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The Network is 10 years old this year and it has been another busy year for the Network with our usual variety of activities, of which you will read more about in this report. As part of our workplan this year we intend to have a review of the MCN to see if we have managed to achieve to what we set out to do and how we progress in the future.

Some of our achievements this year include:

Another fantastic one day Conference in the Scottish Parliament hosted by Dennis Robertson who continues to champion Eating Disorders throughout Scotland. The Conference was sponsored by the Scottish Eating Disorders Interest Group.

We organised the 2nd Scottish CAMHS Conference in Dundee in May 2016 with an increase in delegates of over 50%. Funding for this event was given by the Foundation for Professionals in Services for Adolescents (FPSA) in the form of a grant and once again we are very grateful for their support.

Our annual training event was held in January 2016 where we had the chance to hear about New Technological Advances in Eating Disorders with speakers from Berkshire Eating Disorders Service demonstrating the SHARON project and a presentation from Jamie Hogg, NHS Grampian on the “No Delays Project” – a form of digital postcards for patients.

Through EEATS (Eating Disorders Education and Training Scotland we managed to fund a successful IPT Training Course in April 2016) as well as hosting our regular Supervisors days and the annual Trainee day.

We have also recently secured funding from NoSPG for staff training within the MCN and will enable us to offer scholarships to professional staff to undertake EEATS Accreditation. In these very challenging financial times in the NHS this is a very welcome funding opportunity which we were extremely delighted to apply for and receive.

The Scottish Eating Disorder Research Network continues to meet annually with the next meeting being planned as part of the SEDIG conference in October 2016.

We continue to offer our annual visits to ED services across the North with us visiting NHS Highland in February 2016, NHS Grampian in June and our planned visit to NHS Western Isles in Nov 2016 as well as a visit to NHS Tayside in December.

We also continue to offer monthly meetings with Island boards which provides a forum for case discussion which is well attended and has become a valued resource.

I must thank all members of the MCN for their continued hard work, especially Alison Sherriffs, MCN Secretary, who sits in the background doing all the real work and to Dr Jane Morris who inspires my enthusiasm for my job on a daily basis.

Linda Keenan
Network Manager

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Overview

2016 is the tenth anniversary of the North of Scotland MCN for Eating Disorders. It was founded in 2006 by Dr Harry Millar – who was the first Lead Clinician – and by Linda Keenan, who has remained Manager and guiding genius throughout its decade of activity. That same year, Harry was joint Chair of the QIS Recommendations on Eating Disorders, a guideline which was presented at the first of Aberdeen’s Eating Disorders Conferences that same year. Those QIS Recommendations drew heavily on the NICE Guideline of 2004. Whilst NICE is currently undergoing an update in both content and in terms of the nature of how the Guideline is constructed and structured, QIS and SIGN have decided not to duplicate the work of NICE.

However, the MCN, prompted by our Tayside Colleague Neil Fraser, is embarking on a review of the Network at ten years old. Linda and I will be visiting Eating Disorders services in each of the 6 Health Boards to hear your views and ideas and to gather evidence about how well we are achieving our goals. From 2006 and well into the future, we seek to enact and update the vision of QIS in providing excellent services for patients and their families across the North of Scotland.

We are fortunate in having the archive of MCN annual reports to inform the review, as well as some audits and related initiatives undertaken over the years by a range of clinicians, researchers, trainees and students. Harry, Linda and their colleagues pioneered the use of electronic record keeping and a tradition of using questionnaires and other measures to audit and evaluate outcomes. I hope you will read more about these in the Report on our Quality Assurance Subgroup, later in this Report.

As always, the year behind us has involved a number of farewells to valued colleagues as well as opportunities to welcome fresh faces. Everyone in the MCN – except clearly the man himself – was sad to say goodbye to Tayside’s Neil Fraser. Neil, has retired this summer after a decade of providing support and wisdom to the MCN, of which he was a founder member. Neil’s background as a practising nurse meant that he genuinely understood what it felt like to be a clinician and to hold the patient’s experience as paramount. Neil, we all wish you immense enjoyment in retirement.

We also wish the very best to Tayside Nurse Therapist Brian Grieve, who has retired from the NHS Tayside ED service, though not altogether from clinical work. As the only Nurse in TEDS he was a stalwart resource in patient care for many years. His work will be remembered and appreciated, as we welcome his successor into the service. Paula Collin describes some of the changes and new faces in the Tayside EDS a few pages further on in this Report.

Here in the MCN Offices we have said a fond goodbye to Brenda Leel, Information Officer. She has provided the figures and brains behind so much of the research and audit which I mentioned earlier. We are fortunate that Alison Sherriffs, already Secretary in the same office, kindly agreed to take over Brenda’s role on a temporary basis, and found it so much to her taste that she is now permanently in post in the dual role.

Another landmark retirement, this time from the Eden Unit, is that of Art Therapist Leslie Spilman, one of the founder members of the team and always a key personality in the culture of Eden. She is missed for the exceptional quality of the group and individual art therapy she provided, and for her pioneering development and delivery of Family Based Treatment, as well as for contributions to formal and informal supervision. Enjoy the beautiful home you have built Leslie, and do stay in touch!

It is an unfortunate cliché to point out that recent months have been extraordinarily difficult for the NHS in general. Overstretched resources and challenges to morale can put particular strain on a small specialty whose patients are spread over a huge geographical area. Highland EDS was vulnerable after the tragic loss of its consultant, and recently said goodbye to Nurse Therapist Ann Fraser, who was deservedly promoted to another post in the Region. I can only pay tribute to the efforts of those colleagues who remain, including people still in training roles, who have acted up to preserve the speciality and to deliver a good service. Many thanks, especially, to Dr Heather Ireland and to Dr Peter Carr, currently working as Locum Consultant in the Service alongside his role in Trauma Psychotherapy.

Our Island colleagues have responded enthusiastically to the challenge of managing complex Eating Disorders without local specialist services of their own, by attending and contributing to the monthly Islands Consultation Group. Linda and I have seen this continue to thrive. I am especially grateful to Neil Laurenson, himself an Islander, who co-facilitates the group from Aberdeen with me. Do read his short account on page 19.

Networking, this past year, has included some special links which reach beyond the field of eating disorders. Since Eating Disorders was granted Faculty status within the Royal College of Psychiatrists, we have forged links with the other new and small Faculty: Perinatal Psychiatry. These two Faculties are working towards a joint day conference next spring.

After we received the SAGE Award a year ago, we have been collaborating with Gastrointestinal physicians, Diabetes specialists, Substance misuse experts and CAMHS colleagues to produce a textbook, commissioned by Springer, with an accompanying website to be designed and developed in partnership with Robert Gordon University. Please watch this space for news of its launch next year.

Finally, as always, I thank MCN Manager Linda Keenan. She continues to accumulate injuries in her heroic service of the MCN. This year she fractured her foot, but this in fact scarcely caused her to break stride (thanks of course to our excellent orthopaedic colleagues in Aberdeen Royal Infirmary). She has managed not only the MCN but also EATTS, the Scottish Eating Disorders research group, and the SEDIG Carers’ conference. Linda organises ScotFED for the Royal College of Psychiatrists and contributes to the SEDIG Committee, as well as linking up with NEEDS and with many sister organisations and like-minded individuals without whom Eating Disorders patients would suffer more.
Currently she is collating opinion on the formation of a National MCN for the whole of Scotland. This would not replace but would integrate existing organisations, and ensure that sufferers and carers across the whole country have equitable access to eating disorders services.

I find that the North of Scotland MCN for Eating Disorders – from the little granite cottage by Cornhill’s ‘Green Gate’, to the far-flung outposts its clinical outposts - remains an inspiring place to work. My warm thanks to all those who make it so.

Dr J Morris
Clinical Lead, Managed Clinical Network for Eating Disorders
Consultant Psychiatrist, Eden Unit
NHS Highland
Eating Disorders Service

Staffing
Our Consultant Psychiatrist post has remained vacant over this year, with some of the duties of this role being covered by the ST4 and the Staff Grade Psychiatrist. Our seconded trainee nurse has continued in post for a further year. All other staffing has remained the same as the previous year.
Current staffing consists of:
• Consultant Psychiatrist 0.3wte (vacant post)
• Three Nurse Therapists 2.0wte
• Dietitian 0.3wte
• Staff Grade Psychiatrist 0.5wte
• Secretary 1.0wte
• Seconded trainee nurse therapist 0.2wte
• ST4 with specialist interest 0.4wte

Referrals
The referral rate for the period April 2015 – March 2016 has been fairly consistent at 80 referrals per year (31 of which were re-referrals). We are continuing to meet our targets of assessing urgent referrals within one week and routine referrals within 12 weeks.

Team developments
Our three nurse therapists, the seconded trainee nurse therapist, and the dietitian are all EEATS accredited. The ST4 has been undertaking her EEATS training and is being supervised in-house for this. We currently have two EEATS supervisors in the department.
Our three Nurse Therapists continue to maintain accreditation with the BABCP and to participate in peer supervision for CBT. They have all refreshed their supervision training in the last year. Four of the team have been trained in Prolonged Exposure and have been offering this as an adjunct to eating disorder treatment for those meeting the criteria.
As a multi-disciplinary team we have been offering: Cognitive Behavioural Therapy, Interpersonal Psychotherapy, Dialectical Behavioural Therapy, Mindfulness, Eye Movement Desensitisation & Reprocessing, Prolonged Exposure and Behavioural Family work and Family Based Therapy. Our Dietician continues to offer individual dietetic assessments and nutritional support.

Two of the nurse therapists and the ST4 have been trained in DBT and dedicate one session per week to the Personality Disorder Service (not counted in the staffing figures above). These three members of staff have also been trained in using the assessment package for patients with personality disorders (an extensive formulation which helps to match the individual to the appropriate intensity of treatment). It is hoped this will support therapists to consider the most suitable intervention for patients with a co-morbid eating disorder and personality disorder presentation.
Two of our nurse therapists are continuing in their post-graduate studies. One is undertaking a Doctorate in nursing with a research interest in complex trauma in ED patients. The other is undertaking an MSc in Advanced Practice (both through the University of Stirling).
We remain committed to providing CPD events in-house and we have had a wide variety of teaching topics as part of our bi-monthly team teaching sessions. This has included talks on: neuro-imaging in AN; the use of anabolic steroids and body dysmorphia in males; the use of telehealth in supporting recovery; self help materials for EDs.
The team continue to offer consultation and training to other services. Two members of the team have delivered training to the diabetic service in response to an increase in referrals for diabetic patients.
We continue to work collaboratively with the medical wards at Raigmore and the treatment of patients under the MARSIPAN guidelines has been managed well.
We also continue to work closely with the MCN and other ED services across the area. There have been a small but steady number of Highland patients who have required inpatient admissions to the Eden Unit. We are continuing to contribute to the Quality Assurance sub-group.

Laura Hulse
Nurse Therapist
NHS Tayside Eating Disorders Service

NHS Tayside Eating Disorders Service (TEDS) is based in Dundee, and provides outpatient clinics in Dundee, Angus, and Perth and Kinross. The service offers specialist assessment and treatment to adults suffering from severe and/or enduring eating disorders, having access to psychological, medical and dietetic interventions. The service also seeks to support the work of colleagues managing eating disorders at the Primary Care and Community Mental Health Team levels within NHS Tayside, through training events, consultation and advice. NHS Tayside Eating Disorders Service forms part of the North of Scotland Managed Clinical Network for Eating Disorders and has access to inpatient beds at the Eden Unit, Royal Cornhill Hospital, Aberdeen.

Current Clinical Staff

0.75 wte Consultant Clinical Psychologist/Lead Clinician – Dr Paula Collin
0.5 wte Consultant Psychiatrist – Dr Lesley Dolan
1.0 wte Clinical Psychologists – Ms Louise Hobbs and Dr Louise Richards
1.0 wte Specialist Nurse – Mr Brian Dawson
0.8 wte Specialist Dietitians – Ms Karen Farquhar and Ms Elaine Pettifer
wte Lead Mental Health Dietitian – Ms Elizabeth Stewart
Administrator Ms Nadine Bambury
Service Manager Ms Elizabeth Drumm

Teaching Activities

Teaching on the management of eating disorders is provided by the service on an ongoing basis, to both professional and non-professional groups, locally and nationally, e.g., -

- University of Dundee medical undergraduate and postgraduate teaching on Eating Disorders – Dr Lesley Dolan
- University of Dundee psychology postgraduate teaching on Eating Disorders – Dr Paula Collin

Training Activities

Training Provided
Placements continue to be provided for undergraduate medical and nursing students, and postgraduate Clinical Psychology students.

Training Undertaken

- Eating Disorders Education and Training Scotland Supervisors’ Workshop (EEATS) – Dr Lesley Dolan
- Eating Disorders Education and Training Scotland Trainees’ Workshop (EEATS) – Dr Paula Collin
- Eating Disorders in Children and Adolescents: Current Research and Practice, and Innovative Ways Forward (Scottish CAMHS Eating Disorders Steering Group) – various TEDS staff members
- North of Scotland Managed Clinical Network for Eating Disorders Annual Clinical Meeting (MCN) – various TEDS staff members
- Generic Supervision Skills, Psychological Therapies (NHS Education and Training Scotland) – Ms Louise Hobbs
- EMDR Training (Richman) – Dr Louise Richards
- Schema Therapy Training (Irelan) – Dr Louise Richards

Committees/Professional Groups

- British Psychological Society Division of Clinical Psychology (Scottish Branch) – Dr Louise Richards
- (Scottish) Eating Disorders Section of the Royal College of Psychiatrists – Dr Lesley Dolan
- Scottish Dietitians’ Eating Disorders Clinical Forum – Ms Karen Farquhar, Ms Elaine Pettifer and Ms Elizabeth Stewart
- Scottish Eating Disorders Interest Group – Dr Lesley Dolan (Chair)
- Eating Disorders Education and Training Scotland Committee – Dr Paula Collin and Dr Lesley Dolan
- North of Scotland Managed Clinical Network for Eating Disorders Steering Group – Dr Paula Collin and Dr Lesley Dolan
- NHS Tayside Specialty Advisory Committee for Psychiatry – Dr Lesley Dolan
- NHS Tayside Lead Clinical Psychologists Committee – Dr Paula Collin
- NHS Tayside Psychological Therapies Steering Group Committee – Dr Paula Collin
- University of Dundee Medical Student Interview Panel – Dr Lesley Dolan
- University of Dundee Medical Student Pastoral Support Team – Dr Lesley Dolan
Research Activities

Service staff members continue to undertake eating disorder research in partnership with the Universities of Dundee and Edinburgh. Current projects:

- Neuropsychological Correlates of Obesity and Overweight – Mr Luis Calabria and Ms Stephanie Colaluca, University of Dundee MSc in Psychology of Mental Health (supervised by Dr Paula Collin)
- Use of Self-help Resources and Perceptions of Group Treatment – Ms Nell Filgate, University of Edinburgh Doctorate in Clinical Psychology (supervised by Dr Paula Collin)
- Internet-based Self-help for Eating Disorders – Ms Nell Filgate, University of Edinburgh Doctorate in Clinical Psychology (supervised by Dr Paula Collin)
- An Investigation of Set Shifting in Bariatric Surgery Patients – Dr Paula Collin in collaboration with NHS Tayside Clinical Health Psychology and Clinical Neuropsychology colleagues
- Dr Paula Collin continues to participate in the World Health Organisation Internet-based Field Studies for ICD-11

Summary

2015/16 has been a period of significant change and challenge for NHS Tayside Eating Disorders Service.

The service base has moved premises from 4 to 15 Dudhope Terrace in Dundee, and team members are now co-located with those of Dundee Adult Psychological Therapies Service, and NHS Tayside’s inpatient and outpatient Child and Adolescent Mental Health Services. While highly demanding of time and relatively disruptive, the move is now helping to foster closer working relationships with key referring agents, and has finally enabled the purchase and installation of service videoconferencing equipment through the Managed Clinical Network.

The service has welcomed new staff members in the form of Ms Karen Farquhar and Ms Elaine Pettifer, Specialist Dietitians, and Mr Brian Dawson, Specialist Nurse. Both Ms Farquhar and Mr Dawson have been successful in applications for EEATS scholarships, and we are delighted to finally have two TEDS clinicians working towards accreditation. Dr Chris Sheridan was attached to the service as a Higher Psychiatric Trainee during the past year, and he has recently been replaced by Dr Matthias Feile. Ms Nell Filgate, Trainee Clinical Psychologist, has continued to conduct two separate service research projects in part fulfilment of her D. Clin. Psychol.

The service has bid a fond farewell to Dr Diane Forrest, Clinical Psychologist, and Mr Brian Grieve, Specialist Nurse, who have both retired in recent months, and, at the time of writing, we are preparing for the retirement of NHS Tayside’s Strategy and Performance Manager, Mr Neil Fraser, who was a key figure in the establishment of the local Eating Disorders Service, the North of Scotland Managed Clinical Network for Eating Disorders, and the Eden Unit inpatient service. All three colleagues made significant contributions to the Scottish eating disorders field while in post. The service’s Administrator, Ms Nadine Bambury, is currently on maternity leave, having given birth to a daughter at the beginning of August.

A positive development this year, has been the involvement of service staff members in the establishment of a Dundee-based off-shoot of NEEDS (North East Eating Disorders Support). This is a monthly eating disorders support group run by volunteers for sufferers and carers, and group facilitators currently receive biannual supervision from Dr Paula Collin.

Staffing shortages at different times over the past financial year have, unfortunately, led to the temporary suspension of within-MCN audit activities, and within-service group treatment developments. It is intended to re-visit these projects in the months ahead, however, as clinical time and administrative support permits.

Dr Paula Collin
Consultant Clinical Psychologist/Lead Clinician
It’s been another busy and challenging year for the Grampian Outpatient Eating Disorder Service but this has been counterbalanced by some very positive developments.

In terms of referrals, we look to be on course for another 250+ year. The challenges of meeting waiting time targets are being felt by many services. In EDS we have now implemented our First Steps group which provides our service users with very quick access to a brief psychoeducational intervention, allowing service users to get to know our service with minimal delay as well as allowing us to signpost to our other interventions more effectively. From our first few runs of First Steps, uptake and retention is excellent and feedback from our service users is very positive indeed. We hope access to the service soon after referral will continue to be of benefit and, if so, will look to share our findings with our other colleagues working within eating disorder services.

We continue to refine our group programme and have had our first Compassion Focused Therapy group run in the service. Our thanks go to Neil Laurenson and Morag Taylor for developing this intervention for our service users with Binge Eating Disorder. We plan to make this group transdiagnostic in the future and available to all of our service users. Our aim is to provide a truly stepped care model of service delivery.

Our systemically informed clinic continues to develop and we are working collaboratively with our colleagues in YPD and the Eden Unit to streamline transitions for the benefit of our service users.

We also hope to enhance our relationship with colleagues in the Psychotherapy Service to provide mutual support for our shared patients.

We are now at full staffing complement after carrying vacancies for a few years. We are delighted that Sandra Philip-Rafferty, Highly Specialist Physiotherapist, has joined us. It is a wonderful opportunity for the service to have physiotherapy input from such a skilled and highly experienced professional as Sandra. We look forward to developing the role of physiotherapy in the service. We have also been very fortunate to secure Jane Lawson, Physician Associate, as a team member. Jane had previously worked with us as a Physician Associate Intern and her skills and enthusiasm are very much valued by the service. We also would like to congratulate Sarah Wood, Nurse Therapist, who has completed her CBT accreditation and Sarah’s hard work maintains our 100% record in our Nurse therapists being CBT accredited. Finally, it is with great pleasure that we welcome Neil Laurenson, Nurse Therapist, back to the service. We missed Neil very much during his absence and are fortunate that he has chosen to bring his considerable knowledge and skills back to the service.

We have ongoing plans for research and are collaborating with Dr Justin Williams, Consultant Psychiatrist on an exciting project regarding empathy and emotion recognition in eating disorders. We have also engaged with the work of Dr Philip Benson from the Psychology Department at Aberdeen University on eye movements as biomarkers for eating disorders.

Dr Sam Aitcheson, Consultant Clinical Psychologist, Grampian Eating Disorder Out-patient Service
Eden Unit Report

Eden Unit Activity and Outpatient Activity Across the North of Scotland April 2015 - March 2016

The Eden Unit is a 10 bedded unit and has had 23 admissions during the period April 2015 – March 2016 with an overall average length of stay of 191 days. This is an increase from 130.9 days for the preceding year. There are several factors which contribute to this including having patients with extremely complex co-morbidities and staff shortages across the region which have had an impact on discharging patients back to their own area.

We have had to send 8 patients out of area for treatment during this period due to the unit being full. The protocol laid down in the risk share agreement has been brought into action for these patients. Again the staffing shortages across the region have been a contributory cause to the rise in Out of Area Admissions.

Admissions to the Eden Unit – April 2015 – March 2016

Referrals to Out-Patient Services across North Scotland

Over the past year referral rates to all Eating Disorder Outpatient services have risen slightly.

Referrals to Outpatient Services Apr 2015 - Mar 2016

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<th>May</th>
<th>Jun</th>
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*Note: Totals may not sum due to rounding.*
An Outpatient Eating Disorder Practitioner’s perspective on the benefits of the MCN Island Consultation Group

Embracing the challenges encountered by our social and health care colleagues in geographically dispersed Island Communities and their management of service users with Eating Disorders is a token reminder of the disadvantages these staff groups, service users and their families alike have in accessing specialist treatment and support within a constricting economic climate. The Managed Clinical Network and its strategically embedded ‘integrative ethos’ offer collective support and expert advice to dispersed staff groups on the treatment and access options to care pathways delivered by NHS Grampian and other North of Scotland Boards, in line with national recommendations and the latest evidence-based research. Although only ten months in infancy this consultation group is demonstrating a real commitment and need to work more closely together, developing partnerships to consider how we can enhance service provision to this vulnerable patient group, their families/carers and promote education.

There are clear benefits to us all building on our professional relationships with our colleagues in the islands to consolidate and develop the emergence of an integrated social and health care system, considering what is sustainable and to a greater degree improving collaboration and support towards seamless transitions between primary and secondary care. I welcome this inclusive reassuring initiative from the MCN to provide a reflective empowering platform.

Neil Laurenson
Nurse Therapist
Grampian EDS Service

North of Scotland MCN for Eating Disorders

Eating Disorders Education and Training Scotland – EEATS

Whilst EEATS is hosted by the North of Scotland MCN for Eating Disorders, it operates across the whole country, taking pains to hold events in the different regions and to distribute any scholarships equitably with regard to geography, setting and professional discipline. We have a tendency towards positive discrimination in favour of minority and deprived groups, such as clinicians working in Island or other isolated settings, and more recently in favour of colleagues working within CAMHS settings. Moreover, where clinicians find that their Health Board cannot fund training as a result of financial crises, we attempt to provide scholarships.

We are mindful of the start-up funding and ongoing support provided by NES, and feel morally accountable to demonstrate fairness in accordance with our founding principles.

Financial situation

EEATS continues to operate on a ‘shoestring’ budget. This is precisely its intention. We utilise to the hilt the expertise available across Scotland and the excellent networking opportunities that result from being a small speciality in a small population.

We minimise the expenses of time away from base and of long-distance travel and accommodation across the border by bringing training up to Scotland, where it can also be delivered in a culturally and legally appropriate context. We are also selective in vetting trainings for evidence base, current priority to Scottish need and the valid credentials of trainers, rather than expecting individual clinicians to apply for expensive courses that may look superficially attractive but turn out to offer poor value to the service. Linda Keenan has also become adept at identifying and applying for a range of small but immensely useful grants from a range of statutory and charitable organisations. We are particularly grateful to the Foundation for Professionals in Services for Adolescents, The North of Scotland Planning Group, The Millar-McKenzie Trust and NES Scotland.

For the Financial year 2015/2016 EEATS had an opening balance of £3542.50 as at 1st April 2015 and a closing balance of £3205.19. As mentioned above it has managed to secure some extra funding so far this Financial year and continues to have a small but healthy balance. Our website maintenance is our overall biggest expenditure – costing us £247.50 per quarter. Income is generated from new trainees paying their course fees and associated funding secured via funding bids which has allowed us to provide a number of scholarships as described below. It also generates income when events such as the CAMHS conference are organised by EEATS and a small proportion of income is paid to EEATS for that service as well as any surplus from organised trainings.
Current trainee activity

Each year, we see a small but manageable increase in the number of trainees working towards EEATS accreditation. There are 23 current trainees across Scotland working towards accreditation, 8 of them benefiting from the scholarships provided by our recent grant from NES so that CAMHS clinicians could be encouraged to participate. Trainees include doctors, nurses, dietitians, psychologists, psychological therapists and occupational therapists.

Meanwhile, there are a number of clinicians who due to be ‘re-accredited’ with EEATS – this is required every 5 years, but is based on CPD rather than the portfolio and theory test involved in initial accreditation.

At the inception of the EEATS programme it was envisaged that all Scottish Eating Disorders services would make it a criterion for appointment that clinicians would either be in possession of the EEATS Accreditation or would be willing to work towards this. Last year’s report commented that the NHS Highland service consisted almost entirely of staff who were EEATS accredited or re-accredited. This year we have noted that all three new appointees to posts in the NHS Tayside Eating Disorders service are working towards accreditation. Another clinician was appointed to a promoted post with the proviso that she undertake the EEATS accreditation in the Eden Unit, and has recently successfully submitted her portfolio.

Supervisor activity

We have approximately 30 available accredited supervisors. Some supervisors work in pairs as ‘buddy supervisors’ for a single trainee, whilst others may single-handedly supervise up to three trainees. Supervisors not currently engaged with a trainee provide service to EEATS by marking and double-marking portfolios, composing multiple choice questions for the online theory test and serving on the EEATS Core Reference Group which meets on each Supervisor Training Day to consider policy decisions and to offer peer advice and support.

It is mandatory for EEATS supervisors to attend at least one Supervisors’ Meeting every year. If unable to do so they may substitute this with attendance at the Annual Trainees Day. Over the period 2015/16 Supervisors’ workshops were scheduled for Friday 18th March in Aberdeen. Unfortunately this date was postponed because of low numbers, and re-arranged to take place in Glasgow on September 30th.

Annual Trainee Day

The very popular annual trainee workshop is always held in the Edinburgh Training and Conference Centre in December. Despite our philosophy of rotating training around the regions, this comfortable and economical venue, a stone’s throw from Waverley Station, has proved universally popular, has garnered excellent feedback from our trainees and has resulted in the development of a good relationship with the venue providers.

The 2015 event was held on December 11th with an accent on the management of eating disorders in CAMHS settings. The early part of the day is given over to supporting trainees with questions, difficulties and obstacles they may be experiencing. Both supervisors and peers provide advice and inspiration, and there are also opportunities for trainees to influence the administration and development of the accreditation process so that it continues to best satisfy the needs of clinical services.

The 2016 event was held on December 11th with an accent on the management of eating disorders in CAMHS settings.

Further trainings commissioned and subsidised by EEATS

This year’s formal training was the 5 day basic IPT (Interpersonal Psychotherapy) course, led by Dr Lorna Champion, who is the former Chair of IPT-Scotland. IPT is one of the leading evidence-based treatments for bulimia nervosa and binge eating disorder, with a growing research base for anorexia patients. Whilst the course was open to all eligible clinicians, significant discounts were available to NHS staff, with a further discount for those signed up to EEATS. 25 trainees attended from across the country, including some from the Island Boards.

A further training in FBT (Family Based Treatment) is already booked for October 2016.

EEATS trainees are encouraged to complete many of their syllabus requirements by attending the low-cost SEDIG meetings. SEDIG’s one day conferences have been held 2 – 3 times a year and are free to members (annual subscription £35). However, SEDIG has been obliged to reduce this to only 1 or 2 conferences each year in addition to the annual Carers' Conference. EEATS has therefore put in a bid to NES to resource a second Trainees Day in the coming year to compensate for the reduction in economically available training.

Dr Jane E Morris
Chair of EEATS
North of Scotland MCN for Eating Disorders

QAS

The MCN’s Quality Assurance Subgroup meets quarterly to institute and review the regional programme of audit, research and enquiry. This year, the 10th anniversary of the MCN, saw a call for a thorough review of the services which make up the Network. As a baseline for critical assessment and creative development we are assembling all of the existing and current audits and are mapping all existing protocols and pathways. Linda and I are documenting the different Service patterns of staffing and the ways in which they address their different relationships to the very different clinical and cultural settings in which they work. Next year’s Annual Report will therefore carry more meticulous detail than usual so that network members as well as our regional and NoSPG Managers can scrutinise what we do and facilitate improvements.

We have 3 important audits under way at present, all of which benefit greatly from the work of our Information officers Brenda Leel and Alison Sherriffs and the legacy of electronic record keeping instituted by Linda Keenan and my predecessor Dr Harry Millar. Dr Phil Crockett and Dr Louise Johnstone are leading a continuing collection of patient satisfaction feedback forms. These are issued to all patients who leave any service – Out patient, Day Patient or Inpatient – across the Region. This audit was the subject of a poster and short presentation at the 2015 Aberdeen Conference, and has continued since. Unfortunately the absence of secretarial cover in some services has impeded the issuing of questionnaires in some areas, and we are surprised that quite a high proportion of patients have not chosen to complete and return the forms. The audit’s authors will consider reasons and suggest means of improving participation.

More recently, Elective Medical Student Lily Li has conducted the first full audit of outcomes of treatment in the Eden Unit. The paper by Steven Voy and (ref) examined length of stay and improvements in BMI in Inpatient Units across Scotland, but was unable to assess psychological progress since different Units used different outcome questionnaires (or none at all). Lily has analysed not only BMI changes but also changes in the scores of the validated Questionnaires which have been completed by all Eden Unit patients since it opened. A preliminary analysis shows that average length of stay on the Unit has increased slightly from 119 day to 139 days. It is also clear that all measures show significant improvements in psychological as well as physical outcomes over the period of admission. Detailed results will be available in time for next year’s report.

The newest regional audit is an ambitious project undertaken by Tayside’s Dr Matthias Feile for the North of Scotland, in association with Prof Tony Pelosi in the South of Scotland and Prof Jacinta Tan of the Welsh ED Research Group. Matthias is auditing the use of the Mental Health Act to empower compulsory treatment, with the intention of making comparisons with other regions and with legislature south of the Border.

As well as formal audit, the QAS also encourages the pursuit of research by members of the Network. You can read more about this in other articles in this Report, including the account of the Scottish ED Research Group on page 29, and the account of the 6th Aberdeen Eating Disorders Conference on page 29.

The past 5 years have seen a steady stream of requests for Morbidity and Mortality meetings under the auspices of the MCN. These are not automatically held on a regular basis but are organised on an ad hoc basis whenever there is an incident of concern which cannot be completely addressed within the governance arrangements of any single Health Board. This year has seen 3 such meetings (one case of Mortality, 2 of significant high risk), each taking place over a half day session, and involving videoconferencing. Meetings are usually Chaired by the Clinical Lead of the MCN, but an external Chair was invited when the case involved my own clinical input.

Dr Jane Morris
Clinical Lead
Reports from Local Support Groups across the North of Scotland

North East Eating Disorders Support Group (NEEDS)

Firstly, many thanks must go to our volunteers in Aberdeen and Dundee, who give up their free time, whilst juggling work, studies and family commitments to support group members, also to our administrator, Irene Kerr and our IT specialist George Baird for their assistance in keeping the wheels of the group moving. We are also indebted to Linda Keenan of the MCN, who gives us ongoing support and the benefit of her knowledgeable advice. Of our own volunteers, I would specifically mention, Mel Stevenson, who does a wonderful job as Correspondence Secretary, personally replying to all email enquiries and offering kind words and sound advice in often difficult circumstances. Finally, I would like to thank our supervisors, Dr Phil Crockett and Dr Sam Aitcheson for taking time out of office hours to support our team and keep us on the straight and narrow.

Volunteer base

It is a constant struggle to have enough volunteers to meet demand in both Aberdeen and Dundee, especially those who have recovered themselves. Group sharing sessions can be quite challenging at times even for those who have been recovered for some time. Sara Preston of B-eat has been a great help to us advertising for us and seeking out more possible sources. Her support is very much appreciated.

Training

Following on from our training last year with B-eat in Perth, we have requested a follow-up session, which we hope to have in 2017 with support from Sara Preston. It is important that our volunteers get a chance to get together with more experienced people and to discuss challenges they may face. Also the volunteer bases change from time to time and new people appreciate the chance of training.

Funding

We have explored more funding opportunities this year, most of which have been successful, particularly from Aberdeen University’s Raising and Giving Campaign, and Community Matters funds through John Lewis, Asda and the Co-op. Altogether this amounts to £3800. As we receive no regular funding, we will continue to explore such opportunities. We were also delighted to receive a £250 donation from a group of Ellon Mums, and a personal donation from the grandmother of a Youth Philanthropy Initiative pupil, of £160. This lady competed in the Baker Hughes 10k and donated her sponsorship money of £160 to us. This donation paid for some new books and they are now labelled with this lady’s name in acknowledgment of her generosity.

Our charity partners at the TSB Rosehill finally raised £1838 for us, more than £800 over their target figure of £1000. We have shared a pottery painting afternoon with them at Ceramika, which they generously paid for, and they also came along to our Film Event at Café Coast which was also funded by them. Money raised by them has also been spent on cosy cushions and throws, aromatherapy putty and colouring books and pencils in an effort to make the group room more welcoming on arrival. We also have a new ipod, which will be loaded with some relaxing music and some “mood cubes” which will provide relaxing coloured lighting during the winter months.

Events

Bigger projects include two Wellbeing Days in September and October featuring a workshop from BodyGossip on Body Image, Yoga, Mindfulness and Movement therapy. We also hope to begin an Arts and Crafts Group, which would be held in Rosemount Community Education Centre on a monthly basis, to encourage socialising in a safe setting with healthy activities. We would hope to include volunteers from Aberdeen University RAG campaign and also TSB bank staff depending on their availability. It is difficult to organise due to everyone’s other commitments, but we hope to get both of these projects on the go as soon as possible.

After the success of the film event last year, we hope to hold another event early next year to show a new film, which has been made for younger adults.

We continue to be involved with secondary schools in the region who compete in the Youth Philanthropy Initiative. Groups choose a nominated charity and prepare a presentation to highlight the charity’s work. We have been represented 9 times this year in 6 schools. A late runner was Robert Gordon’s College who represented us in their school’s competition and, once again we won £3000 which will be used to develop a relationship with Aberdeen Sports Village and raising awareness of eating disorders amongst the young athletes and their parents/carers.

The opportunity to raise awareness within so many different groups is very valuable. The youngsters are always very interested in eating disorders and keen to ask questions. We would hope that this would encourage them to seek help if they or any of their friends became ill. Our thanks go to all pupils and staff involved in this initiative.

We also continue to attend local University Freshers’ Fayres and will hopefully have some presence at the Dundee universities this year too.

Four volunteers attend the North of Scotland MCN Eating Disorders Conference, two attended the Scottish Parliament Conference, there were three at the Carers’ Conference and one at the National Carers’ Conference in London. As well as bringing back more knowledge to the group, there are also opportunities for networking. We also have a representative on the Scottish CAMHS Steering group.
EDAW 2016

B-eat’s theme for Eating disorders Awareness Week was Eating Disorders in the Workplace. We put out several emails asking different companies to allow us to have displays on site. Paul Donald did a display at Dobbies Garden Centre, and there will be a display at Anderson Anderson Brown Accountants once they have completed their relocation to Prime Four at Kingswells.

Group meetings

The attendance in Aberdeen has been regularly good, with around 8-12 group members and 4-6 carers attending per month. We also have at least one or two new members registering every month and a steady number of telephone/email enquiries. We have revised the group guidelines together with group members and now have a suggestion box. We also encourage group members to email their suggestions to us and hope to take as many of them forward as we can. We have had a talk on Supporting a Partner with an ED, both in Aberdeen and Dundee, by one of our volunteers and her husband. This was so popular that they will publish a leaflet on it. We also had arranged a talk from the author Tina McGuff, but unfortunately she was not able to attend. Group members in Aberdeen have decided to omit the icebreaker and just have occasional speakers in the early half of the evening.

Bridging the Gap has been very successful since its launch, with 28-30 attending per month. They have had a few speakers, Tina McGuff and Dr Paula Collin of the Tayside Eating Disorders Service at the launch, and our own Emma Lindsay speaking about her personal journey to recovery. They have also had one of their new volunteers speaking about yoga. Bridging the Gap hope to begin their own fundraising in the summer, planning a bagpack. In our experience, this is a super way to reach out to the public with plenty opportunities for speaking on a one to one basis about what we do. We have also been successful in obtaining a grant of £360 from the Dundee Voluntary Gateway to cover the group’s venue costs. Unfortunately they do struggle to get enough volunteers to cope with demand, but we have renewed our efforts to advertise for more through B-eat.

Links with Professional Services

We met recently with the Adult Outpatients EDS to discuss what we can do together, and also to meet new, and returning members of the EDS team. We appreciate the time taken out of busy days to do this. We are also continuing with our Young Ambassador program within the YPD, which has been quite successful, giving young service users the chance to talk with a B-eat trained YA, within a supervised setting.

NEEDS(Scotland) will continue to strive for the best outcomes for those struggling with eating disorders and their families/carers. We will also continue to raise awareness in Aberdeen and Dundee, and strive to support those going through major transitions, from service to service, school to university and also from professional care to independent living.

Mrs Heather Cassie
Chairperson, NEEDS
NHS Grampian Eating Disorders Conference
12th/13th November 2015

After a break of 2 years the NHS Grampian Eating Disorders Conference was held at the Aberdeen Exhibition Centre over a period of 2 days. The Conference was opened by Mr Malcolm Wright, Chief Executive, NHS Grampian who expressed his enthusiasm for hosting such a successful conference.

Mainfloor presentations on Day One were given by Professor Ulrike Schmidt, Institute of Psychiatry, London entitled “Improving Outcomes in Anorexia Nervosa: Innovations in treatments and Service Development”

Dr Peter Carr, Medical Psychotherapist, Psychotherapy Services, NHS Highland – “Visual Imagery and interoceptive awareness during EMDR treatment of Anorexia Nervosa”

The remainder of Day One was filled with Oral Poster Presentations and Workshops.

Day Two saw Mainfloor presentations from Professor Michel Probst, PhD PT, KU Leuven, Department of Rehabilitation Sciences, Belgium – “Body image therapy for patients with Eating Disorders: Scientific and clinical perspectives”


Unfortunately the 3rd speaker for the day could not unfortunately make it at the last minute but there was plenty of time for lively discussion and questions from the audience.

There was a conference dinner on the first evening where we were extremely well fed and suitably entertained by a String Quartet accompanied by Dr Alastair McKinlay, Consultant Gastroenterologist and his wonderful singing voice! His choice of material added great hilarity to the evening. We were also delighted to hear the wonderful voices of the The Ultrasounds singing group.

A recurring concern was that this may be the last conference organised by NHS Grampian due to funding cuts. There were lots of voices in support of the conferences continuing in the future and it is hoped that they may continue but in a slightly more “slimmed down” format.

Feedback from the Conference reflected these views and concerns regarding losing an important learning opportunity were fully expressed. That aside the feedback was excellent with speakers and workshop presenters being appreciated by delegates.

Linda Keenan
MCN Manager
Scottish Eating Disorders Research Network
2nd October 2015

The Scottish Eating Disorders Research Network Meeting took place as part of the Annual SEDIG Conference in Edinburgh 2015. The meeting was chaired by Dr Jane Morris and was an extremely interesting and thought provoking meeting. Presentations were heard from across Scotland in included the following:-

Experiencing distance in relationships: An exploration of friendship in adolescent eating disorders
Leanne Galloway, Clinical Psychologist, NHS Lothian

A project on the use and the utility of Mental Health Act powers in the care of people with Anorexia Nervosa in Scotland and Wales
Dr Anthony Pelosi, Jacinta Tan, Gerard McCullagh, Jane Morris, Linda Keenan and Brenda Leel

"Anorexia Nervosa as Interoceptive Dissociation of the Solar Plexus: A Pro-Homeostatic Approach".
Dr Peter Carr, Staff Grade Psychiatrist, NHS Highland

Eating Disorder Conference
Scottish Parliament 2016

On Friday 26th February a 2nd Eating Disorders Conference was held in the Scottish Parliament. This event was hosted by Dennis Robertson MSP and sponsored by the Scottish Eating Disorders Interest Group (SEDIG). This was the first time SEDIG have sponsored such an event and are happy to say that it was a great success with speakers from all over the country presenting on a variety of topics. Below is a copy of the programme from the conference.

Scotland’s Journey: Quality Eating Disorder Services

1. Early Intervention – Amy Brown
2. MARSIPAN and JUNIOR MARSIPAN- Dr J Morris/Dr A McKinlay and Dr S Chapman
3. New Technology – No Delays Project, SHARON Project
4. Males with Eating Disorders - MBEEDS
Scottish Eating Disorders Interest Group Carers Conference
27th February 2016

Eating Disorders – How to Move Forward

This year’s Carers Conference was held at Edinburgh City Chambers. As usual, it was a ‘packed house,’ with names still remaining on the waiting list. This was all the more remarkable in that many of those present had already attended a full-day conference at the Scottish Parliament the previous day.

Welcome and introductions were made by Dr Jane Morris, Consultant Psychiatrist, the Eden Unit, Aberdeen.

The morning’s topics were Transitions, and Solution Focused Approach.

Solution Focused Approach

Speaking from her own experience as parent and carer, Mel Stevenson introduced us to Solution Focused Therapy. This begins by asking not, how did we get here? but where do we want to go? and what steps would take us there? These include forming a clear picture of what the ‘perfect life’ would look like, assessing existing strengths and what further tools might be needed to attain this dream, including how to handle setbacks. There is a strong emphasis on “knowledge is power.”

Transitions

Transitions can include transfer from child to adult services, from inpatient to outpatient, home to university, and change in family circumstances (e.g. parents’ divorce.) Jo Bruce, Beat Transitions Project Officer (Scotland) and Sarah Taylor, Research Nurse, spoke about the Transitions Training Resource, a joint project of Beat and NHS Lothian. The project is based on evidence drawn from lived experience of patients and carers. The aim is to provide both an online training tool in best practice, enabling professionals to handle the transitions of an eating disorder, and online peer support for both young people (14-25) and their carers. It is hoped to launch part 1 nationally in late November 2016.

Young Beat Ambassadors, Caitlin and Nicole, spoke movingly of their own journeys with eating disorders, sharing what was, and what was decidedly not helpful at each stage.

This was followed by animated discussion across the room, as further experiences were shared, questions asked, and helpful information passed on.

Lunch was a further opportunity to share and learn. These ‘breaks’ in conference can be the most valuable part of the day, as carers share on a personal basis experiences they would not express to the wider room. With lunch comes sympathy, understanding and a chance to build up support networks.

The afternoon was devoted to the topic of Males and Eating Disorders.

Eating Disorders aren’t just a ‘Girl Thing.’ Bev Mattocks, Parent and Carer, spoke of her struggle to obtain help for a son with an eating disorder. Bev has written a book about this and maintains a blog and a website, to support others.

Eating Disorders in Males – the Role of Carers in Supporting Men with Eating Disorders.

Sam Thomas, founder of Men Get Eating Disorders Too, spoke of the struggle to have eating disorders in males recognised, in a world which primarily associates such illness with females only.

Eating Disorders and Isolation: The Forgotten Element

Paul Donald, director of Men and Boys Eating Disorders and Exercise Service (MBEEDS), founded this charity following the lack of support he himself experienced, facing an eating disorder. The range of enquirers in Scotland is widespread, but includes a significant number of older men. Ian Mackay, chairperson, shared something of his own experience as sufferer, parent and carer.

Further question time followed.

In closing, Dr Morris invited everyone to identify one particular wish or hope they would take from the day’s proceedings, and one specific action they would commit to, towards its fulfilment.

Anne Corbett
Sedig Committee
Scottish CAMHS Eating Disorders Conference

On Wednesday 18th May 2016, the Scottish CAMHS Eating Disorder Steering Group, in conjunction with EEATS, ran a very well attended conference on “Eating Disorders in Children and Adolescent’s – Current Research and Practice and Innovative Ways Forward” at the Westpark Conference Centre in Dundee.

The national conference was part funded by a grant from the Foundation for Professionals in Services to Adolescents (FPSA). The conference was attended by clinicians from across NHS Scotland, individuals from the Voluntary Sector, and parents / carers.

Professor Janet Treasure (Director of the Eating Disorder Unit at the Institute of Psychiatry, King’s College London, and at the South London Maudsley Hospital) presented a very well received review of current research and practice and discussed innovative ways forwards in supporting Parents and Carers. Dr Helen Sharpe (Psychologist, University of Edinburgh) discussed her work on Body Image and Body Dissatisfaction, generating discussion around this very important area. Dr Joy O’Vet, Consultant Psychiatrist for NHS Tayside CAMHS gave a thoughtful overview of past and current thinking around Diagnosis and Classification of Feeding and Eating Disorders in Children and Young People. All main floor speakers received very positive feedback, and stimulated passionate thinking and discussions around service development and best ways forward in terms of supporting children and young people with eating disorders in Scotland, and their families.

The day also afforded the opportunity to attend workshops on different topics from a variety of presenters – Practical mealtime skills and emotional tools for parents by Eva Musby; Multi-Family Therapy by Eoin Power; an FBT masterclass by the Connect CAMHS Eating Disorder Team; Implementation of FBT in remote and rural areas by Dr Nick Dunne and Jonathan Davies; Working Effectively Alongside Parents / Families by Professor Janet Treasure; The role of Medication in Treatment by Dr Kandarp Joshi; and CBT-E by Mirin Craig.

The day was incredibly packed – in fact some feedback suggested we should hold the next conference over 2 days. We are very grateful to all presenters as well as participants for making it such a success, and look forward to our next conference in 2018.

Dr Rachael Smith
Consultant Psychologist / Vice Chair; Scottish CAMHS Eating Disorder Steering Group.

Membership of the Managed Clinical Network for Eating Disorders Steering Group

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<tr>
<th>Name</th>
<th>Title</th>
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<tr>
<td>Dr Sam Aitcheson</td>
<td>Consultant Clinical Psychologist</td>
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<td>Dr Peter Carr</td>
<td>Staff Grade Psychiatrist in Psychotherapy</td>
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<td>Mrs Lorna Carroll</td>
<td>Specialist Dietitian</td>
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<td>Angela Colborne-Veitch</td>
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<td>Dr Paula Collin</td>
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<td>Dr Phil Crockett</td>
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<td>Mr Neil Fraser</td>
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Budget Statement -
MCN For Eating Disorders

April 2015– March 2016

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