



Personalised Eating Disorder Support

PERSONALISED EATING DISORDER SUPPORT



**Annual Report
For the Year ended 31 March 2019**

PESONALISED EATING DISORDER SUPPORT

CHARITY INFORMATION

Trustees:

Mandy Scott (Service Director)
Sue Rattle (Treasurer)
Sarah Patterson
Cllr Diane Lamb
Nicola Read
Nadine Williamson

Registered Charity Number: 1156578

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PESONALISED EATING DISORDER SUPPORT

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PESONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2019

The trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2018. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts which comply with the Charity's trust deed and the Charities Act 2011.

The Charity number, Trustees, principal address and details of the professional advisors are included in the Charity Information sheet at the front of these accounts.

Constitution

Personalised Eating Disorder Support (PEDS) is a charitable incorporated organisation which was registered on 8 April 2014. The governing document was adopted on 8 April 2014. Prior to this, since 2013 we provided services as an affiliate of the established Luton / Bedford eating disorder charity CARALINE.

Objectives and activities of the Charity

The service objectives of the charity are "to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public benefit by:-

1. Providing education, support and early intervention to those experiencing an eating disorder and their families / carers to provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability;
2. To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, gp's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals;
3. To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams;
4. To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life."

The objects are:

- To promote health, providing education, support and early intervention to those experiencing an eating disorder and their families / carers
- To provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability
- To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, GP's, third sector organisations, Community Mental Health Teams, Child & Adolescent Mental Health Services and inpatient hospitals
- To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams
- To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life

Public benefit

In setting the objectives and planning the activities of the charity the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

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The charity provides assessments, advice, signposting and a liaison service and has provided individual and family sessions. PEDS has also increased its outreach and home visit service and has supported service users and their families with eating out via the meal exposure work. The charity has worked with a number of professionals (GPs, paediatric wards, schools, Child and Adolescent Mental Health Services (CAMHS), Community Mental Health Teams (CMHT'S), CPFT's PRISM, IAPT and ARC primary care services. PEDS also works with Specialist Eating Disorder Inpatient Units and other Voluntary Sector Organisation. PEDS has provided training to a number of schools and GPs across the county and the service has been recognised by Pride of Peterborough Awards, with one of the Founders being shortlisted as a finalist since its inception. Testimonials and service user feedback has been detailed on page 9.

The charity provides help and support to children and adults across Cambridgeshire and whilst the charity is focused on providing an accessible local service for individuals to access, PEDS accepts referrals from all areas. This has resulted in support being also provided to individuals outside of the County including Essex, London, Sheffield, Nottingham, Birmingham and Skegness. This last year has also seen PEDS providing support to individuals outside of the UK via Skype and email to those living in Jersey and USA.

Trustees and organisation

The Trustees are detailed in the Charity Information sheet at the front of these accounts. The Trustees are appointed and serve in accordance with the Trust Deed. Training is given to new Trustees as necessary.

Although there are regular Committee meetings the day-to-day administration of the Charity is delegated Mandy Scott (Service Director) and Sue Rattle (Treasurer).

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems are in place to mitigate their exposure to the major risks. The Trustees will continue to monitor and review the risks as they deem appropriate.

Reserves policy

The reserves after the first period of operations are considered adequate for the current requirements of the Charity. However, the Charity is looking at ways to increase reserves and in the longer term aims to maintain reserves equal to 3-6 months operating expenditure.

Provision of services

Individual work is based upon assessment of need and is client focused, delivered by trained nurses (Mental Health and Paediatric) who have over 20 years experience working with eating disorders both in the community and inpatient units. Supervision is delivered by eating disorder colleagues who provide regular input and advice. Professionals delivering individual / family work on behalf of the charity have been DBS checked.

Report of the service director, achievements & performance

PEDS is delighted to share the previous years progress. No matter where somebody lives, we will always strive to ensure that person receives help, whether it is via our service or by us accessing specialist support for the person, in their own area.

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PEDS has continued to work alongside the NHS Eating Disorder Service and GPs to provide early intervention and we have seen an increase in our working relationships with PRISM (the Primary Care Mental Health Service), MIND, Richmond Fellowship and local GPs, Schools and Practice Nurses. PEDS is delighted to now have a vital partnership with CPFT Eating Disorder Service which has resulted in PEDS being contracted to provide early intervention support to Adults with a Mild Eating disorder, adults with a Severe and Enduring Eating Disorder, Children at risk of developing an eating disorders and children with Binge Eating Disorder. Outcomes for the first 6 months have been very positive and we are committed to continuing this contract with the NHS, which we hope will be renewed. Part of the contract has entailed joint monthly meetings with both the NHS CPFT CAMHS and Adult Eating Disorder Teams which has further enhanced the partnership and enabled PEDS to reach and support service users quicker. We are also planning to deliver GP Regional Eating Disorder Training jointly with the local NHS Trust.

We are currently based alongside GPs and Practice Nurses and service users have reported that they have found the service, location and environment, inviting. PEDS are now able to see sufferers and their families until late into the evening and our clinic also runs on a Saturday. Another milestone has been the launch of our carers group which runs monthly and is facilitated by Nurses. We have seen an increase in the number of carers utilising this group and developments of the group have led to PEDS now planning on delivering a Skills Based Course for carers who's loved one has been recently diagnosed with an eating disorder. We have also seen a number of positive friendships develop between carers who provide great support to one another.

Another Eating milestone for PEDS has been our Secondary Schools project on Raising Awareness of Eating Disorders and Promoting a Positive Body Image, funded by the National Lottery. This project entails PEDS going into all the Secondary Schools and Colleges across Peterborough and delivering a teaching session to

1. Key staff - on Signs, Symptoms and Supporting Someone with an Eating Disorder
2. Pupils – on Body Image and Getting Help for Yourself or Someone you know

Early intervention is key to a person's recovery and we know that by supporting educational staff, (who are the eyes and ears in detecting eating disorders in schools), they are better equipped to manage and support the pupil and this results in better risk management, reduced time spent out of school and reduced anxieties for the staff supporting pupils with eating disorders.

Our Eating Disorder Nurse Specialists have trained in online CBT E for Eating Disorders and we have spoken on Raising Awareness of Eating Disorders at a number of conferences including the Health Visitor and Practitioner Association in London and Community Practitioner in Cardiff.

PEDS would also like to say a special thank you to the Trustees who continue to support the charity and give up their time.

PEDS continue to reach people across Cambridgeshire and beyond and a number of schools and GP surgeries have benefitted from increasing understanding and improving access whilst the individual and family sessions have focused on supporting those experiencing eating disorders, to manage their symptoms. Over the past financial year, PEDS continue to deliver the following core services:

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TRUSTEES' REPORT

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- Weekly assessments
- Weekly individual evidence based interventions for service users
- Daily email and telephone support to service users and carers
- Weekly carer sessions and Monthly Carers Group
- Outreach to support individuals and families in their own homes
- Community support with addressing body image concerns ie shopping for clothes / facing fears
- Training in a local secondary school and college in recognising and supporting someone with an eating disorder
- Telephone and email support to local GPs in managing the risks associated with eating disorders
- Group training to GPs in detection and management of Eating Disorders in Primary Care
- Meal exposure and 1:1 support to local coffee shops / restaurants

Financial review

During the period the activities of the Charity produced an operating surplus of £11,006 (2018 - £12,645). The Trustees are satisfied with the year but aim to increase activities over the coming year.

Future Plans

Our partnership contract with the NHS is now up and running. Our vision for the coming year is to be able to increase the number of service users seen in a week, to further develop the carers group to include a training package from "Diagnosis to Recovery" and to continue to explore the possibility of establishing a day centre as an alternative to hospital. PEDS is also working with a number of parents, an ex- service user and a counsellor to set up a carers support group in South Essex. PEDS also hopes to further develop working relationships with Lincolnshire Eating Disorder Team and their Commissioners as we are receiving a high number of referrals from the Lincolnshire area currently. We also plan to update our website with a re-launch forecast for the end of the year.

Trustees' responsibilities

The Trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its results for that period. In preparing these financial statements, the Trustees are required to select suitable accounting standards and then apply them consistently, make judgements and estimates that are reasonable and prudent and prepare the financial statements on a going concern basis, unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records to enable them to ensure that the financial statements comply with the objectives of the Trust Deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PERSONALISED EATING DISORDER SUPPORT
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2019

Statement of disclosure to independent examiner

In the case of each of the persons who are Trustees at the time when this report is approved, the following applies:-

- (a) so far as the Trustees are aware, there is no relevant information of which the Charity's independent examiner is unaware, and
- (b) they have taken all the steps that they ought to have taken as in order to make themselves aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

By order of the Board of Trustees

Mandy Scott
Service Director
31 January 2020

PERSONALISED EATING DISORDER SUPPORT INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

I report on the accounts for the year ended 31 March 2019, which are set out on pages 4 to 6.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- To state whether particular matters have come to my attention.

Basis of independent examination

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiners statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounting records in accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Robin Borgognoni BA FCCA

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31 January 2020

PERSONALISED EATING DISORDER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
YEAR ENDED 31 MARCH 2019

	Unrestricted Fund £	Restricted Funds £	Total 2019 £	Total 2018 £
INCOME AND ENDOWMENTS				
Raising Funds				
Donations and legacies	12,483	-	12,483	6,675
Grants	-	33,506	33,506	15,000
Charitable Activities				
Consultation fees	-	-	-	-
Investment Income				
Bank interest	-	-	-	-
TOTAL RECEIPTS	12,483	33,506	45,989	21,675
PAYMENTS				
Raising Funds				
Cost of raising funds	54	-	54	273
Charitable Activities				
Advertising and publicity	992	-	992	476
Meeting expenses	-	6,984	6,984	273
Nurse costs	-	25,874	25,874	6,720
Postage and stationery	156	-	156	195
Repairs and renewals	105	-	105	45
Subscriptions and training	578	-	578	392
Travel and subsistence	-	-	-	416
Accountancy fees	240	-	240	240
TOTAL PAYMENTS	2,125	32,858	34,983	9,030
NET RECEIPTS/(PAYMENTS)				
- General Fund	10,358	648	11,006	12,645
Cash funds brought forward at 1 April 2018	6,919	10,000	16,919	4,274
Cash funds carried forward at 31 March 2019	17,277	10,648	27,925	16,919

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STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2019

	2019 £	2018 £
FIXED ASSETS		
Tangible assets	-	-
	_____	_____
	-	-
	_____	_____
 CURRENT ASSETS		
Debtors & Prepayments	-	-
Current account	28,165	17,159
	_____	_____
	28,165	17,159
	_____	_____
 CURRENT LIABILITIES		
Creditors and accruals	240	240
	_____	_____
	240	240
	_____	_____
 NET ASSETS	27,925	16,919
	_____	_____

The financial statements were approved and authorised for issue by the Trustees and were signed on its behalf on 31 January 2020.

Mandy Scott
Service Director

Sue Rattle
Treasurer

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2019

1 ACCOUNTING POLICIES

Basis of Accounting

The financial statements have been prepared in accordance with applicable accounting standards and the Charities Act 2011.

Incoming Resources

Grant income is recognised according to the terms of each individual agreement. No amounts are included in the financial statements for services donated by volunteers.

Charitable activities includes income associated with the objects of the Charity.

Resources Expended

Expenditure is accounted for under the heading that aggregated all costs relating to the category.

Charitable activities includes expenditure associated with the objects of the Charity.

Governance costs are those incurred in connection with the governance arrangements of the Charity and compliance with constitutional and statutory requirements.

Funds

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

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YEAR ENDED 31 MARCH 2019

Thank you

PEDS would like to thank all our members and volunteers who have helped us both practical and financially over the past twelve months. Whilst it remains a challenge to operate without any form of regular funding, the commitment and passion of the Trustees and deliverers of services ensures access to services and treatment is not compromised and this drives the charity to continue to operate successfully.

The current Trustee Board seek applicants from any aspect of the community and new Trustees can be elected at any time. If you feel you can make a contribution to PEDS Objectives, please do get in touch. We particularly need the time, experience and skills of newly-retired clinical, medical or business professionals.

Patient, Carer, Professional Feedback

"My daughter has turned a few corners... one of which is talking more openly and having the energy to make conversation. We went for a cocktail and a pizza and it was lovely. It was normal. I love having my daughter back. PEDS have helped us by giving us the vehicle to make it happen. Small steps for sure but I appreciate every single one. It's been a long wait but I see a glimmer of our wonderful girl back again. Even better than before. What PEDS do is very special." (Mother to 19yr old)

"My 13 year old feels that she is in a much better place and is self aware of what she is looking out for symptom-wise. On my part, I feel that she has been much more engaged in family mealtimes and is eating more regularly. It's a comfort to me that PEDS are there if we need them. I would like to thank them for everything they have done; for helping not only my daughter but for listening to me, too. They're nothing short of amazing." (Mother to 13yr old)

"Peds is run by two amazing individuals who came into my life at a point when I thought there was no hope. I was suffering from depression and an eating disorder which had completely taken over my life. I had previously been to many doctors and hospital appointments but wasn't getting any help just being put on waiting lists. I had lost six stone in weight and my body was struggling to cope with daily life. PEDS came along offering help support and guidance. They convinced me that there was a way of beating the voice in my head. It wasn't going to be easy or quick but there was a way forward. These two ladies have supported myself my family and friends. They are available throughout the week with texts and email support as and when required. They communicate with my GP to help give me the best treatment possible. PEDS are so welcoming and friendly and have helped to explain that my eating disorder can get better in time even though it's hard. They both are there to support me each day through good and bad days. The service PEDS offer is unique and vital for people within our community. Now with the help of Peds I am feeling determined to beat the eating disorder and regain control of my life. I can say without doubt you have both saved my life and helped me believe that I have a future. Thank you will never be enough." (Service user aged 34)

"PEDS continue to support me through all my struggles and go above and beyond to help me in anyway they can. I'm so glad I found a place where I can be open and honest and set my demons free. I couldn't be more thankful. I don't know where I'd be without them." (Service user aged 25)

"I have been seeing PEDS for a few months now and I am so, so grateful they are here. I have suffered with my eating issues since July '05 and have always been turned away because nobody ever wanted to show an interest in my issue due to the fact that it wasn't heard of, no matter how many times I asked for help. Through our fertility nurse, I was put in contact with PEDS and I am so grateful I found them. They have helped me in so many ways by identifying different means and ways of approaching and increasing my food intake and through them I am starting to make some head way, which something I haven't managed to do in over a decade. I can't express enough how great they are at what they do and how they have taken the time to help people like me, had they not I would be continuing down the destructive path I was once on. I would like to also add that due to some of my own personal issues unrelated to them, PEDS have supported me in things that aren't necessarily eating related and have helped me and been there for me through some of the hardest times I have ever faced. If it was my choice they would be up there at the top with all the other eating disorder teams and deserve so much more than they get, they truly are wonderful people that I would be lost without" (Male, service user, 37)

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"The final score for the PEDS Eating Disorder Training workshop at the Community Practitioner & Health Visitor Association Annual Conference was 5/5. I actually can't remember another occasion where I have seen a perfect score for a conference workshop" (Rebecca Jolliffe, Production Manager, Cogora Events)

"The feedback from PEDS teaching session at Community Practitioner & Health Visitor Association has been fab. So far everybody who filled out the survey has rated it excellent." (Production manager, Cogora events)

"Thank you to PEDS for all their help and support, don't think I'd got this far without PEDS" (Service user aged 47)

"I contacted PEDS when my eating disorder (bulimia nervosa) had become unmanageable. I was scared at the increasing frequency of the binges (sometimes 5-6 days a week and more than once each day) and the effect that the accompanying purging was having on my body. I had tried and failed to get help for my eating disorder through the NHS. Imagine how grateful I was when PEDS invited me for an assessment and how relieved when they offered to help me overcome my eating problems. With Mandy and Sue's help, I have been able to correct many of the eating habits which give rise to my binges. They helped me to understand that my daily diet of under 1,000 kcal was less than what was needed by my body just to operate my vital organs, and that this was dangerous to my health. With their support, I have gradually increased my daily calorie amount – that I can do so without putting on weight is something of a revelation to me after 23 years of dieting! Thanks to PEDS, the frequency of my binges has dramatically reduced, and I am much happier in myself. I really like PEDS's friendly and empathetic approach - they understand that there is not a 'one size fits all' treatment for eating disorders, and they never make me feel guilty when I 'slip up'. I'd never thought that I could be fully clear of my problems – indeed, when I began my treatment my aim was just to reduce the binges to a level where I would be able to manage living alone – but now I am confident with the continuing support of PEDS I can be free of them once and for all." (Service user aged 34)

"I was referred to PEDS by CAMHS. On my initial visit with PEDS I was in a terrible place. They, to me, are my life savers. They listened when no one else understood enough to know how to; which is essential to someone suffering. They created meal plans for me. They contacted my school, my doctors, to help me as much as they possibly could. They helped my family and friends understand my illness and taught them how to help me get through each day. They were always there when I needed them, only a call or email away. Without PEDS's help and support for both myself and my family, I honestly have no idea where I would be. They are, to me, the icing on a cake that I wouldn't have been able to eat when I first met them." (Ex service user, aged 16)

"There have been several patients from my practice who have been referred or self-referred to PEDS as the first point of contact with a specialist team for their eating disorder. Each time I have been impressed by their prompt response and their excellent advice and feedback to both the patient and myself as the GP. They have provided me with educational resources about eating disorders and helped me manage certain aspects of the care and I have found this input invaluable. They have supported patients through their initial assessments, through establishing a diagnosis and also with ongoing monitoring of the condition. They have been able to guide patients on through to more specialist services if needed. Everyone I know who has used the service (patients and clinicians) have found that it has made a real difference to patient care." (Dr Nanda Bhat, GP)

"PEDS provided a vital, life saving service for my teenager who has an eating disorder and was eventually hospitalized to have specialist treatment. They were able to initiate access to an appropriate level of service which would otherwise have been delayed with serious consequences after my teenager refused to take up a second General Practitioner appointment. With no alternative solution to access help I found PEDS (formerly CARALINE) scouring the internet. PEDS assisted quickly and efficiently (within a day) referring directly to CAMHS the next day. I believe this was because of their experience in working with eating disorder sufferers closely giving them a high level of expertise and understanding in their field. They answered my call for help, gave guidance, advice, and continued support to me so that I could understand and provide help to my teenager. They are professional and obviously respected by their peers with the necessary links to other professionals. Their commitment and dedication in providing this service to eating disorder sufferers and others are comparable to a well organised specialist eating disorders hospital unit. In our case they have acted as a vital safety net to us as service users who have otherwise have been left at a loss what to do next. They are an important local resource easily accessible to the community for those who seeking information or help about eating disorders. My teenager is not out of the woods yet. PEDS have continued to support me and they have done this free of charge. I feel that they provide an unrelenting, legitimate service comparable and complimentary to the existing NHS services and that they have helped save my teenagers life." (Mother to a 17yr old ex service user)

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"My daughter has anorexia. We were referred to PEDS by our local CAMHS service. Initially PEDS came to visit us at home and helped us put a meal plan in place for her. Since then we have been seeing them every couple of weeks for the last 6 months. They have given us lots of advice and have helped her understand her condition and how she can manage it. Their knowledge of eating disorders and their advice has been invaluable." (Mother to 16yr old ex service user)

"PEDS is fantastic, without their help I wouldn't know where else we could of turned to. They helped us as family get the help we needed with our sons eating issues. PEDS contacted London (GOSH) for us and the referral was accepted when we had tried everywhere else in Peterborough with no outcome. PEDS listened to us as a family when no one else would. We as a family thank them dearly." (Mother to a 9r old boy with eating issues and autism)
"Thanks to PEDS for their contribution. I had not dealt with anything like this myself before and their advice was greatly appreciated. I would not hesitate to recommend their services to our students if necessary." (Student Support Services, Sawtry Secondary School)

"I can accept PEDS need for funding and I think they are providing a valuable service" (Dr Malcolm Bishop, Retired Children's GP Lead)

"My daughter and I are incredibly grateful to PEDS for the selfless work they do for people with mental health problems and eating disorders. We are so pleased they were recommended to us by CAMHS 18 months ago. They have provided us as a family, and our daughter solely, with so much help, support and information. Due to PEDS help, our daughter is much happier, has a much healthier relationship with food and is finding herself again. The hopelessness has now changed to positivity. The shame to acceptance. Recovery is top of her list now and that is all thanks to these wonderful people." (Mother to a 17yr old ex service user)

"I was hospitalised with anorexia for almost a year in 2009. Since being discharged I've gone on to do many of the things I'd always dreamed of (university, jobs, friends, etc.) but the eating disorder has always been there too, continuing to have an impact on me and ultimately stopping me from really living my life to the full. With the help of PEDS I am now feeling determined about beating the eating disorder once and for all. Staff at PEDS are an ideal combination of warmth, firmness and expertise. Because of their nursing backgrounds they can tell you all the necessary medical facts, but they don't just treat you like a 'patient'.

They genuinely care about you and will always go out of their way to support you. This could mean anything from keeping you motivated with texts during the week to talking to your family. Fighting an eating disorder in the community is hard, especially as it seems that GPs that really understand eating disorders are hard to come by. PEDS provides much needed professional support, where there isn't currently enough, for people fighting an eating disorder in the community." (23yr old service user)

"PEDS have been a truly amazing and supportive pair over what me and my family can only describe as a desperate time in our lives. Having seen our bubbly happy outgoing niece/granddaughter succumb to the grips of anorexia and having no place to turn and feel like we could not help her in way shape or form, we eventually found the help, support and guidance of these amazing people. I personally can only sum up the service as our family's angels as without them I cannot bear to think where my niece would be now. Thank you both so very, very much. PEDS is an amazing service which deserves all the thanks and praise we can give. The support and advice is always there when needed for both the individual and their family's which is hugely appreciated." (Aunt to 21yr old service user)

"Over the last 2 years PEDS have been very supportive and have been extremely helpful in helping me recover from my eating disorder. During my transition from child to adult services, PEDS have given me the confidence to become more independent so that I can manage my eating disorder and regain some normality. My eating disorder has forced me to avoid going for out for meals however PEDS have taken me out for dinner to help me manage my anxiety. This has broken this barrier I had with my friends and family and has encouraged me to socialise more with friends and family. I find it very reassuring knowing that I can talk to PEDS as they understand the eating disorder and know the advice they can give me when I need the support." (19yr old service user)

"When my daughter was aged 9, I consulted my GP who took me seriously enough to refer her to CAMH's due to concerns over her restricted eating. We didn't really gain too much help from CAMH's as her weight was not yet dangerously low and I had already implemented a strict attitude to her eating and she was following this as I had threatened to stop her membership to a swimming club which she loved. In fairness to CAMH's there were probably

PERSONALISED EATING DISORDER SUPPORT

YEAR ENDED 31 MARCH 2019

children who were much more in need of immediate help than my daughter so we were told to keep with the plan I had already put in place and left to it so to speak. I felt really quite lost with this outcome and very worried for my daughter's future. Luckily a friend of mine told me about PEDS and I got in touch. PEDS were incredibly helpful and supportive to all our family. They were lovely with my daughter and she was able to open up to them about her feelings towards food. It was particularly important to me that they took me seriously and understood that she did have a problem with food which needed to be addressed as I was terrified the measures I was taking would not always work and she would end up very ill. I believe PEDS interventions prevented a much worse outcome for my daughter which would ultimately have put more of a stress on the NHS system. I am incredibly grateful for everything they did for us – my daughter is now a happy healthy 12 year old who is doing very well in all aspects of her life – she has the usual worries about her weight that any normal 12 year old girl has but they do not take over and she now has a very sensible attitude towards food.” (Mother, 12 yr old ex service user)

“When I was 9 years old I started feeling that I had to control my eating. It started off by me telling myself that I would be healthy for a bit so I could lose a bit of weight, but then I took it too far and I got too thin. My mummy was very worried and took me to PEDS and I met the two nurses. They were very understanding and I felt like I could trust them. They helped me to become a healthy weight again and to be happy with myself. If I hadn't had gone to them I would have become very unhealthy and I may have even been put into hospital if I took it any further. They helped me a lot and I am very grateful now that I am better again.” (12yr old ex service user)

“My sister started showing signs of anorexia when she was only 9 years old, first cutting out everyday treats and then gradually cutting out anything that had any calorific value at all, she would check the calories on everything before she ate it and cried if she was forced to eat the rest of her meal. Gradually, her attitude towards food got worse and worse, and she distanced herself more and more from me and the rest of the family spending more and more time in her room sometimes refusing to talk to me. She became very depressed and unhappy, and didn't seem like the happy sister I knew at all. Mealtimes were now always a very frustrating, distressing and unhappy time for all of us. We didn't seem like a whole family anymore, going out to social events was always really horrible for her because it usually involved food, and people would make comments on her eating or keep offering her food, which she would always say no to. It was always hard to understand why she was like this when to us it seemed so easy to just 'eat'. But when my sister started going to PEDS, she immediately started to improve and slowly but surely, she was happy again and we could all be happy again. If PEDS hadn't been there for her, she could be in hospital right now because of her anorexia and we wouldn't have our family anymore. So thank you very much PEDS for helping my sister to recover and get rid of her illness. She is now my happy sister again who has a very normal attitude towards food, sometimes I still can't believe it ever even happened because she is so healthy now.” (Sister of ex service user, aged 14)