



East London
NHS Foundation Trust
Information Governance
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11th February 2026

Our reference: FOI DA6372

We are responding to your request for information received 28th November 2025. We are sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

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

Yours sincerely,

FOI Team

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

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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: Provide copies of any internal guidelines, protocols, policies or standard operating procedures that relate specifically to mealtime/ dining room support in the treatment of eating disorders within your services.

Question 1: This includes, but is not limited to, documents that cover:

- Expectations and roles of staff during mealtimes
- Levels of supervision and support before, during and after meals or snacks
- Management of meal-related distress, behaviours or incidents
- Use of any structured mealtime programmes or approaches
- Nasogastric feeding or the use of oral nutrition supplements

If different guidelines are used in different settings, please provide all relevant documents. For example, where your organisation has separate or adapted guidance for:

- Inpatient wards
- Day-hospital or day-programme service
- Intensive outpatient / intensive community treatment
- Outpatient or community services

Answer: Please see appendix 1, 2 and 3. Please note that individual care plans, created with the young person and specialist support are created in line with the agreed policies and protocols and are reviewed regularly as part of that young person's care. The Trust does not have adult inpatient eating disorder services and therefore does not have any adult inpatients. Adult community eating disorder services are delivered by an outsourced provider.

Question 2: Similarly, I would also be grateful if you could provide all protocol versions, if different protocols apply to different age groups, including:

- Inpatient wards adult eating disorder services
- CAMHS / children and young people's eating disorder services
- all age or transition services, if applicable

Answer: Please see appendix 4. Please note that individual care plans, created with the young person and specialist support are created in line with the agreed policies and protocols and are reviewed regularly as part of that young person's care. The Trust does not have adult inpatient eating disorder services and therefore does not have any adult inpatients. Adult community eating disorder services are delivered by an outsourced provider.



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