



FIRST STEPS

— Derbyshire —

Understanding Eating Difficulties and Disorders

20 minute Interactive Session – Wednesday 23rd October

Marc Thrasivoulou

Young Person's Co-ordinator

Rose Hibberd

Online Support Worker

W: www.firststepsderby.co.uk

 www.facebook.com/firststepsderbyshire

 [@firststepsd](https://twitter.com/firststepsd)

E: info@firststepsderby.co.uk

T: 01332 367571

part of the
beat
network



Lloyds TSB



BBC
Children
in Need

Derbyshire Community Foundation
For Derbyshire for good



Derbyshire Healthcare



NHS Foundation Trust



Registered Charity No. 1121791



FIRST STEPS

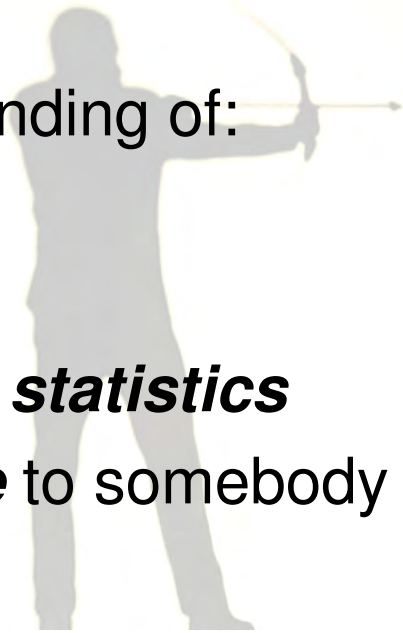
— Derbyshire —

Learning Objectives

By the end of the session we hope that you will...

Have a greater understanding of:

- Eating disorders
- Basic Eating Disorder ***statistics***
- How to ***communicate*** to somebody who is struggling with an Eating Disorder.



About First Steps Derbyshire

- Countywide service : Founded in **2004** as a fortnightly support group
- Lived experience : Developed and run by service users, who experienced a lack of service provision within local statutory and community services.
- Non clinical support: to achieve **sustainable health** where they are able to consider **training, employment** and **volunteering** opportunities.
- Volunteers (**42**), trustees (**8**) and staff (**13**).
The majority have personal experience of eating disorders.



S U P P O R T

What is an Eating Disorder?

- Coping mechanism
- Control mechanism
- Psychological illness/disorder
- Food pre-occupies thoughts and actions
- Affects ***all ages*** and ***both genders***



Eating Disorders – Quiz



1. **How many people do eating disorders affect in the UK?** *(Source: B-eat, 2011)*
 - a) 300,000
 - b) 1.1 million
 - c) 1.6 million
2. **Approximately how many people suffer with an eating disorder in Derbyshire?** *(Source: NHS Derbyshire, 2011)*
 - a) 31,000
 - b) 52,000
 - c) 71,000
3. **What percentage of these cases are male?** *(Source: MGEDT, 2013)*
 - a) 1-4%
 - b) 5-9%
 - c) 10-15%
4. **By what percentage have hospital admissions for eating disorders risen between 2011-2012?** *(Source: BBC news, 2012)*
 - a) 7%
 - b) 11%
 - c) 16%

Types of recognised Eating Disorder

- **Anorexia Nervosa** –
Immoderate food restriction and irrational fear of gaining weight
- **Bulimia Nervosa** –
Characterized by binge eating and purging (compensatory behaviour).
- **Binge Eating Disorder** –
Eat large amounts of food in a short period of time and feel a lack of control during these binges.
- **EDNOS (Eating Disorders Not Otherwise Specified)**
E.g. – Diabulimia
 - *Pica*
 - *Orthorexia Nervosa*



Role Play

- You are now going to watch **one short scenarios** regarding how to talk to an Eating Disorder sufferer.

Scenario 1 – Clinician's Office

- When you hear/see an interaction that you would feel would not be a useful approach shout **STOP** and provide the actors with an **alternative approach**.



Negative communication ...

Example of what may be said

Patients may feel

Possible outcome

You're looking well or
"You don't look like you
have an ED"

How much have you
eaten today?

You must gain 4 pounds,
or you will be admitted to
hospital

Do you realise how much
you are worrying your
parents?



Positive Communication...

Example of what may be said	Patients may feel	Possible outcome
You appear more confident That colour suits you		
How are you managing your food intake?		
Offer realistic goals, without weight gain targets		
How can we work together to help you through this?		



Negative communication ...

Example of what may be said	Patients may feel	Possible outcome
You're looking well or "You don't look like you have an ED"	FAT/Not sick enough. Fraudulent Not taken seriously	Lose more weight.
How much have you eaten today?	Ashamed and worthless Dis-empowered Irritated	Lie, Binge/purge Dis-engage
You must gain 4 pounds, or you will be admitted to hospital	Nervous and anxious. Under pressure Not in control	Lie. Water load, Add weights to pockets.
Do you realise how much you are worrying your parents?	Guilt. Shame. Fear. A failure, A burden. Isolated. Alone.	Relapse. Self Harm. Attempt suicide.



Positive Communication...

Example of what may be said	Patients may feel	Possible outcome
You appear more confident That colour suits you	Less threatened	Begin to trust Enhanced self awareness.
How are you managing your food intake?	In control	Honest about their food intake.
Offer realistic goals, without weight gain targets	Hope Optimistic Choices	More likely to take healthy decisions.
How can we work together to help you through this?	Equality More decisive A Personal responsibility.	Better engagement. Improved motivation Health Improvements.



Positive and Negative Statements

- Get into small groups
- Categorise statements into ‘**what to say**’ and ‘**what not to say**’ if somebody was displaying the **signs and symptoms** of an eating disorder.
- Review the activity.



Generic Services

for all ages & types of eating disorders

Training and

Support

- Twice weekly **support groups** in Derby City.
- Support group in **North Derbyshire** (fortnightly).
- Support group in **South Derbyshire** (monthly).
- Carers/family support via **Skills for Carers workshops**.
- **1 to 1 support** sessions for **C+YP**.
- Online **Live Chat** Support Service.
- **Befriending** (online and face to face).
- Complementary therapies (Eg: massage/shiatsu/reflexology).
- Arts and crafts groups.
- Coffee mornings & social activities.
- **Intensive Community Support** in partnership with NHS Derbyshire Eating Disorder Service.

Awareness

- **Self-esteem & Body Image Workshops** for primary and schools.
- **College drop-in** support sessions (Derby, Chesterfield and South Derbyshire college).
- **Volunteering opportunities** for service users and progression planning into employment.
- Basic healthy eating information.
- Appropriate exercise information/support.
- **CPD BACP accredited training** and development for volunteers, staff, and professionals.
- Outreach sessions and community awareness raising.
- GP surgery visits & presentations.
- Twitter and Facebook service.
- Educational DVDs.
- Partnership work and consultation.
- Self-help library.

Contact Us

Ingham House
16 Agard Street
Derby
DE1 1DZ

T: 01332 367571

W: www.firststepsderby.co.uk

 @firststepsd

 www.facebook.com/firststepsderbyshire



FIRST STEPS
— Derbyshire —