

# Eating Disorders



# Infolink

## Health Resource Directory

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for the people of Derbyshire and Derby City  
*Updated March 2012*

**INFOLINK** is a mental health resource database which contains information about services, groups and activities that are available to people throughout Derbyshire and Derby City to promote good mental and physical health. The information is collected from many different sources and aims to serve as a useful tool for staff, people who use our services and their families and carers, and other organisations working in partnership.

The information included in this edition has been reviewed and updated for 2012. **INFOLINK** will be reviewed and re-issued regularly.

Updates are held on the Trust website on: [www.derbyshirehealthcareft.nhs.uk/](http://www.derbyshirehealthcareft.nhs.uk/), and on our Core Care Standards Website on [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk)

This booklet supports our Core Care Standards, which are detailed inside.

The directory is listed in alphabetical order and is easy to use. A full index can be found at the back of the directory. Inclusion in **INFOLINK** does not imply recommendation or endorsement of any particular service. It is intended as a collection of available information to help staff and out service users and their families and carers plan care.

If you would like any further information about this directory or would like further copies, or would like to amend, add or update any of the entries, please contact:

Core Care Standards and CPA Service,  
The Lodge, Walton Hospital,  
Whitecotes Lane, Chesterfield, Derbyshire S40 3HW  
Tel/Fax: 01246 515974  
Email: [cpa@derbyshcft.nhs.uk](mailto:cpa@derbyshcft.nhs.uk)

## **Our Core Care Standards**

### **You will be involved as much as you want and are able to be**

Services work best when the people who use them are involved in the care process. We will take into account peoples diverse needs, particularly around communication and access. The service will protect your rights, as well as those of other people, and will protect you and others from harm wherever possible.

We will always try to make sure that people are involved as much as they want and are able to be, and have choices wherever possible, but choice may be limited by the services we have been commissioned to provide.

We want to support you to make informed choices through:

- taking part in planning your own care
- considering choices to promote and facilitate your recovery
- being central to the decisions made around your care
- having information to help you make informed choices and decisions

## **Our Core Care Principles**

### **We will keep information safe and share it when needed, and you will have the right information at the right time**

#### Information For You

To make sure that patients/service users have the information they need to make choices, participate in the care process, make informed decisions, and be truly partners in care, the Trust provides a variety of information including:

- Rights and responsibilities, copies of care plans, contact information, services available, self-help information
- Signposting to relevant agencies and services where needed
- Information required by law
- Benefits and risks of different types of treatment, potential side effects of medication

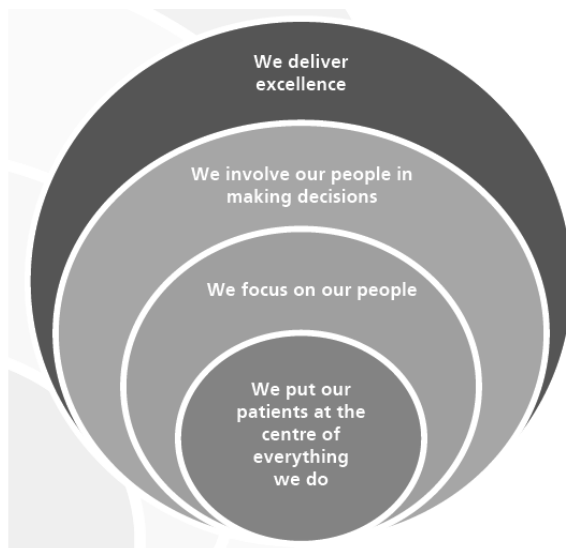
Using the NHS Choices website, you can create a tailor-made information prescription for particular conditions and illnesses.

Your information prescription tells you about:

- Your condition, your treatment options,
- Care services (from equipment to help you get around the house to specialised exercise classes),

- Benefits you may be able to claim,
- Housing, and support groups.

## The Link to Trust Values:



This booklet is a mini version of the Infolink Resource Directory and is intended to give information about services that can be accessed for advice, information or support with issues relating to Eating Disorders.

# Services to Support People with Eating Disorders

**Eating Disorders - The National Centre** 54 New Road, Esher, Surrey, KT10 9NU Tel No: 0845 838 2040  
Helpline No: 0845 838 2040 Fax: 01372 469550  
e-mail: [admin@ncfed.com](mailto:admin@ncfed.com) Website: [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)  
National Centre for Eating Disorders providing treatment and support for persons affected in particular by compulsive overeating and bulimia.

**Eating Disorders Association (b-eat)** Second Floor, Wensum House, 103 Prince of Wales Road, Norwich, NR1 1DW  
Tel No: 0300 123 3355 Helpline No: 0845 634 1414 Fax: 01603 664915  
e-mail: [help@b-eat.co.uk](mailto:help@b-eat.co.uk) Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)  
When & Where: Helpline, Mon-Fri 10.30 - 8.30pm Sat 1- 4.30pm Youthline (under 25s) 0845 634 7650 Mon-Fri 4.30 - 20.30 Sat 1-16.30  
e.mail: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk) Eating Disorders Association is a national charity providing information, help and support for people affected by eating disorders and in particular anorexia and bulimia nervosa.

## **First Steps Derbyshire (Eating Disorder Support Group)**

126, Osmaston Road, Derby, DE1 2RF  
Tel No: 01332 367571 Helpline No: 07725055673  
e-mail: [info@firststepsderby.co.uk](mailto:info@firststepsderby.co.uk) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)  
When & Where: 126 Osmaston Road, Derby. Information and Support for anyone whose life is affected by any eating difficulty or disorder, including parents and carers.

**First Steps Hyped** The Space, 12 The Spot, Osmaston Road, Derby, DE1 2JA Tel No: 01332 367571

e-mail: [info@firststepsderby.co.uk](mailto:info@firststepsderby.co.uk) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)  
When & Where: Every Wednesday 6am -8pm 12 The Spot, Osmaston Road.  
First Steps Hyped for people aged 12-25 affected by eating disorders.

**Image** The Annexe, Holywell Health Centre, Holywell Street, Chesterfield, Tel No: 07768955310/07961426991 e-mail: [shearer.thurlby@btinternet.com](mailto:shearer.thurlby@btinternet.com)  
When & Where: 7pm-8.45pm The Annexe, Holywell Health Centre. Self help group for people affected by or with eating disorder.

**Overeaters Anonymous** OAGB Ltd, 483 Green Lanes, London, Tel No: 07000 784985 e-mail: [general@oagb.org.uk](mailto:general@oagb.org.uk) Website: [www.oagb.org.uk](http://www.oagb.org.uk)  
When & Where: 24 hour answerphone. The only requirement is a desire to stop eating compulsively. Welcome all.

## Core Care Standards listed:

### Assessment:

- We will find out with you what your needs are

### Care planning:

- You will have a clear care plan

### Review:

- We will check that things are working for you

### Co-ordination:

- Your care will be co-ordinated

### Discharge/Transfer:

- We will make sure your transfer or discharge works well

### Families and Carers:

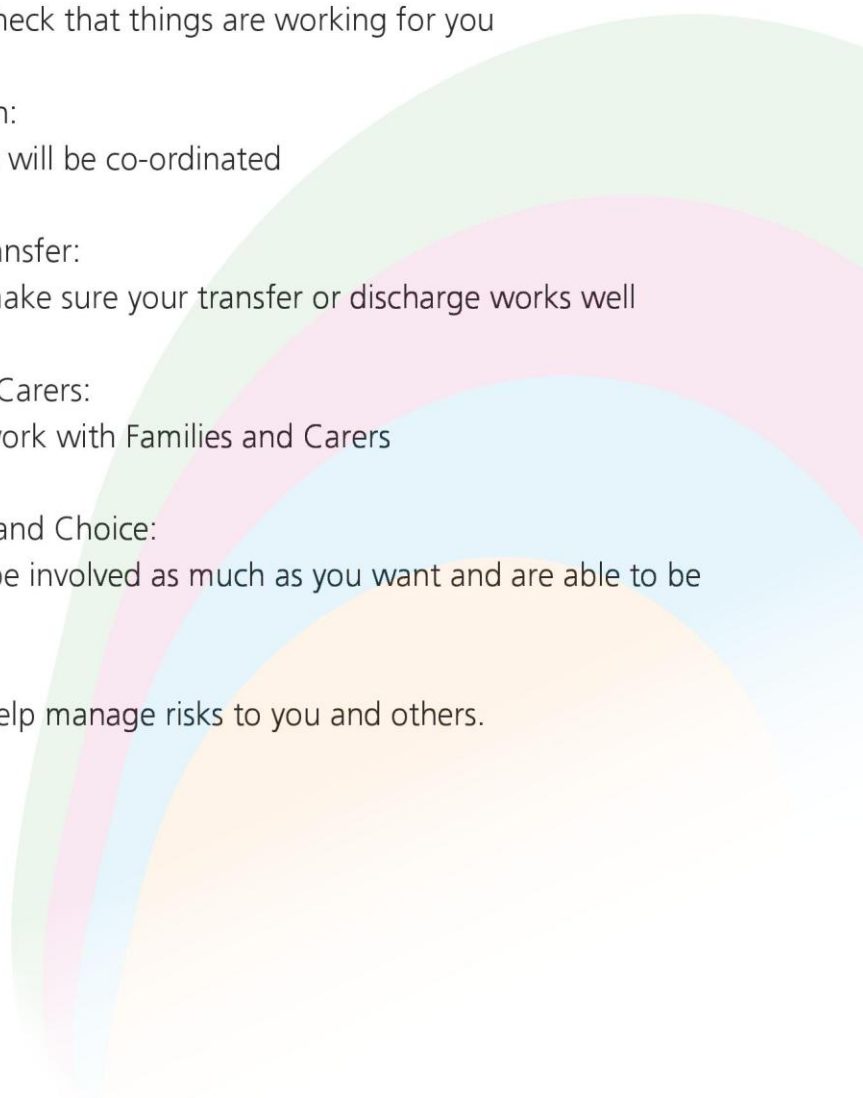
- We will work with Families and Carers

### Involvement and Choice:

- You will be involved as much as you want and are able to be

### Risk:

- We will help manage risks to you and others.



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[www.loveyourlocalnhs.co.uk](http://www.loveyourlocalnhs.co.uk)

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可翻譯為其他語言或用其他格式顯示。請要求獲得翻譯本。

Disponible dans d'autres langues et dans d'autres formats. Veuillez demander une traduction.

अन्य भाषाओं और अन्य प्रारूपों में उपलब्ध, कृपया अनुवाद के लिए पूछें।

可翻译为其他语言或用其他格式显示。请要求获得翻译本。

Informacje dostępne w innych językach i formatach. Prosimy zapytać o tłumaczenie.

ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਦੂਜੇ ਫਾਰਮੈਟਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਅਨੁਵਾਦ ਲਈ ਕਹੋ।

Dostupno na drugim jezicima i u drugim formatima. Molimo pitajte za prevod.

دیگر زبانوں اور صورتوں میں دستیاب ہے۔ براہ کرم ترجمے کے لیے کہیں۔