

Disordered Eating/Eating Distress Support Developed Under the Transformation Programme

The [Community Mental Health Transformation Programme](#) aims to develop new ways of bringing together primary and secondary care with social care, other local authority services, our third sector and local communities to support people with mental health difficulties. One of the main pathways being developed within this work is the disordered eating pathway.

We are choosing to use the terms 'disordered eating' (DE) or sometimes 'eating distress' as one of our priorities is to raise awareness that we all exist on a spectrum with regards to our relationship with food, and that someone could experience significant distress without having a formally diagnosed eating disorder.

Our aim is to improve support for people struggling with patterns of disordered eating in East London, and co-production is at the heart of our work. For example, our small team of clinical associates in psychology (in training) and advanced dietitian have worked with a group of knowledgeable, passionate, and dedicated experts-by-experience (current and former service users and carers), to create bespoke psychoeducation and dietetic seminars. These sessions are also co-delivered by experts-by-experience, which allows attendees to hear their peers speak about their own struggles with, and recovery from, an eating disorder.

We are very proud of the feedback we have received by attendees and we will continue to grow this offer over the next year.

What's more, we have co-produced a disordered eating awareness training for professionals across our system, including GPs, nurses, psychologists, peer support workers, etc. This training is also co-delivered by experts-by-experience and provides the vital lived-experience perspective of an eating disorder, which is often missing from other trainings.

We have a limited resource but, we are committed to growing this provision for East London residents over the years to come, not only for people who struggle with disordered eating but also for the family, friends and carers who support them. We are working hard with our colleagues in primary care (GPs, IAPT services) and tertiary services (St. Ann's Eating Disorder Service) to improve provision for our residents. Our local IAPT (Improving Access to Psychological Therapies) services - [Newham Talking Therapies](#), [Tower Hamlets Talking Therapies](#), [Talk Changes City & Hackney](#) - are at varying stages of developing interventions to support people presenting with patterns of disordered eating/eating distress, boosting the support on offer at a local level.

A lot of work has already been done, but there is still a lot more to do!

If you are struggling with patterns of disordered eating, please do not hesitate to reach out to your local GP or IAPT service. They can help you with the first step on your recovery journey.

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