



East London
NHS Foundation Trust

Information Governance

The Green
1 Roger Dowley Court
Russia Lane
London
E2 9NJ

Telephone: 020 7655 4131

Email elft.foi@nhs.net

Website: <https://www.elft.nhs.uk>

9 December 2020

Our reference: FOI DA3547

I am responding to your request for information received 17 September 2020. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Keshia Harvey
Information Governance Manager

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision. If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliff House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

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Chair: Mark Lam

Interim Chief Executive: Paul Calaminus

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Request:

Question 1. Does the Trust provide eating disorders services that offer outpatient treatment? If so, please state the name of the service/s and the Clinical Commissioning Group/s (CCG/CCGs) that commission them.

a) For under 18s

Answer: The Trust provides an eating disorder services for under 18s. The service is called: The Bedfordshire and Luton Community Eating Disorders Service for Children and Young People (CYP-CEDS). The clinical commissioning group is Bedfordshire and Luton CCGs

b) For 18+ year olds

Answer: The Trust provides eating disorder services for 18+. The service is called: Bedfordshire and Luton Adult Community Eating Disorder Service. The clinical commissioning group is Bedfordshire and Luton CCGs

Question 2. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?

a) For under 18s

Answer: Yes, the Trust is commissioned for under 18 year olds.

b) For 18+ year olds

If “no” to either a) or b) in question 2, please answer question 3. If “yes” to both a) and b) in question 2, please skip to question 4.

Answer: Yes, the Trust is commissioned for 18+ year olds.

Question 3. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?

a) For under 18s

Answer: Not applicable.

b) For 18+ year olds

Answer: The Trust works in stepped care partnership with 3rd sector partner ‘Caraline’ commissioned to provide treatment of mild to moderate eating disorders including BED by the Bedfordshire and Luton CCGs.

If “no” to both a) and b) in question 3, that is all that is required. Thank you for your response.

If “yes” to either a) or b) in question 3, please answer the questions below.

Question 4. Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:

a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,

i) For under 18s

Answer: Family- based treatment of eating disorders (for younger patients), individual CBT-ED (for older patients with co-morbidities),binge eating disorder –focused guided self help

ii) For 18+ year olds

Answer: CBT-ED – individual, formulation based clinical and counselling psychology and CBT therapy for complex cases.

b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided.

Please specify the names of all applicable services and the Clinical Commissioning Groups (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.

i) For under 18s

Answer: by CYP-CEDS. Over 17 without complex co-morbidity can access Caraline (a ED charity offering specialist ED interventions)

Self-help is guided

ii) For 18+ year olds

Answer: Please see 3b above.

Service restrictions/eligibility criteria

Question 5. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). If the Trust provides more than one relevant service, please list answers separately against each.

a) For under 18s

Answer: Not applicable.

b) For 18+ year olds

Answer: Age – 18+, weight – no restriction, comorbidity – no restriction, severity – honos cluster 4+ (severe and complex) only – mild to moderate ie up to cluster 3 seen by stepped care partner charity

Access to binge eating disorder-focused guided self-help

Question 6. a) In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 4b had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?

i) For Under 18s

Answer: Two service users have been assessed as currently meeting diagnostic criteria for Binge Eating Disorder.

ii) For 18+ year olds

Answer: The Trust has reviewed your request for information under the Freedom of Information Act 2000. We do not record this information in a specific field on our clinical system. To answer this question, staff would have to review each patient file.

Therefore, the Trust is unable to comply with this particular part of your request as the cost of compliance and extracting your exact requirements would exceed the appropriate cost limit of £450 which is specified in Section 12 of the Freedom of Information Act 2000. This is based on a rate of £25 per hour, regardless of the rate of pay of any individual involved in the retrieval of requested information, and equates to 18 hours work.

Question b. How many of those in Question 6a have participated in a binge eating disorder-focused guided self-help programme as first-line psychological treatment?

i) For Under 18s

Answer: Zero.

ii) For 18+ year olds

Answer: None

Funding

Question 7 a) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust for eating disorders (any eating disorder diagnosis)?

i) For Under 18s

Answer: £1,067,871.70

ii) For 18+ year olds

Answer: £196,328.79

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b) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust specifically for Binge Eating Disorder (BED)?

- i) For Under 18s**
- ii) For 18+ year olds**

Answer: The information is not recorded in that detail as funding for eating disorders encompasses BED.

Referrals from Weight Management Services

Question 8. Does the Trust's eating disorder service/s (if it provides any) accept referrals from Weight Management services? If the Trust provides more than one relevant service, please list answers separately against each.

a) For under 18s

Answer: Referrals can be from parent/self or from professionals working with the young person.

b) For 18+ year olds

Answer: Yes.

If "no" to both a) and b) in question 8 or both questions are not applicable, that is all that is required. Thank you for your response.

If "yes" to either a) or b) in question 8, please answer question 9.

Question 9. In 2019/2020 (the tax year) how many patients started treatment at the Trust's eating disorder service/s.

If the Trust provides more than one relevant service, please list answers separately against each.

a) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically

i) For Under 18s

Answer: Two service users started treatment in 2019/2020 who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically.

ii) For 18+ year olds

Answer: The Trust has reviewed your request for information under the Freedom of Information Act 2000. We do not record this information in a specific field on our clinical system. To answer this question, staff would have to review each patient file.

Therefore, the Trust is unable to comply with this particular part of your request as the cost of compliance and extracting your exact requirements would exceed the appropriate cost limit of £450 which is specified in Section 12 of the Freedom of Information Act 2000. This is based on a rate of £25 per hour, regardless of the rate of pay of any

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individual involved in the retrieval of requested information, and equates to 18 hours work.

b) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically, who had been referred from Weight Management services.

i) For Under 18s

Answer: Zero.

ii) For 18+ year olds

Answer: The Trust has reviewed your request for information under the Freedom of Information Act 2000. We do not record this information in a specific field on our clinical system. To answer this question, staff would have to review each patient file.

Therefore, the Trust is unable to comply with this particular part of your request as the cost of compliance and extracting your exact requirements would exceed the appropriate cost limit of £450 which is specified in Section 12 of the Freedom of Information Act 2000. This is based on a rate of £25 per hour, regardless of the rate of pay of any individual involved in the retrieval of requested information, and equates to 18 hours work.