**Pan-Sussex Children and Young People and Family Eating Disorder Service (CYP-FEDS)**

**FAMILY INFORMATION SHEET**

Are you worried that food is dominating your child’s life? Have they lost control over how much they eat? Do they ever make themselves sick because they feel uncomfortably full? Have they recently lost more than 6.4kg over three months? Do they believe themselves to be fat when they’re not? Are they eating excessively large quantities of food or restricting how much and/or the types of food they eat? Are they going to extremes to lose weight? Young people from black, minority and ethnic (BME) backgrounds may behave differently, for example, they may complain of bloating and tiredness rather than believing themselves to be fat when they are not. Answering “yes” to two or more of these questions indicates a **possible** eating disorder.

The Sussex-wide Children and Young People and Family Eating Disorder Service (CYP-FEDS)accepts referrals for children and young people aged 10-18 years old who have Anorexia Nervosa, Bulimia Nervosa, and Avoidant/Restrictive Food Intake Disorder (ARFID) including binge eating disorder. They must be resident in Sussex and/or registered with a GP in Sussex. Children who are referred but have not passed their 10th birthday will be considered by the service and a decision made as to the best child-centred treatment option for them.

Unfortunately we are unable to accept referrals for vomit phobia, fussy eaters or where the eating issues are secondary to anxiety or associated with learning difficulties.

**How to refer:**

A referral can be made by a young person, a parent/carer, a GP, schools, paediatricians and Child and Adolescent Mental Health Services (CAMHS). To make a referral please call us on 01444 472670. You can also email us at [FEDS@sussexpartnership.nhs.uk](mailto:FEDS@sussexpartnership.nhs.uk) or fax 0300 3044 4824

To avoid delay and to help us determine the most appropriate response, we recommend the young person sees their GP before making a referral. The GP can advise on whether the young person meets our criteria, if there are any alternative explanations for the eating issues and also assess and advise on any associated physical health risks.

CYP-FEDS will contact the main carer by telephone, unless the young person has self-referred and explicitly requested otherwise, within **24 hours** of a referral being received (within normal working hours). If the referral is received outside of these hours we will contact you on the next working day.

**Assessment**

The child/young person and their family will be invited to attend an assessment at Chalkhill, which is on the Princess Royal Hospital site in Haywards Heath, West Sussex. You will meet our team of experienced eating disorder specialists, which includes nurses, a paediatrician, psychiatrists, dieticians, family therapists and support workers. This assessment will help us decide on the most appropriate package of care, treatment and support for the child/young person and their family and carers.

**Treatment, care and support**

After the assessment all other treatment, meetings and support can be provided in your local area. We will discuss this with the child/young person and their family but appointments could be at a community venue or one of our CAMHS clinics.

All treatment and support is tailored to the child/young person and their family. This could include:

* working with the child/young person and the family/carer to support the young person in eating and enable recovery from the eating disorder and its impact. We call this Systemic Family Practice
* working with the child/young person in individual sessions on his/her recovery
* multi-family group work sessions for the child/young person and family members
* parenting skills workshops

**Contact times**

The service will operate seven days a week:

* Monday to Friday (except bank holidays) between 8am and 8pm for routine appointments, home visits, text messaging, emailing, telephone contacts and general enquiries.
* Emergency **only** on-call service for health and care professionals between 10am and 6pm Saturdays, Sundays and bank holidays.