



Press Release

Immediate Release

12 December 2023

Cygnet To Host Eating Disorders Conference

Leading health and social care provider, Cygnet, will be hosting an Eating Disorders Conference in February 2023 at the prestigious Royal College of Psychiatrists.

Under the theme 'Perspectives on the Inpatient Eating Disorder Journey,' this pioneering conference will gather esteemed speakers from the Cygnet Health Care division, the NHS, public and independent sectors, as well as Experts by Experience – those with lived experiences of eating disorders.

Attendees will engage in insightful discussions covering a spectrum of topics, including navigating the inpatient eating disorders journey, neurodevelopmental needs within inpatient settings, managing unhealthy exercise patterns, expertise as the carer, and understanding the commissioning landscape for eating disorder services.

This free, in-person educational event is CPD certified, ensuring continued professional development for all participants. Beyond the enlightening sessions, delegates will have ample opportunities to network with industry leaders and peers. The event will also feature interactive question and answer sessions, fostering an environment of collaborative learning.

Cygnet Group operate Cygnet Hospital Ealing, which provides a highly specialised eating disorder service for women, including those with extremely low BMIs. Speakers from the hospital will include Consultant Psychiatrist Dr Amit Mistry, Hospital Manager Alison Pleszak, Head of Psychology Dr Caroline Fleming and Head of Occupational Therapy, Jacqui Russon.

Dr Mistry explained: "This day will be an excellent opportunity to share insights and learnings and to hopefully be inspired about the support being offered to individuals struggling with eating disorders.

"This is the first time Cygnet has organised an eating disorders conference. An estimated 1.25 million people nationally have an eating disorder, and this number continues to climb. If experts can continue to share our knowledge we can help ensure people receive the right care and treatment.

"It's important as an organisation that we support and provide opportunities for learnings around caring for individuals with an eating disorder. I'm looking forward to this event next year and its growth."

To find out more about the event, which will take place on 13 February, go to <https://www.eventbrite.co.uk/e/perspectives-on-the-inpatient-eating-disorder-journey-tickets-749075634387>