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London's World Mental Health Day Festival

On Saturday, 10 October to mark World Mental Health Day 2020, the Mayor of London's Peer Outreach Team and Thrive LDN are hosting a young Londoner-led virtual festival. The [festival programme](#) is all about supporting young Londoners to build resilience and promote positive wellbeing.

The free online event will see various activities, workshops, and performances to offer a platform for young people to discuss the challenges faced during COVID-19 and explore shared experiences of inequality and issues raised through the Black Lives Matter

movement. It is an opportunity for young people to come together, from across London and beyond, to collectively overcome barriers and support one another.

You can [pre-register](#) for the day and select any of the [live workshops](#) you wish to join.

You can also help promote the event by resharing Thrive LDN's posts on social media via [Twitter](#), [Instagram](#), [Facebook](#) and [LinkedIn](#).

Eating Disorders Guidelines for Educational Professionals

Children and young people under 18 years with eating disorders
Guidelines for educational professionals

These guidelines give advice about spotting the signs of eating disorders and when to refer children and young people to your local community eating disorders service (CEDS) for specialist support.

Eating disorders can affect anyone. The stereotype that someone with an eating disorder is a young, white, underweight female, is dangerous as can result in other people being missed, e.g. males or those who are a healthy weight or overweight. Getting treatment earlier can make a positive difference in someone's recovery, therefore it is vital to keep an open mind when thinking about who may be affected and act quickly if you suspect an eating disorder.

Spotting the signs

- In the classroom:**
 - Are they becoming withdrawn in lessons?
 - Do you think they have lost or gained weight?
 - Do their marks have a bigger impact on their mood or how they view themselves?
- Other:**
 - Are friends or family expressing concerns?
 - Are they isolating themselves from their friends?
 - Are they commenting more on their own body and appearance?
- Outside the classroom:**
 - Have they changed their behaviour around food at school/home?
 - Are they avoiding the lunch area?
 - Are they skipping themselves at lunchtime or break time?
 - Are they eating around peers but not eating?
 - Are they exercising more than usual for example, at break or lunch?
 - Are they avoiding exercise or avoiding getting changed for P.E. in front of peers?

What to do next

If you are not sure how to bring your concerns up with the young person, please your local CEDS for advice (contact details provided). They can give you helpful tips. Don't meet and see what happens.

- Early help is VERY important
- You are not expected to be an expert - just someone who knows the young person and is worried

Children and young people DO NOT need to be referred by their GP. YOU CAN REFER. In some areas young people and parents can also refer themselves.

Education professionals can refer if direct referral to CEDS:

- if you refer them to the young person and parents know beforehand
- if CEDS know who gave consent
- if consent is refused, then phone your CEDS for advice

Eating disorders. Know the first signs?

- Lips**: Are they obsessive about food?
- Rips**: Is their behaviour changing?
- Kips**: Do they have a distorted belief about their body size?
- Kips**: Are they often tired or struggling to concentrate?
- Kips**: Do they disappear to the toilet after meals?
- Kips**: Have they started exercising excessively?

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat. Use help@beateatingdisorders.org.uk to find services in your area.

| LONDON COMMUNITY EATING DISORDER SERVICES | CONTACT |
|--|-------------------------|
| Central North West London NHS Foundation Trust (CNWL) | 020 3315 3369 |
| East London NHS Foundation Trust (ELFT) | 020 7426 2556 |
| North East London NHS Foundation Trust (NELFT) | 0900 555 1214 |
| Royal Free London NHS Foundation Trust | 020 7796 0500 ext 39930 |
| South London and Maudsley NHS Foundation Trust (SLAM) | 020 3228 2545 |
| South West London and St George's Mental Health NHS Trust (DWLSTG) | 020 3513 6793 |
| West London NHS Trust | 020 8546 8160 |

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Help for students: students@beateatingdisorders.org.uk

Help for young people: youngpeople@beateatingdisorders.org.uk

Our [eating disorders guidelines for educational professionals](#) share advice about spotting the signs of eating disorders and when to refer children and young people to the community eating disorders service (CEDS) for specialist support. These guidelines were developed in collaboration with Beat, the national eating disorder charity, and include the Beat 'Eating Disorders – Know the first signs' resource, as well as information about Beat support services.

Eating disorders are serious and complex mental health conditions that can have many underlying causes which tend to manifest during adolescence. There are many common eating disorders and it is vital that children and young people and their families and carers can access high-quality care and support as soon as possible, if an eating disorder if

suspected. This can improve recovery rates, lead to fewer relapses, and reduce the need for inpatient admissions, so it is important to recognise the symptoms early.

Dr Ann York, Clinical Advisor for Children and Young People’s Mental Health, Healthy London Partnership, said:

“Educational professionals needed simple guidance on identifying and knowing what to do if they were worried a child or young person might have an eating disorder.

“Having generally been unaware of their local Community Eating Disorder Service (CEDS) and directing people to their local CAMHS, we are pleased to be able to share these guidelines and ultimately help young people and their families.

“The key message is, if an education professional suspects a child or young person has an eating disorder, they should be referred immediately to their local CYP CEDS, to access the treatment they deserve.”

Emma Murray, Head Teacher, Seven Sisters Primary School and Centre, said: “A very easy to read, visual guideline that supports educationalists in spotting the early signs of eating disorders.

“Teachers are in a very unique situation whereby they can spot the signs early as they see children regularly.

“These guidelines will assist us in knowing what to look for, in knowing what to say and most importantly knowing where to get support.”

Andrew Radford, Chief Executive of Beat, said: “These guidelines will amplify the training Beat is providing to London’s teachers as together we seek to ensure that young people start treatment as quickly as possible, so that they get better faster and stay well longer.”

Expression of Interest- Tackling Health Inequalities in CYPMH working group

As part of the recovery and restoration phase of the CYP mental health system to the pandemic. The CYPMH COVID-19 Recovery Steering group has agreed that tackling

health inequalities in CYPMH is one of its priorities.

The steering group is jointly chaired by Paul Jenkins, Chief Executive, The Tavistock and Portman NHS Foundation Trust, and Chair of the Cavendish Square Group and Charlotte Harrison, Medical Director at South West London, and St George's Mental Health NHS Trust. As part of the development of exciting new workstream the HLP CYPMH programme will be establishing a working group to support tackling health inequalities in the CYPMH system in London.

If you are interested in participating in the pan London 'Tackling Health Inequalities in CYPMH' working group please email Erica Deti on erica.deti@nhs.net.

***Patient Experience Network
National (PENNA) 2020
Award Winner***

Healthy London Partnership were recently announced as winner in Patient Experience Network National 2020 Award in 'Using Insight for Improvement' category.

The **HLP CYP programme** won this award for its effective and sensitive child mortality project '[Gathering feedback from families and carers when a child or young person dies](#)'. Launched in September 2019, this new resource supports professionals in working with bereaved families and carers, sitting out key principles, and providing guidance on ideal bereavement care and feedback collection.

A special well done to **Steph Simmonds, David McKinlay and Sonia Ettetuani**.

We can Talk online training tool



The fundamentals of compassionate care is the main objective on the We Can Talk [online training tool](#). It is free, takes less than an hour and features young people with lived experience. Since May there has been more than 5,000 users who have given feedback that the [online training tool](#) will make a difference to the way they care for and support young people.

FORWARD TO A FRIEND



Our friends at We Can Talk are asking a favour, please can you take one minute to [forward this email](#) to any colleague who is as passionate as you about improving the experience of children and young people who attend hospital in a mental health crisis.

[Subscribe to HLP CYPMH bulletin](#)