

CEDS-CYP

Community Eating Disorder Service for Children and Young People

Part of Child and Adolescent Mental Health Service (CAMHS)

Tower Hamlets, City & Hackney, and Newham

INFORMATION FOR REFERRERS

This guide provides information on how, who, what, and when to refer to the CEDS-CYP via the CAMHS Service.

Who are we?

We are a specialised community service offering high quality, evidence-based assessment and treatment for children, young people and their families who are suffering with an eating disorder. The Community Eating Disorders Service for Children and Young People (CEDS-CYP) works as part of the Child and Adolescent Mental Health Service or CAMHS who are the point of access into our service.

The CEDS-CYP is staffed by a multi-disciplinary team that includes Consultant Psychiatry, Clinical Psychology, Dietetics, Specialist Nursing, Family Therapy and Eating Disorder Therapists. Our clinicians are based in the community and deliver care within clinics as well as home visits when required.

CEDS-CYP provides the assessment and treatment for the following conditions

Anorexia Nervosa; Bulimia Nervosa; Binge Eating Disorder and Atypical or non-specific eating disorders

Age Range

The CEDS-CYP will accept referrals of children and young people up until their 18th birthday.

Who can refer?

Any professional who regularly engages with children and young people can refer to the CEDS-CYP (via CAMHS) including staff from third sector (voluntary organisations) as well as parents, carers and young people.

What information is needed when I make a referral?

We require information on height, weight, and any weight change. Please also let us know if the young person has shown any signs of deliberately attempting to lose weight (e.g. vomiting, dietary restricting, purging, excessive exercise) or bingeing. We would also like to know if any blood tests have been taken. If not, please direct the young person to their GP who can arrange this.

You will need to complete the CAMHS Referral Form which has a section on Eating Disorders. Ideally, this will be completed in collaboration with the young person, parent or carer. This will enable us to decide how best to help the client and their family.

What Happens Next?

All referrals are screened on receipt to decide on appropriateness and how quickly the child/young person and family need to be seen. All emergency referrals will be seen on the same day, urgent referrals will be seen within 5 days, and routine referrals will be seen within 15 days.

Children/young people and their families will have a multidisciplinary specialist assessment allowing the most suitable intervention to be determined. Young people's physical health will be managed in collaboration with their GP.

Hours of Service

We are open from 9 am to 5 pm. Outside working hours, children and young people can be seen by their family doctors and/or assessed in their local A & E department who will consult with specialist out-of-hours CAMHS staff.

Consent

It is important to obtain consent from someone with legal parental responsibility of the child prior to consultation with our service. Young people aged 16 or over (and those under the age of 16 who are competent to do so) are able to provide consent in their own right.

For more information you can contact the CEDS-CYP:

Team email: elt-tr.ELCEDS-CYP@nhs.net

Telephone no: 020 7426 2556

Fax no: 020 7426 2494

Hub based at: [Greatorex Street Children and Young People's Centre, 18 Greatorex Street, London, E1 5NF](#)

To make a referral please use the borough CAMHS referral form (including the Eating Disorders information page)

Tower Hamlets CAMHS

Children & Young People's Centre
18 Greatorex Street
Whitechapel
London E1 5NF

Tel: 020 7426 2375

Fax: 020 7426 2494

Hours: 09:00- 17:00

City & Hackney CAMHS

Homerton Row Team
Children & Young People's Centre
15 Homerton Row
London E9 6ED

Tel: 020 3222 5600

Fax: 020 3222 5792

Hours: 09:00- 17:00

Newham CAMHS

Newham CFCS
York House
411 Barking Road
London E13 8AL

Tel: 0207 055 8400

Fax: 0207 055 8401

Hours: 09:00- 17:00

East London NHS Foundation Trust is a trust which provides services to the City of London and the London Boroughs of Hackney, Tower Hamlets and Newham. The Community Eating Disorders Service for Children and Young People together with the CAMHS teams of East London NHS Foundation Trust are part of a wider network of statutory, non-statutory, universal and targeted services that help with children and young people who have mental health difficulties.

Confidentiality - We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

Compliments, Comments and Complaints - We welcome feedback about our services so please contact the Patient Advice and Liaison Service on Freephone **0800 0131 223** or email: PALS@elft.nhs.uk. If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team. If you wish to make a complaint, you can call Freephone **0800 085 8354** or email: PALSandComplaints@elft.nhs.uk or write to: **Complaints and PALS Manager, FREEPOST RTKB-ESXB-HYYX, Trust Headquarters, 9 Alie Street, London E1 8DE**