



Improving lives together

Eating Disorder Services

> **Adult Eating Disorder**

Welcome

Cygnnet was established in 1988. Since then we have developed a wide range of health care services for young people and adults with mental health needs, acquired brain injuries, eating disorders, autism and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.



Our expert and highly dedicated care team of 13,000 employees support more than 8,300 individuals each year across 150 services to consistently make a positive difference to their lives.



Cygnnet Health Care is part of the Cygnnet Group which also provides social care services for adults in England, Scotland and Wales.



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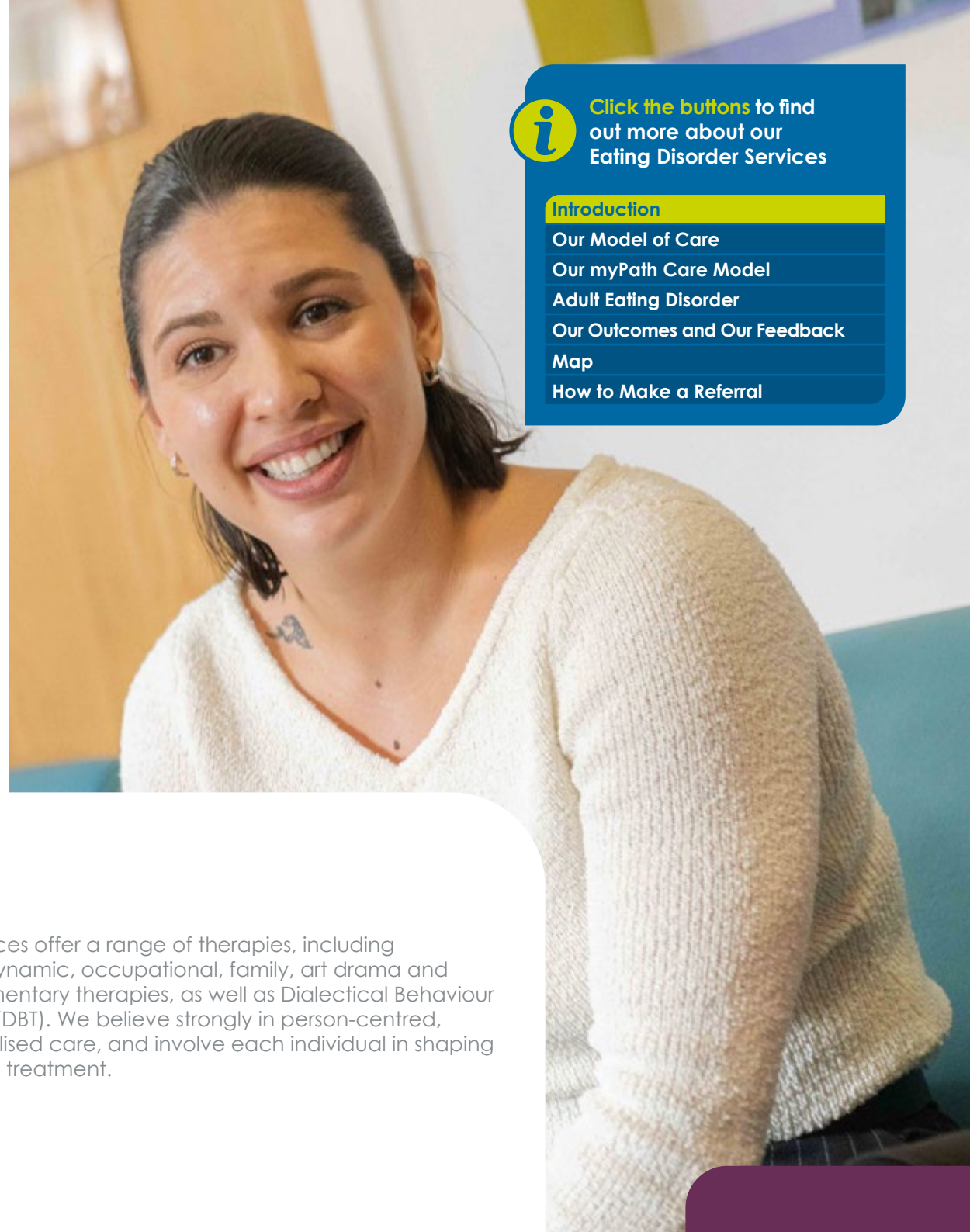
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Introduction

Cygnnet Health Care provides highly specialised eating disorder services for adults aged over 18, including those with extremely low BMIs. Care and support is provided by comprehensive multi-disciplinary teams in environments that are highly structured, while also cheerful and non-institutional.

We aim to support service users in their recovery and personal transformation towards a successful discharge back home to community setting or supported living environment.

Our services offer a range of therapies, including psychodynamic, occupational, family, art drama and complementary therapies, as well as Dialectical Behaviour Therapy (DBT). We believe strongly in person-centred, individualised care, and involve each individual in shaping their own treatment.

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)
- 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



18+ years



Mental Health Act Status:
Detained or Informal



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Our services at a glance:

- > Nasogastric feeding
- > High staffing ratios
- > Full medical monitoring
- > Full therapeutic programmes
- > Family therapy and carers assessments and support
- > Vocational activities

Our multi-disciplinary teams:

- > Hospital manager
- > Clinical manager
- > Ward manager
- > Consultant psychiatrist
- > Specialty ward doctor
- > Psychologist
- > Psychology assistant
- > Occupational therapist
- > Occupational therapy assistant
- > Social worker
- > Nurses (RGN & RMN)
- > Dietitian
- > Music facilitator
- > Art therapist
- > Support workers

Our outcome measurement tools:

Our comprehensive range of outcome tools and measures evaluate progress to ensure a holistic view of recovery. These include:

- > Body mass index (BMI)
- > Eating Disorder Examination Questionnaire
- > Vancouver Obsessional Compulsive Inventory (VOCI)
- > Wender Utah Rating Scale (ADHD screening)
- > GAP
- > START
- > HoNOS
- > MOPPs
- > SCID V / SCID PD



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Model of Care for our Eating Disorder Services

Stage One

Pre-admission Communication

Hello Meeting - this is where we start:

- > Getting to know you, your family, carers and your team
- > Getting to know what you need and want from your admission
- > Start to shape your pathway and admission
- > Introduce you to the hospital, including what you can expect and what is available for when you arrive

Stage Two

Assessment and Engagement

Medical

- > Physical health screenings - GP registration
- > Pharmacological formulation
- > Initial assessment and capacity
- > Section 17 leave review

Psychology

- > Assessment of intervention need
- > Case formulation
- > Specialist assessments as required and in line with NICE guidance

Occupational Therapy

- > Baseline functional assessments
- > Sensory screening
- > Develop your individual timetable of therapeutic and recreational activities

Nursing

- > Physical health
- > Religious / cultural / inclusion needs
- > Baseline assessments
- > Supporting you, your family, carers and engaging with your home team

Dietitian

- > Assess nutritional status
- > Co-produce care plans
- > Co-produce nutritional plans

Multidisciplinary Team

- > Service user review meetings (including ward rounds, CPA, drop ins)
- > MHA assessments, MH- tribunals
- > Family / Carers links and engagement
- > Supporting your wellbeing
- > Co-producing your pathway
- > Baseline assessment of risk
- > Introduction to advocacy services, for you and your family / carers

Stage Three A)

Engagement & Treatment

Medical

- > Physical health review
- > Clarify diagnosis and treatment plans
- > Review of MHA in relation to your needs

Psychology

- > Direct and indirect interventions
- > Individual and / or group therapy using evidence based approaches
- > Intervention to reduce distress and / or risk
- > Psychological interventions as identified
- > Development of insight / self-awareness
- > Psychoeducation work

Occupational Therapy

- > Functional skill building
- > Therapeutic programme
- > Educational activities
- > Vocational skills
- > Social skills
- > Sensory strategies
- > Group and 1:1 prep sessions

Nursing

- > Stages of medication
- > Family liaison work
- > Physical health monitoring and promotion
- > Communication with care coordinator, family and carers
- > Working with you to support your needs, your health and wellbeing

Dietitian

- > Clinical nutrition assessments
- > Bespoke dietary interventions

Multidisciplinary Team

- > Review meetings (including CPA)
- > Psychoeducation
- > PBS (or equivalent) plan review
- > Risk formulation & positive risk-taking
- > Ongoing risk assessment and management

Stage Three B)

Treatment Consolidation

Medical

- > Continuing medication review and titration
- > Recovery and transition planning
- > Review of capacity and detention
- > Progression / Increasing of leave

Psychology

- > Relapse Prevention work (WRAP)
- > Developing confidence
- > Skills testing
- > Evaluation of progress

Occupational Therapy

- > Community-focused activities
- > Review of functional assessments
- > Vocational activities
- > Implementation of learned skills

Dietitian

- > Practical skills training
- > Drop in sessions

Multidisciplinary Team

- > Review meetings (including CPA)
- > Psychoeducation
- > Risk formulation and positive risk taking
- > Family / carer support
- > Consolidation Review to plan transition to home / work / education



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Stage Four

Transition & Discharge

Medical

- > Final pharmacological review of medication titration
- > Pre-discharge support planning, community / home team / family / carers
- > Discharge planning and preparation
- > Formulation of physical and mental wellbeing
- > Increased involvement with community services

Psychology

- > Pre-discharge support and planning
- > Update relevant risk assessments
- > Review of relapse plans - skills learned, support in place, contacts, wellbeing plan
- > Transition support timetable
- > Handover to receiving team

Occupational Therapy

- > Skills / needs final assessment
- > Orientation / transition to future
- > Referral to community organisations
- > Solidifying community links

Nursing

- > Completion of self-medication stages
- > Transfer to own GP / dentist
- > Co-ordinate discharge plans
- > Liaison with care co-ordinator

Dietitian

- > Relapse prevention work
- > Liaison with external agencies
- > Advice on follow up / Support available

Multidisciplinary Team

- > Review meetings (including CPA, 117 meeting)
- > Home / placement visits, family / community support
- > Handover to community team
- > Risk formulation and positive risk-taking



Our myPath Care Model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to care for individuals with eating disorders.

myPath is an overarching care model that serves to monitor service user engagement levels, manage their records, assess their progress and formulate a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools, such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, **myPath** ensures the delivery of high quality and inclusive care, which is continually evaluated through robust operational and clinical governance frameworks.

Our **myPath** is tried and trusted and delivers industry-leading results.



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Cygnet Hospital Ealing, West London

22 Corfton Road, Ealing, London W5 2HT

Adult Eating Disorder

18+ years Female 14 beds



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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.

Family based therapy
sessions run fortnightly to ensure families are able to play an active and positive role in their loved ones recovery

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

Graduated supervision of meals, enabling the individual to gain independence with preparing and eating meals

Rated 'Good' by 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)





Cygnet Elowen Hospital, Derbyshire

The Field, Shipley, Heanor, Derbyshire, East Midlands DE75 7JH

Adult Eating Disorder



18+ years



Mixed Gender



12 beds

Cygnet Elowen Hospital, our hospital located in Derbyshire, offers a safe and secure care pathway, tailored for adults with eating disorders as well as those with complex personality disorders with disordered eating.

Nova Ward provides a highly specialised eating disorder service, supporting individuals with a low BMI. We focus on supporting individuals to restore their weight to a healthy BMI, whilst providing them with the psychological support and skills to continue their recovery journey at home.

We support individuals in a safe and homely environment and engage with them to understand their personal goals and help to build resilience.

Our holistic approach to recovery includes focusing on the reduction of eating disorder behaviours, building on emotion regulation and interpersonal skills.

Additionally we have a complex personality disorder service for women with a dual diagnosis of personality disorder and co-morbid disordered eating. Both aspects can be treated simultaneously, with the appropriate specialist therapeutic input provided.

Cygnet Elowen Hospital is perfectly placed to benefit from the tranquility of the surrounding country park, whilst being just a few minutes away from plenty of shops and cafés.



Facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of daily living (ADL) kitchens
- > Multiple meeting rooms
- > Therapy rooms



Autism friendly environments (aligned with the SPACE framework)



Large gardens

Our therapies and interventions:

- > 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)



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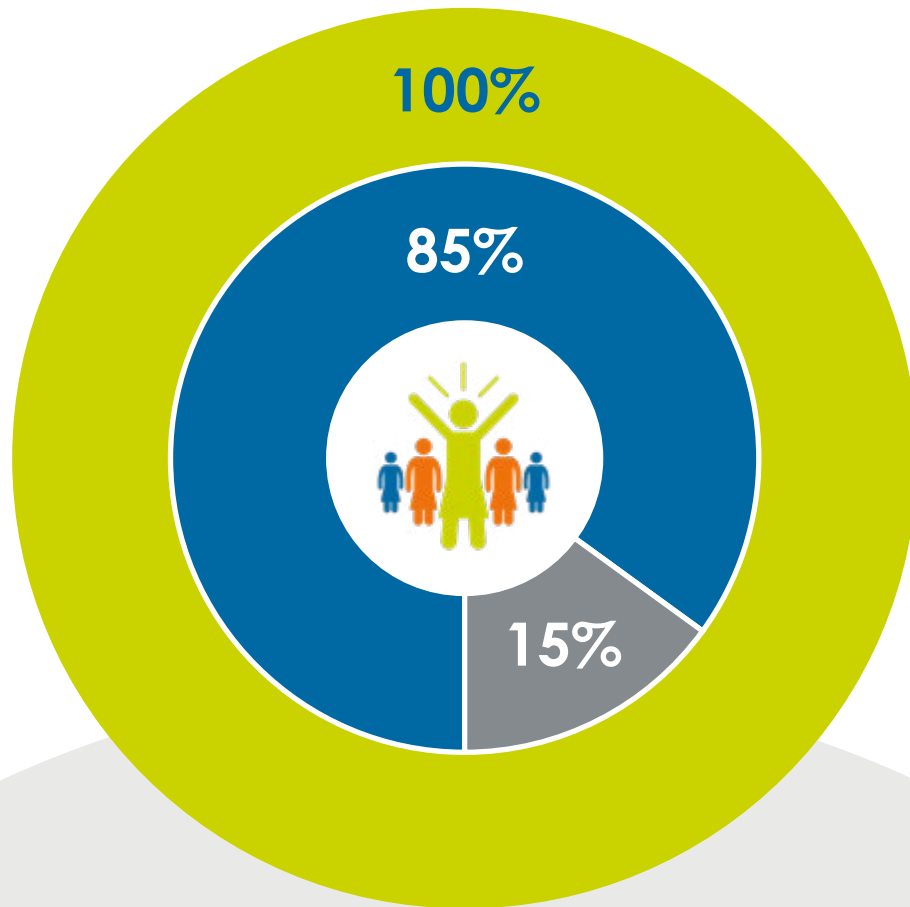
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Our Outcomes

Discharge Destinations



*January 2025 - December 2025

- Stepped down along their care pathway or move closer to home
- Returned home
- Moved to a similar service, closer to home



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Average length of stay is **6 months***

Our Feedback



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"Thank you for supporting me on this journey I truly could not have made these steps without you, you have been amazing and an integral part of my recovery."

Former Service User

"Our visit was positive and informative, both patients feel safe which is important and also they feel listened to and staff are aware of when they struggle."

External Health Professional

"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

"As my stay progressed, I experienced mental recovery alongside physical healing, becoming more confident, engaged, and hopeful each day, and ultimately the happiest version of myself in a long time, with friendships I will cherish for life. Cygnet Ealing has completely reshaped my perspective."

Former Service User

"You have really helped her (and me) understand the importance of eating a wide variety of foods. You've helped immensely by being so strong on her behalf. I thank you from the bottom of my heart."

Parent

"I just want to say a MASSIVE thank you to you for your help over the last 3 months. Without your help I certainly wouldn't have made it to this day."

Former Service User

"Throughout my admission, all the staff were very supportive, welcoming and friendly."

Service user

"We observed the positive culture on the ward and how well staff and patients appear to interact and engage with each other."

External Health Professional

"Thank you so much for all you guys have done for me you have helped me more than any other unit I have been in. Somehow you have helped me see a life worth living and have helped changed my mindset on eating. You guys have taught me a lot of skills, no matter how hard they were, I am glad that you made them as they have got me to the place I am in today."

Former Service User



Map | Our specialist services by region

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1 Cygnet Hospital Ealing

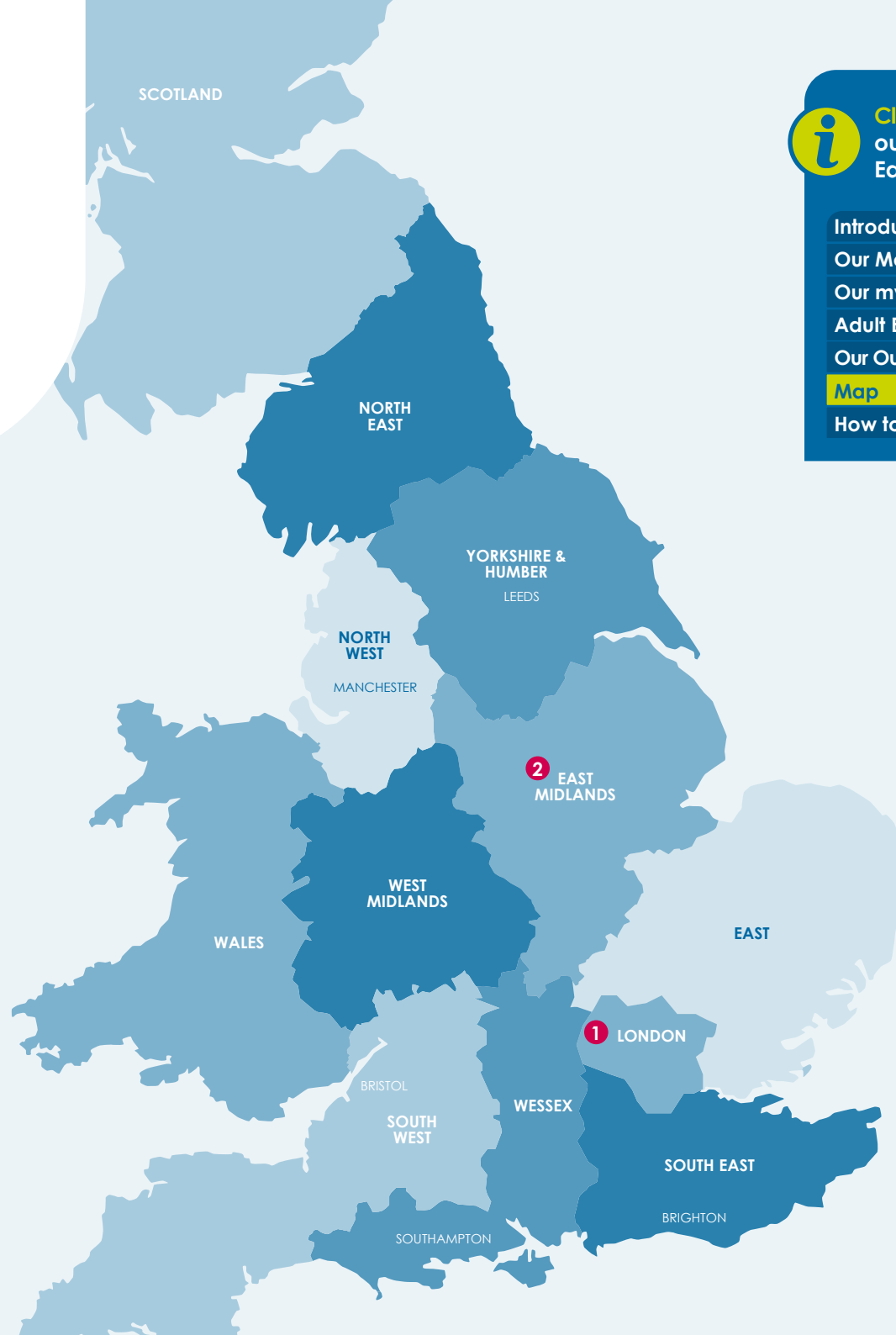
22 Corfton Road, Ealing, London W5 2HT

T: 020 8991 6699

2 Cygnet Elowen Hospital

The Field, Shipley, Heanor, Derbyshire,
East Midlands DE75 7JH

T: 01773 304 920



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How to Make a Referral

We are able to take referrals 7 days a week.

To make a referral please contact **your regional Business Relationship Manager.**

Alternatively, you can contact the Cygnet Bed Hub on:
0808 164 4450 / chcl.referrals@nhs.net.



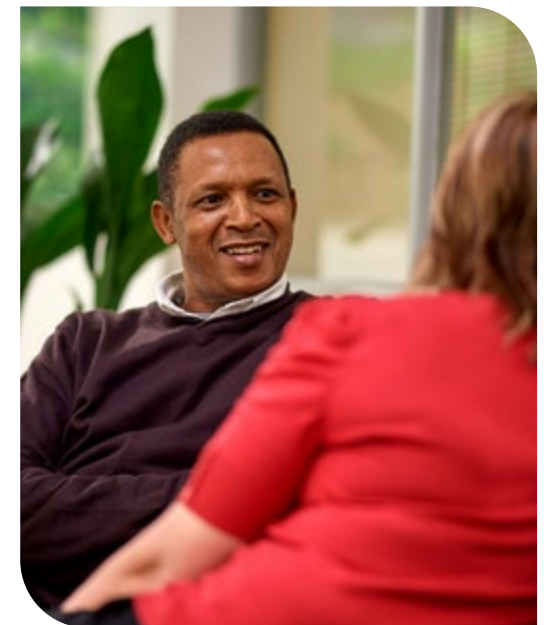
Planned admissions referral steps:

- 1** Referral made to your **NHS partnerships Manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2** Assessment arranged and undertaken via our assessment team
- 3** Feedback provided on whether our service can meet the individual 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



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Integrity

Trust

Empower

Respect

Care