

Improving lives together

Highly specialised eating disorder service for adults

Sunrise Ward,
Cygnet Hospital Ealing, London

Good



Accepting
ICB & NHSE
funded referrals



Sunrise Ward at Cygnet Hospital Ealing provides a highly specialised eating disorder service for adults with extremely low BMIs. We focus on supporting individuals to attain a healthy BMI and prepare to return home.

Our team are experienced in supporting women with multiple diagnoses, including Emotionally Unstable Personality Disorder (EUPD) and Autism.

We support people in a safe and homely environment, helping them to diminish their distress and achieve a better quality of life. For most, this will involve the reduction of emotional behaviours associated with the eating disorder psychopathology and acquiring new skills necessary for surviving emotional crises, regulating emotions and improving interpersonal effectiveness.

Our model of care ensures that communicative, sensory and environmental needs are all integrated into the individual's recovery journey. The team are highly experienced in providing naso-gastric feeding, where this is deemed the most appropriate intervention and part of an agreed plan.



Female



18+ years



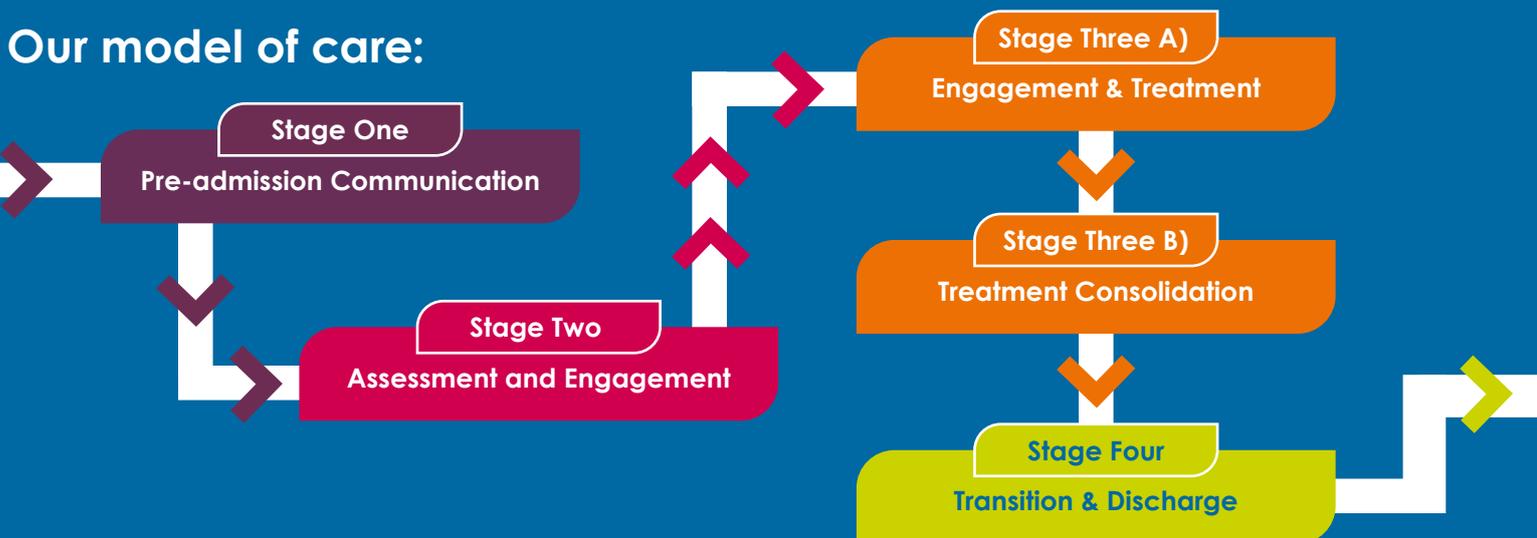
14 beds

Our service user profile:

- > Primary diagnosis of eating disorder
- > May be detained under the Mental Health Act or informal
- > Secondary diagnosis of autism and/or personality disorder
- > Extremely low BMI
- > May have co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex behaviours that challenge
 - Other associated complex needs
- > May have a history of trauma and/or abuse
- > May require nasogastric feeding



Our model of care:





Therapies provided include:

- Enhanced Cognitive Behaviour Therapy (CBT-E)
- Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- Cognitive Remediation Therapy (CRT)
- Cognitive Remediation and Emotional Skills Training (CREST)



Rated 'good' with the CQC ★★☆☆

Family and carer support

sessions run regularly to ensure families are able to play an active and positive role in their loved ones recovery



Graduated supervision of meals

enabling the individual to gain independence with preparing and eating meals



Our average length of stay in 2025 was 5 months

100% of the individuals discharged from Sunrise Ward at Cygnet Hospital Ealing in 2025 were able to step down along their care pathway into the community



Community snack trips gradually normalising eating in the community, encouraging a better relationship with food overall



Monthly community trips to local places of interest e.g. museums



Our Multi-disciplinary Team (MDT):

- > Hospital Manager
- > Clinical Manager
- > Ward Manager
- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Psychology Assistant
- > Occupational Therapist (OT)
- > OT Assistant
- > Social Therapists
- > Social Worker
- > Nurses (RGN & RMN)
- > Dietitian



Onsite social hub, coproduced with service users



"It is not often that I am lost for words, but I truly cannot find the right ones to express my gratitude for the chance to live again that you have given me." Former service user

"Thank you for supporting me on this journey I truly could not have made these steps without you." Former service user

"Thank you for all that you have done for me, listening and understanding me so well. You have made me feel so heard and validated which I value so much" - Former service user

Make a referral

- 1 Referral made to your regional business relationship manager or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnet Hospital Ealing
22 Corfton Road
Ealing, London W5 2HT

Phone number
0208 991 6699



CYG-1004 | Date of Preparation: 17/03/26

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