Overview

Our day care programme is part of our internationally recognised eating disorders service which provides expert treatment to people from across the UK. We provide intensive day care treatment for people whose weekly outpatient treatments are not sufficient, or as follow on care after inpatient treatment.

Our team of staff are highly qualified and specialise in a variety of fields to provide a holistic service for our patients. We have a consultant psychiatrist, psychologists, psychotherapists, a specialist nurse, an occupational therapist, dieticians, and a clinical housekeeper.

Who our service is for?

Our day care clinic provides treatment for people with anorexia nervosa or atypical anorexia nervosa, who have a body mass index (BMI) of 16 or more. Where appropriate, we also accept people with a lower BMI.

Eligibility

› 18+ years
› Male or female
› Diagnosis of anorexia nervosa or atypical anorexia nervosa
› Previously received outpatient treatment was not sufficient to support recovery or at a stage physically or psychologically where more intensive support is required
› Is medically safe to attend day care, including travelling to and from the facility
› Requires step down care after inpatient treatment

Exclusion

› Medically unstable
› BMI < 15 (individual cases considered if lower)

Interventions

The key therapies we provide are:

› Supported morning and afternoon snacks, and lunch
› Group therapy
› Regular physical monitoring
› Practical support around budgeting, shopping and meal preparation
› Regular key working sessions for patients to discuss practical issues
› Monthly reviews with the multidisciplinary team, patients, carers and community mental health teams
Outcomes

› Healthy or healthier weight
› Better quality of life
› Positive transition back to the community
› Able to nutritionally support themselves
› Return to or new employment or education
› Able to maintain and develop relationships
› Delay or minimise time spent in inpatient ward

Our facilities

Our day care service is located within the grounds of the historic and renowned Maudsley Hospital.

We provide a homely environment for the people who use our day care service. We have a comfortable open plan living space with a lounge and dining area, a group room, and therapy rooms, all well decorated and inviting.

Opening hours

Day care is open Monday to Friday from 10am to 4pm

Referral information

We accept referrals from a community mental health team’s (CMHT) consultant psychiatrist.

Please note: Where applicable, the CMHT will need to seek funding from the local primary care trust. The client will be invited for an assessment and informal visit.

Contact information

Eating Disorders Day Care Service
Maudsley Hospital, Middle House
Denmark Hill, London SE5 8AZ
T: 020 3228 3180  F: 020 3228 2358
mary.grier@slam.nhs.uk

Professor Ulrike Schmidt, Consultant Psychiatrist
Professor Janet Treasure, Consultant Psychiatrist
Dr Geoffrey Wolff, Consultant Psychiatrist
Danielle Glennon, Team Leader
Lubna Mohammad-Dar, Acting Service Lead

South London and Maudsley NHS Foundation Trust