

Bedfordshire & Luton Eating Disorders Working Together Group (WTG)

This group was established in January 2020 following a “journey mapping” exercise.

Our Aim

True collaboration between NHS and VCSE partners.

- To bring together people with lived experience, their families and carers, and professionals as equal partners
- All working side by side to monitor, shape, and improve eating disorder services

V = Voluntary

C = Community

S = Social

E = Enterprise

What We Do

The group focuses on a wide range of areas, including:

- CEDS & Caraline intersection
- FREED
- Communication between referral & assessment
- Waiting List & Trusted Resources
- Involving friends and family
- Treatment outside of hospital
- Supporting other teams
- Post-discharge support
- Peer support
- Lived experience group
- Training sub-group
- Supporting QI projects

Our Priorities for 2025 - 2026

Rolling out and evaluating our co-produced “Language and Behaviours” guide.

- A guide on interacting with ED patients & the importance of the language, terminology & behaviours we use
- Includes examples of unhelpful words and phrases shared by service users, and positive alternatives

Stronger collaboration with VCSE partners

- Shared workforce initiatives
- Joint triage
- Joint training
- Joint recruitment

Reviewing discharge protocols across CEDS and VSCE:

- To improve the service user experience
- To focus on relapse prevention

Continuing to deliver and expand our “Eating Disorder Awareness & Myth Busting training.

Get in touch and join our next meeting.

