

Improving lives together

Highly specialised eating disorder service for women

Sunrise Ward,
Cygnet Hospital Ealing, London

Good



Beds available
Now taking
referrals

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

We support women in a safe and homely environment, helping them to diminish their distress and achieve a better quality of life. For most individuals 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.

With research suggesting that over one third of people experiencing an eating disorder also have autism, we have an adapted model of care to ensure 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:

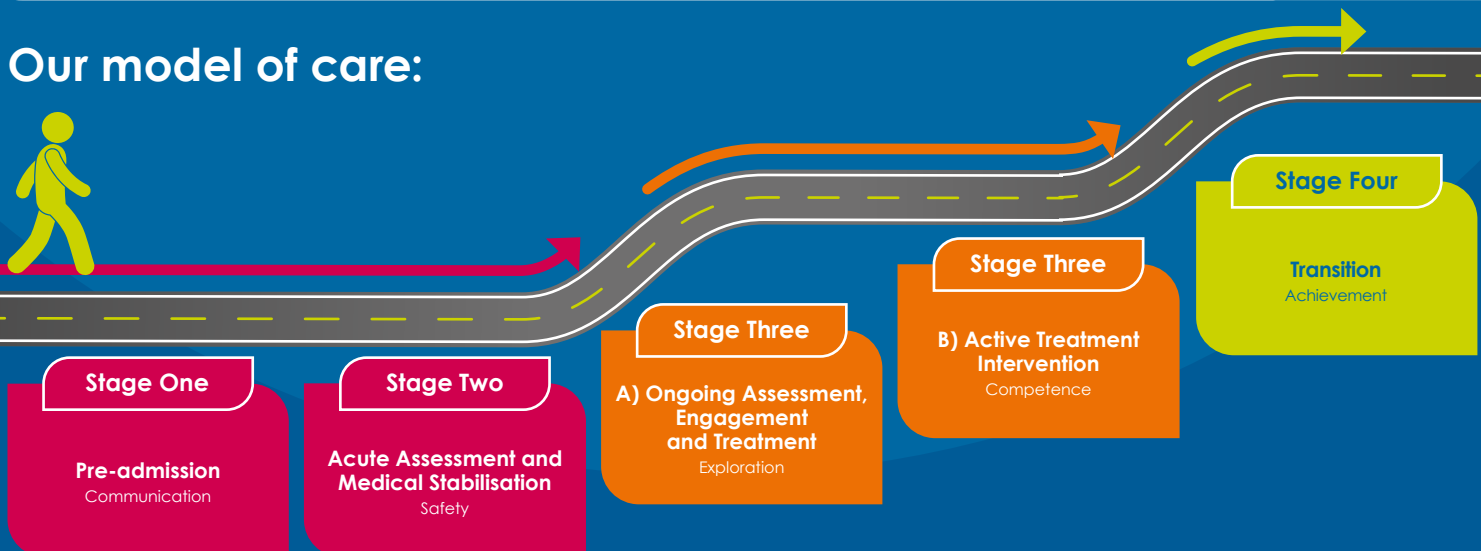
- > Primary diagnosis of eating disorder
- > May be detained under the Mental Health Act or informal
- > Dual diagnosis of Autism Spectrum Disorder (ASD)
- > Extremely low BMI
- > May have co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex behaviours that challenge
 - Other associated complex needs
- > May have a history of trauma and/or abuse
- > May require nasogastric feeding
- > Able to accept men where appropriate



Our Multi-disciplinary Team (MDT):

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

Our model of care:





Rated 'good' with the CQC

Therapies provided include:

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



Family based therapy

sessions run fortnightly 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



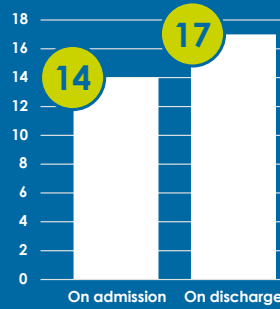
88% of the individuals discharged from Sunrise Ward at Cygnet Hospital Ealing in 2023 were able to move closer to home or step down along their care pathway into the community



Community snack trips gradually enabling individuals to become used to eating in public places at cafes



BMI change on admission and discharge in 2023



"Your hard work and input has been really appreciated and valued by us all."

Family member

Average length of stay is **18 weeks**



Adapted care pathway for women with an eating disorder and autism



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



"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

"I can't begin to express how amazing you have all been, I was in a very dark, difficult place. Thank you from the bottom of my heart."

Former service user

i For more information or to make a referral please call **0808 164 4450** or email chcl.referrals@nhs.net

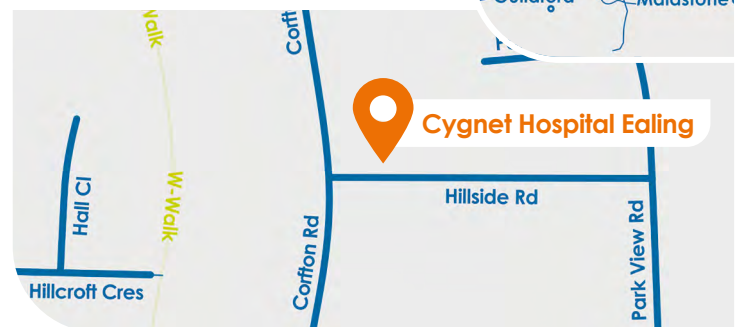
Our referral process:

- 1 Referral made to Cygnet referrals team via [0808 164 4450](tel:08081644450)/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: 26/03/24

Please visit cygnetgroup.com for more info | Follow us on social media:

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