meeting.</p>	<p>BM to send to Table Office</p>
Review of Eating Disorder Framework	Actions
<p><u>Summary/Description of the Service Review Workshops:</u> The review was commissioned by Vaughan Gething, and the Cross Party Group have been calling for a review for several years. Workshops are being held across Wales - Wrexham, Cardiff, Carmarthen and Bangor, and an online survey is also being promoted for users and carers to complete, to gather feedback about eating disorder services and help shape their future. We will gather feedback and put a feasible idea of how their suggestions could work in practice and then we will go back to ask people what they think of our suggestions. We are meeting with Vaughan Gething in July to give findings and a final report is due at the end of November.</p> <p>At the time of the meeting the review was in process, key issues fed back so far included: Prevention and recognition of ED needed in schools. ED services are fragmented, 7 different services around Wales, one All Wales service suggested. Discord, for example with obesity services, link these up better. Would also be great to be able to get specialists in quickly, this might need transition funding. It would be helpful to feed in with other guidelines, such as NICE and CAMHS.</p> <p>It was asked how quantitative/qualitative the analysis is and how the existing data is being used to gather an understanding of the scope of the review. Important that the review has credibility with a high number of people's input. Jacinta, who was unable to attend this meeting, will feed back to the group clarity of scope and what data is being used to understand the gap.</p> <p>Issues were raised about how well publicised the review has been by some present. The review has been widely publicised to all ED</p>	<p>JT to feedback to EH to circulate</p> <p>EH to follow up</p>

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<p>professionals and beyond, this issue to be followed up by Ewan.</p> <p>At the next Cross Party Group meeting, we will have preliminary findings to work out how we would like to move forward as a group and what we plan to do next.</p> <p>Other points raised:</p> <ul style="list-style-type: none"> • It is important that people have a better understanding of prevention and reasons why eating disorders can happen, for example, social media & bullying. There are very different systems for children and adults. It would be helpful to look at models of treatment outside of Wales. • Helpful for medical professionals to understand that length of episode is not necessarily a helpful piece of data and potentially eating disorders can be a lifelong condition. State of mind, now and over a period of time, is very important, sometimes the focus only seems to be on weight of body. I feel 'success rates' might not even be something we can talk about with severe anorexia. • How much support do people have when in recovery? What leads to having a better life ongoing? People feel that they finish treatment, weight gained, but psychologically there is no improvement. It is essential that you have a team around you after treatment. • There is disconnect between the guidelines and schools - some of the advice can't work in reality in a school. Suggested that we flag this up with Kirsty Williams AM and we raise with the Mental Health Cross Party Group to ensure we are co-ordinated. 	<p>EH to include on next meeting agenda</p> <p>Gemma Johns to add feedback to Service Review feedback.</p> <p>BS to raise with Kirsty Williams AM, and EH to raise with Mental Health Cross Party Group</p>
Review of Key Issues and Priorities and Terms of Reference	
<p>Both the Key Issues and Priorities and Terms of Reference documents have not been updated since 2015 so it was suggested that this meeting could discuss if this is the time to update them.</p> <p>It was then agreed that we will know much more about how we would like to move forward after the results for the Service Review, which we will have more knowledge of by the next meeting. Therefore we</p>	<p>EH to add to next meeting</p>

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<p>until recently. Care plans are meant to be written by the service users, but several people in the group reported back that they either weren't aware of the care plan until later in the service, or they were written by other people on their behalf. Communications need to be improved between the Eating Disorders teams and the Mental Health teams. Another point was also made there are other eating disorders as well as anorexia - children need education and good information about all forms of eating disorders.</p> <p>Peer support groups have been helpful for many people - raise as part of the review.</p>	<p>to the Service Review Workshop feedback</p>
<p>Bethan Sayed thanked everyone for their attendance.</p>	

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