



SEDIG News

AUTUMN, 2005

Scottish Eating Disorder Interest Group

ISSUE 1

In This Issue

- ❖ *Scottish Eating Disorders Petition – SUCCESS!*
- ❖ *Introducing SEDIG Committee*
- ❖ *Scottish Mental Health Nursing Review*
- ❖ *Programme for SEDIG day – Thursday 6th October*
- ❖ *Contact SEDIG*

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Programme 6thOct 05

Topic - Tolerating Eating Distress in Eating Disorders

Speakers –

Maggie Gray
Charlotte Proctor

10 *Registration*

10.30 *Workshop*

12.30 *SEDIG Business*

Lunch

2 – 4 p.m. *Workshop*

Scottish Eating Disorders Petition – SUCCESS!

2 years of discussion and a major inquiry followed the presentation of the North East Eating Disorder Support (NEEDS) Scotland/SEDIG Petition, and in March the Scottish Health Committee published its report. Main recommendations include

- *that the Scottish Executive considers ways of ensuring that training on eating disorders features as a distinct issue within psychiatry; that postgraduate training by Royal College of GPs encourages the development of additional specific courses on eating disorders; that serious consideration be given to the importance of GPs developing specialist eating disorders skills within the GP specialist model; and that the SE develop plans to develop specialist ED training for psychiatric nurses and others who encounter ED in their work.*
- *the development and implementation of guidelines specific to Scotland based on NICE Guidelines for England and Wales where they are already in operation;*
- *that the guidelines should take into account existing best practice in Scotland, including within the voluntary sector;*
- *a co-ordinated approach to ensure better and more consistent provision, rather than the existing reactive approach, with any savings made invested in development of appropriate services at regional level;*
- *that Health Boards should monitor currently unplanned expenditure, and consider best provision of care for NHS inpatients with eating disorders;*
- *that regional planning groups be considered to cost the establishment of managed clinical network for eating disorders (Grampian have just appointed Dr Harry Millar as first leader of just such a network)*

The Depute Scottish Health Minister has given a personal commitment to monitor the situation regularly through NHS QIS, ongoing performance and accountability reviews.

A big thank you to all who helped in any way over the last 3 years since the petition started.

Follow up Action?

Health Boards have many priorities...to help Health Boards with their task of implementing the recommendations for eating disorders, SEDIG members could make regular written enquiries about progress in their individual HB areas. Every letter will appear on an agenda – and keeping eating disorders on agendas where it possibly didn't appear in the past is essential if progress made through the petition is to be continued and carried through into action.

Future events

***Introduction to Cognitive Analytical Therapy**

26/27th Sept 05, Edinburgh

Contact – Maggie Gray

*SEDIG

16th February 06, Perth

***Please notify Gráinne of any interesting events planned which would be of interest to SEDIG members, by emailing smith47@ukonline.co.uk**

Next issues ...

Note from (very) new *SEDIG News* editor –

After so many years of eating disorders being marginalized in Scotland, so much is now beginning to happen. SEDIG has an important part to play in keeping everyone in touch with developments in all areas of Scotland as well as in all areas related to the treatment of eating disorders.

SEDIG News needs your input...

Do you have any interesting stories or information which you'd like to share with SEDIG members? If so, I'd like to hear from you – please!

Gráinne

Look forward to hearing from you at –
smith47@ukonline.co.uk

Introducing SEDIG committee – Ian McDonald (Chairperson), Harry Millar, Chrissy Munro, Jane Morris, Katy Park, Judy Long (Treasurer), Alex Yellowlees, Mark Reilly (EDA representative), Diane Whiteoak (Secretary) and Gráinne Smith (SEDIG News editor)

Over the summer, the committee have met to discuss organisation....

Membership fees To make it easier for collection of subscription fees (and for members to remember when they last paid!) it has been decided that there should be a flat fee of £10 for all members, with the possibility of a concession rate if e.g. unemployed; and that fees should fall due once a year, on 1st October. *If you cannot attend the meeting just after this date, fees may be sent directly to the Secretary Diane Whiteoak or the Treasurer, Judy Long, SEDIG Binny House, Ecclesmachan Road, Uphall, West Lothian, EH52 6NL.*

The SEDIG Website is undergoing review....please bear with us as we undertake this.

Unfortunately Heather Marrison has been in ill health for some time and has had to step down from committee work. SEDIG would like to thank Heather very much for all her hard work over the last few years.

Scottish Mental Health Nursing Review

Following the Health Committee's recommendation regarding training, representatives were invited to take part in a major review, led by Suzanne Forrest, of MH nursing provision in Scotland. This appears to be the first time representation has been offered to those who work in eating disorders.

Subgroups have been formed to work on 4 issues –

Developing MH nursing in supporting people experiencing acute mental health problems.

Articulating the future vision and values base for mental health in Scotland.

Developing a framework around future roles and distinctive contribution of MH nursing in Scotland.

Exploring frameworks for career development and progression to enable the realisation of the vision for future MH nursing.

SEDIG members Chrissie Wright and Katy Park kindly agreed to attend review meetings. This has proved a big undertaking, and over the last few months they have been busy collecting information to present to the review about the training situation in eating disorders in Scotland; what is available elsewhere; the current situation regarding ED nursing care; as well as finding suggestions from former patients and carers about what has been helpful or not in the past, and how the situation may be improved.

Discussions are still ongoing, and the report is not due for some time yet....Watch this space....

**** If you have any information, reading materials, suggestions which might be useful for Katy and Chrissie, they would like to hear from you... ****