#### 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
Bethan Sayed AM welcomed attendees of the Cross Party Group on Eating Disorders of the Assembly term.	
RECEIVED: Apologies from absent members  • Jacinta Tan	
Annette McClean	
Simon Thomas AM	
Llinos Keren	

Emma-Jayne Hagerty Menna Jones Dr Debbie Woodward Kim Palmer Manon Lewis Minutes from the last meeting Actions **APPROVED BM** to send to Table Office The minutes of the last meeting. **Review of Eating Disorder Framework Actions** Summary/Description of the Service Review Workshops: 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. 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. 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 JT to feedback the review. Important that the review has credibility with a high to EH to number of people's input. Jacinta, who was unable to attend this circulate meeting, will feed back to the group clarity of scope and what data is being used to understand the gap. Issues were raised about how well publicised the review has been by EH to follow up some present. The review has been widely publicised to all ED

Cross Party Group on Latin	ilg Disol del s
professionals and beyond, this issue to be followed up by Ewan.	
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.	EH to include on next meeting
Other points raised:	agenda
<ul> <li>It is important that people have a better understanding of prevention and reasons why eating disorders can happen, for example, social media &amp; bullying. There are very different systems for children and adults. It would be helpful to look at models of treatment outside of Wales.</li> <li>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.</li> </ul>	Gemma Johns to add feedback to Service Review feedback.
<ul> <li>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.</li> </ul>	
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.	BS to raise with Kirsty Williams AM, and EH to raise with Mental Health Cross Party Group
Review of Key Issues and Priorities and Terms of Reference	
Both the Key Issues and Priorities and Terms of Reference documents	

EH to add to

next meeting

have not been updated since 2015 so it was suggested that this

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

meeting could discuss if this is the time to update them.

will add to the next meeting agenda that we will use information agenda gathered from the Service Review to help shape how we plan to move forward and update documents then. Other points brought up were: Key Issues and Priorities: It would be good to add families and the role they can play (which will probably also come out of the Service Review feedback) Terms of Reference: Former AMs are listed as members, they will need to be removed and BS to check we will check with presiding officers who is interested in being added. and confirm Lee Waters AM (present at meeting) agreed that he can be added as a changes member. A point should be added to the purpose that the group aims to EH to make improve people's lives. suggested changes to the Also suggested that we add a point about prevention, e.g. papers ahead cyberbullying, new drugs? of the next Become more public facing - for example, planning communications meeting to around Eating Disorder Awareness Week, organising an event in the confirm with Senedd, reporting Mind the Gap research when it is available. the group If people would like to have people come and talk at the meetings let us know, it was suggested the Kirsty Williams could be invited to talk about what is happening in education. **Any other Business** The existence of the Eating Disorders Cross Party Group can mean that BS/EH to write eating disorders issues are not a focus for the Mental Health Cross to KW about Party Group. transparency and MHCPG Many AMs are interested in what is happening with the Cross Party BM to write 3-4 Group but are unable to attend. Would be good to send a short email with 3-4 points after the meetings to keep them up to date. Include point summary information like Jacinta's contact details, Facebook group, and if plus relevant give text for social media posts that they can copy and paste contact/comms easily and promote on their social media accounts. details to send to AMs Relationship between Mental Health Services and Eating Disorder

Gemma to add

Services. Service User spoke about her own experiences with eating

disorder services and how she wasn't made aware of the care plan

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.

Peer support groups have been helpful for many people - raise as part of the review.

Bethan Sayed thanked everyone for their attendance.