

Information Governance

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15 February 2024

Our reference: FOI DA5202

I am responding to your request for information received 7 February 2024. 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

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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'what matters' to everyone, achieve a better quality
of life and continuously improve our services.
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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)?

1. For under 18s
2. For 18+ year olds

Answer: 1. Yes, the Trust is commissioned for under 18 year olds.

2. The Trust also provides eating disorder services for 18+. The service is called: Bedfordshire and Luton Adult Community Eating Disorder Service.

Question 2: 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?

Answer: Yes, the trust provides treatment for patients diagnosed with Binge Eating Disorder.

Question 3: If applicable, 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: 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.

CBT-ED – individual, formulation based clinical and counselling psychology and CBT therapy for complex cases for patients aged 18+.

- 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.

Answer: By CYP-CEDS. Over 17 without complex co-morbidity can access Caraline (a ED charity offering specialist ED interventions). Self-help is guided.

For adults, 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.

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.

Answer: The Trust has reviewed question 4 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 4

https://www.elft.nhs.uk/sites/default/files/2023-10/anon_response_-_foi_da4969.pdf



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