

# NEWBRIDGE Treatment for eating disorders

## New centre offers specialist expertise and treatment for people with eating disorders

**N**ewbridge House is a recently opened specialist centre dedicated to the care of adolescents, young people and adults with eating disorders.

Based in Streetly, Sutton Coldfield, the new centre is run by a skilled and experienced team, focused on individually-tailored treatment for anorexia and bulimia.

We offer treatment for people aged 14 and above, to meet the needs of each individual.

### Treatment from an experienced team

Our medical director is Professor Hubert Lacey, who runs the Eating Disorders Service at St George's Hospital in London, the largest unit of its kind in the UK.

We have a team of psychiatrists, clinical psychologists, family therapists, dietitian and nurses. All of our professionals specialise in the treatment of anorexia and bulimia and have extensive experience.

"We have established treatments for people with eating disorders which can be very effective, especially if intervention takes place in good time", explains Professor Lacey.

"However, treatment must be delivered by experienced specialists in eating disorders working in a multidisciplinary team."

### Delivering treatment at the right time

Anorexia typically develops between the ages of 14 and 17, and bulimia from 16 to 22.

However there are few centres in the UK which specialise in the treatment of eating disorders in young people. Some young people are treated at general psychiatric units and others are sent for treatment far from their homes.

Newbridge House brings together a multidisciplinary team of specialists, ensuring young people get the highest standard of treatment at the right time in their lives.

Left with poor or ineffective treatment, individuals become increasingly resistant to change and harder to treat.

### Meeting individual needs

We provide services for young men aged 14 to 17, and girls and women from age 14 upwards.

Some of our patients are funded by the NHS, others are privately funded. All patients must be referred to us by their GP or consultant psychiatrist. Every individual is thoroughly assessed and their treatment



Newbridge House  
Clinical Psychologist  
Dr Melanie Elsworthy



*Established treatments for people with eating disorders are very effective, but they must be delivered by experienced specialists.*

Professor Hubert Lacey,  
Medical Director, Newbridge House

programme is developed to meet their personal needs.

Some people may need to stay in Newbridge House in order to receive a high level of treatment and support.

Others may come to our facility for day treatment, enabling them to have the therapy and support they need, but return to their homes in the evenings and weekends.

This enables individuals to have the security of treatment while also living in their local community with their family and friends. We also offer individual programmes

of therapy with our psychiatrists and clinical psychologists, when people come to Newbridge House for sessions on a weekly basis.

The severity of eating disorders varies widely, but for all those affected, it is vital that they receive the right, tailor-made treatment from a specialist team.

We offer age appropriate services for all patients, ensuring that we meet the psychological and educational needs of younger patients and recognise the distinct needs of adult patients.

## ADVERTISING FEATURE

We welcome visits from prospective patients and their families and would be happy to meet you, show you our facilities and answer your questions.

We welcome both NHS and privately funded patients. All patients must be referred to us by their GP or consultant, if they are already under the care of a psychiatrist.

Find out more about Newbridge House

📄 [www.newbridge-health.org.uk](http://www.newbridge-health.org.uk)

☎ 0121 580 8362

✉ 147 Chester Road, Streetly, Sutton Coldfield B74 3NE

### A welcoming domestic setting for therapy

Newbridge House is a large, detached facility, which was extensively refurbished in 2008.

It is a welcoming and domestic setting, purpose-designed to provide a homely environment, rather than the institutional, hospital setting where eating disorders have traditionally been treated.

There is a new and modern classroom for younger patients, therapy rooms, and a domestic kitchen which is at the heart of Newbridge House. We also have a large and peaceful garden.

### A therapeutic approach to treatment

A therapeutic approach to the treatment of eating disorders is central to our ethos in Newbridge House.

"We do not see psychological therapy as a distinct part of treatment programmes; every aspect of our day-to-day care is therapeutic," explains Dr Melanie Elsworth, Clinical Psychologist, Newbridge House.

"All of our staff are trained in therapeutic principles and apply them to every-day situations, such as meal times and activities within the community."

People respond to psychological therapies on an individual basis and while one form of therapy may be effective for one person, another may be better suited to an alternative approach.

As a specialist provider of eating disorders services for young people, we are able to offer a broad spectrum of psychological interventions.

However, we only offer psychological therapies which have been thoroughly evaluated and applied to the treatment of eating disorders.

### Family therapy and support

An individual's eating disorder has an enormous impact on the lives of all family members.

We are committed to a family-centred approach – to supporting and involving the family in the treatment of people with eating disorders.

Family therapy enables family members to explore how the eating disorder has affected their own lives and provides them with the tools to assist and support recovery.

### Referral information

We welcome both NHS and privately funded patients. All patients must be referred to us by their GP or consultant, if they are already under the care of a psychiatrist.

Any individuals affected by eating disorders or their families are welcome to contact us and discuss their needs. You are welcome to arrange a time to come to Newbridge House, see our facility and we will be able to answer all your questions.

Top: Newbridge House  
Below: Staff in  
Newbridge House.



## FACTFILE

**1.1 million people in the UK have an eating disorder. Most of those affected are aged between 14 and 25, but more rarely, eating disorders can develop in older people.**

**Anorexia involves severely restricting what you eat in order to lose weight. Sufferers lose a large amount but believe themselves to be fat and have an intense phobia of being a normal body weight. Anorexia has the highest mortality rate in psychiatry, at 13–20 per cent.**

**Bulimia involves eating large amounts of food, then making yourself sick so your body does not absorb the food.**

## Q&A Recognising and understanding eating disorders

**Q** What's the difference between eating differently & having an eating disorder?

Eating disorders can develop when you start to use food in order to deal with difficult feelings and emotions.

Food plays a big part in our lives and it is natural to reach for our favourite snack for comfort or a little boost at the end of a long day.

But if you find that every day, food becomes the way that you deal with worry, sadness, loneliness and any other painful emotion, you may be developing an eating disorder.

**Q** What are the different types of eating disorders?

Anorexia involves severely restricting what you eat in order to lose weight.

Sufferers lose a large amount of weight but believe themselves to be fat. People with anorexia have an intense fear of being a normal weight.

People with anorexia may severely restrict calorie intake, excessively exercise or induce vomiting.

Bulimia involves eating large amounts of food, then making yourself sick so your body does not absorb the food. Bulimia involves binge eating but at normal body weight.

**Q** What are the 'warning signs' for an eating disorder?

Ask yourself the following questions:

1. Do you make yourself sick because you feel uncomfortably full?
2. Do you worry you have lost control over how much you eat?
3. Have you recently lost more than one stone in a three month period?
4. Do you believe yourself to be fat when others say you are too thin?
5. Would you say that food dominates your life?

If you answer 'yes' to two or more questions, you may have anorexia or bulimia.

**Q** I think I have got an eating disorder – where do I go for help?

You could see your GP – he or she can refer you to specialist psychiatrists, psychologists, dietitians and counsellors and will identify the right treatment for you. There are also many support groups with young people who are facing similar problems, alongside professional care. If you find it difficult to see your GP and talk about your eating disorder, you could speak to your school nurse or a teacher. Try to discuss your eating disorder with your family and friends. Although this may feel difficult, they are likely to know you are experiencing problems and will appreciate being included.