

**Information Governance**

Robert Dolan House  
9 Alie Street  
London  
E1 8DE

**Email** [elft.foi@nhs.net](mailto:elft.foi@nhs.net)

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

3 October 2023

**Our reference: FOI DA4969**

I am responding to your request for information received 21 September 2023. 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,

Information Rights Coordinator

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  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

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We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.  
**We care . We respect . We are inclusive**

**Interim Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:**

**Question 1: 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:** The Trust has reviewed question 1a of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here:

Question 2a

[https://www.elft.nhs.uk/sites/default/files/2022-01/anon\\_response\\_-\\_foi\\_da3547.pdf](https://www.elft.nhs.uk/sites/default/files/2022-01/anon_response_-_foi_da3547.pdf)

**b) For 18+ year olds**

**Answer:** The Trust has reviewed question 1b of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here:

Question 2b

[https://www.elft.nhs.uk/sites/default/files/2022-01/anon\\_response\\_-\\_foi\\_da3547.pdf](https://www.elft.nhs.uk/sites/default/files/2022-01/anon_response_-_foi_da3547.pdf)

**Question 2: 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**

**b) For 18+ year olds**

**Answer:** Not applicable.

**Question 3: 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,**

**Answer:** The Trust has reviewed question 3a of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:



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*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here:

Question 4a

[https://www.elft.nhs.uk/sites/default/files/2022-01/anon\\_response\\_-\\_foi\\_da3547.pdf](https://www.elft.nhs.uk/sites/default/files/2022-01/anon_response_-_foi_da3547.pdf)

- 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 ICBs (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.***

Answer: The Trust has reviewed question 3b of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here:

Question 4b

[https://www.elft.nhs.uk/sites/default/files/2022-01/anon\\_response\\_-\\_foi\\_da3547.pdf](https://www.elft.nhs.uk/sites/default/files/2022-01/anon_response_-_foi_da3547.pdf)

**Question 4: 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  
b) For 18+ year olds**

Answer: Not applicable.



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