North of Scotland
Managed Clinical Network for Eating Disorders

annual report
September 2014 – August 2015
Yvonne Hay - ‘Dr Yvonne Edmonstone’ - died of breast cancer in Raigmore Hospital on September 17th 2015. She was warm, bright and lively, a true ‘party animal’ who could get even the crustiest old consultants onto the dance floor at hospital parties, and even during chemotherapy was known to party till her wig fell off.

As a schoolgirl Yvonne was torn between her artistic talents and passion for becoming a doctor. In adult life her creativity expressed itself in psychotherapeutic practice but also in her pleasure in organising holidays, lunches and trips to music festivals with family and friends, until only weeks before her death.

She undertook dual training in general adult psychiatry and psychotherapy. Her special interest in eating disorders involved both clinical and research work in Edinburgh’s Cullen Centre. She then moved back to her beloved Highlands, where she set up the Highlands Eating Disorders Service. She was a founder member of the North of Scotland Managed Clinical Network for Eating Disorders in 2006, and helped pioneer the opening of the Eden Unit, Scotland’s first NHS inpatient unit for adults with eating disorders(2009). She was part of the core group which set up EEATS (Eating Disorders Education and Training Scotland) and a longstanding contributor to SEDIG (the Scottish Eating Disorders Interest Group). On her retirement grateful patients put together a tribute video, and she received an award from BEAT, the Eating Disorders Association, in appreciation of her contribution to the field.

Yvonne was heart and soul a psychotherapist. She was a valued supervisor for the South of Scotland CBT Course. She was an early adopter of the IPT model: her case reports were preserved as exemplars by IPT course accreditors. She championed DBT too and was in fact expert in all the evidence based structured psychotherapies.

She co-authored a chapter on Research in psychotherapy in the award winning manual Research Methods in Psychiatry (Freeman & Tyrer), and was an author of SIGN Guideline 114 on the Non-pharmaceutical management of depression in adults.

She leaves a legacy of teaching, training, educational videos and presentations, supervising and mentoring clinicians across the country. But of course her greatest legacy is her family – the four children she raised with her beloved husband Alistair, and with the support of her parents. She was proud to have negotiated a contract which allowed her to spend every summer with the family.
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Due to a variety of reasons including my own spell of ill health we have been slightly quieter than in previous years. Unfortunately I was off ill for approximately 3 months and although the Network carried on, its activities were slightly curtailed. We still managed to host 2 MARSIPAN Training Days in Tayside, one in Highland and one in Grampian with the very valued input of Dr Alastair Mackinlay.

This year also saw EEATS secure a small amount of funding which allowed us to host the first ever Annual CAMHS Eating Disorders Conference in March 2015. Thanks must be given to Alison Sherriffs, MCN Secretary for ably organising this whilst I was off. I came back to work in March 2015 and attended the conference on the Day so you could say I did none of the work but came in at the end to claim the glory!

The strong links that have been forged with the Grampian CAMHS Team continues to flourish and the Network hopes to do a lot more work with them in the future.

Another initiative which has come to fruition this year is the commencement of monthly Island Consultant Meetings whereby the Island communities all come together via VC to discuss cases they are currently dealing with and seek support or ideas from others in the group. Initial feedback
from this group has been extremely encouraging and our Island Colleagues appear to find it extremely useful.

Another "feather in our cap" has to be the work undertaken by Dr Morris, Dr Mackinlay and colleagues which has been recognised in the SAGE (Shire Awards for Gastrointestinal Excellence) annual awards, where they were awarded 2nd Place – the work involved developing an Integrated Education Resource for the medical management of severe life-threatening anorexia nervosa).

This is just a brief summary of the work we have undertaken this year and you will find more detail included in the report.

As I have said some of the work of the Network does has been reduced this year but it has given us time to take stock and prioritise the areas that we wish to concentrate on in the future.

Once again I would just like to take the opportunity to thank all staff across the Managed Clinical Network for their kind wishes during my absence and continued hard work over the past year, especially in my absence.

Linda Keenan
Network Manager

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This year the MCN has been busy just keeping up with all the expectations we have set of ourselves, and as usual we have added some new habits which may become traditions in their turn. It has been lovely to welcome back Linda Keenan. She looks healthier and more energetic than ever after a period of sick leave during which many colleagues rather pointedly remarked ‘You really mustn’t blame yourself Jane!’ We hope to welcome back our secretary Alison Sheriffs very soon too. Meanwhile, several members of staff across the network have returned to services after maternity or other leave, and it is good to have them with us.

Some of the usual regional things that Linda and I deal with are the regular MCN committee meetings, quarterly Quality Assurance, local visits to each Health Board service, Morbidity & Mortality meetings whenever the need or request arises, outreach to GPs and schools, close links with our friends at NEEDS and our colleagues in CAMHS across the region. We plan an annual training day for the MCN members too. This year it was held in Perth on the topic of Treatment Resistant

Dr J Morris  
Clinical Lead, Managed Clinical Network for Eating Disorders  
Consultant Psychiatrist, Eden Unit
eating disorders and you can read about it later in this report. One new regular commitment we have set up is the monthly Islands Eating Disorders Consultation group. Obviously the Western and Northern Isles could not resource separate specialist Eating Disorders services, so we facilitate video-conferenced discussions for the clinicians who deal with these disorders. So far the group has discussed individual cases, considered a range of IT and book self help materials, and addressed principles of management such as boundaries, discharges, transitions and use of the Mental Health Act.

We are also active nationally. Whilst I decided to stand down from SEDIG, when I became chair of ScotFED (the Royal College of Psychiatrists new Faculty of Eating Disorders) Dr Lesley Dolan of NHSTayside has taken on the role of Chair, and our MCN continues to host EEATS – you can read the latest on EEATS in another article in this Report. The MCN plays a key role in organising the annual Scottish Carers’ Conference, and we represent Scotland on the Royal College’s national Executive in London too. The Scottish Eating Disorders Research Network is organised and minuted by Linda, currently meeting as a parallel session at SEDIG afternoons.

We continue to work closely with CAMHS eating disorders at a local, regional and national level, and were successful in using a grant from NES to put on the first Scottish CAMHS eating disorders conference this spring – this is set to become an annual event. The return visit of James Lock, to consolidate our FBT experience, was another opportunity to train alongside CAMHS colleagues. In Grampian, the MCN hosts regular transition meetings at which we discuss issues and individuals involved in graduating from the Young People’s Department to our adult eating disorders services. One project for next year’s workplan is to compare practice in different areas of the MCN to ensure that best practice is offered to all, regardless of postcode, whilst regional variation and experimentation are respected and cherished.

We have said our goodbyes to people across the network who have moved on – Tayside have lost their dietitian, Kareen Taylor – though she has kept in touch from her new post down in England, and Brenda Leel, information officer with the MCN has announced that it is time for her to move on. Jan Henderson, CBT therapist with Eden, has returned to her family in Glasgow, and Neil Laurenson has moved to a promoted post in Highland. We wish all of them the best with their plans for the future.

For me personally, and for many of us across the MCN, the year has been marked by one particular loss: Dr Yvonne Edmonstone who founded and led the Highland ED service sadly died this September after a long illness bravely fought, and after a too-short life that was nevertheless crammed with riches. Linda and I represented the MCN at her funeral in Culloden, together with colleagues from all the services of the Network. We’ll miss her terribly. There is a short obituary at the beginning of this report.

Dr J Morris
Clinical Lead
Staffing

Our Consultant Psychiatrist has been on long term sick leave since September 2014 and this post has remained vacant, despite attempts to recruit a locum. We recruited a new secretary in March 2015. This was after a lengthy spell of no administrative cover, whilst our previous secretary was off sick for several months, before leaving her post. This had a major impact on the wider team, with clinical data not being entered onto the service database for a long time, and other administrative tasks (such as sending out the patient satisfaction questionnaires) not being covered. We still have no psychology input into the team and no prospect of this post being recreated, after previously losing our part time psychologist. Our trainee nurse therapist re-applied for the secondment when it was re-advertised and has commenced a second year with the service.
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
- CT3 (until February 2014) 0.3wte
- ST4 with specialist interest 0.1wte

Referrals

Our referral rate for the period April 2014 – March 2015 has been fairly consistent at 89 per year (33 of which were re-referrals). We are continuing to meet our targets of assessing urgent referrals within 1 week and routine referrals within 12 weeks.

Team developments

All three of our nurse therapists and the seconded trainee nurse therapist, are all now EEATS accredited, as well as the dietitian. The ST4 is currently undertaking her EEATS and is being supervised in-house for this. Two of the nurse therapists are registered as EEATS supervisors, but we have lost an EEATS supervisor with the consultant being off.

Our three Nurse Therapists continue to maintain accreditation with the BABCP and to participate in peer supervision for CBT. All three have also trained in the Prolonged Exposure model for trauma, as well as the ST4, and there have been discussions regarding how this can be incorporated into current treatment approaches, following behavioural stabilisation. Our trainee nurse therapist on secondment is working towards becoming an accredited IPT practitioner before she returns to her post in CAMHS.

As a multi-disciplinary team we have been offering: Cognitive Behavioural Therapy, Interpersonal Therapy, Dialectical Behavioural Therapy, Mindfulness, Eye Movement Desensitisation & Reprocessing, Prolonged Exposure and Behavioural Family work. We have also adopted the principles of Family Based Therapy, but recognise we can not offer the full James Lock model, due to a number of limiting factors, such as medical support to do this.

Our Dietician continues to offer individual dietetic assessments and nutritional support. In March 2015 she introduced a "packages of care" system to help therapists clarify the purpose of referring for dietetic input and promote transparency and patient involvement in care planning.

Two of the nurse therapists also dedicate one session each per week to the Personality Disorder Service. One has already completed her DBT training and the second is hoping to undertake this at a later stage.
Two of our nurse therapists are currently engaged in post-graduate studies. One is undertaking a Doctorate in nursing with a research interest in trauma in ED patients. The other is undertaking an MSc in Advanced Practice (both through the University of Stirling).

We had a service away day in March 2015 and this allowed us time to reflect on the previous year’s work and to agree some service planning targets for the following year. We acknowledged there have been limitations within our service, due to the consultant being off on long term sick leave and no cover for this post. This has put additional strain on the staff grade psychiatrist and the ST4 who have been taking on many of these roles. We have engaged sector consultants in patient care, where possible too.

Dr Morris and Dr McKinlay delivered a MARSIPAN training day here in September 2014. This was well attended by a wide variety of disciplines and teams across NHS Highland; including the ED service, staff on the medical wards, dietitians, psychiatric nurses from New Craigs and MHO’s. There was a great deal of positive feedback surrounding this and there has been a notable shift in the collaborative working across the teams, with a couple of excellent case examples we can use for future training.

In addition to this, we have also been working with the mental health wards at New Craigs to establish how we can improve liaison and clarify expectations of roles within each service, whilst they are treating ED patients who get admitted here. We discussed at the away day how greater clarity of expectations from both teams would be of benefit, particularly in areas such as re-feeding and patient transfers. It was agreed that an operational policy may help to clarify this, and this will be a target for the following year.

We remain committed to providing CPD events in-house and we have had a wide variety of teaching events as part of our bi-monthly team teaching sessions. We have had talks on: diabetes, dental care, complex case studies, weight management, and dream analysis. We have also provided external training to other teams and agencies regarding eating disorders and their treatment.

We 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 and the new secretary has endeavoured to ensure patient satisfaction questionnaires have been distributed for the patients who left the service whilst we had no secretary.

Laura Hulse
Nurse Therapist
NHS Tayside Eating Disorders Service

NHS Tayside Eating Disorders Service 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

0.6 wte Consultant Clinical Psychologist/Lead Clinician – Dr Paula Collin
0.5 wte Consultant Psychiatrist – Dr Lesley Dolan
1.3 wte Clinical Psychologists – Dr Diane Forrest (Dundee), Ms Louise Hobbs (Angus) and Dr Louise Richards (Perth and Kinross)
1.0 wte Specialist Nurse – Mr Brian Grieve
Teaching Commitments

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., -

- Management of Treatment Resistant Anorexia Nervosa – presentation at North of Scotland Managed Clinical Network for Eating Disorders Annual Clinical Meeting (Dr Diane Forrest and Dr Louise Richards)
- Case Formulation and Submission Marking – presentation at Eating Disorders Education and Training Scotland Trainees’ Workshop (Dr Paula Collin)
- 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 Placements

**Training Provided**

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

**Training Undertaken**

- British Association of Behavioural and Cognitive Psychotherapists Annual Conference (BABCP) – Mr Brian Grieve
- British Psychological Society Division of Clinical Psychology Annual Conference (BPS DCP) – Dr Louise Richards
- Eating Disorders Education and Training Scotland Supervisors’ Workshop (EEATS) – Dr Lesley Dolan
- Eating Disorders Education and Training Scotland Trainees’ Workshop (EEATS) – Dr Paula Collin
- North of Scotland Managed Clinical Network for Eating Disorders Annual Clinical Meeting (MCN)
- North of Scotland Managed Clinical Network for Eating Disorders Management of Really Sick Patients with Anorexia Nervosa, MARSIPAN, Training (MCN)
- London International Eating Disorders Conference (MA Healthcare) – Dr Paula Collin and Dr Lesley Dolan
• ACT Intermediate Level Skills Training (Mindfulness Training Ltd) – Dr Louise Richards
• Generic Supervision Skills, Psychological Therapies, Training for Trainers (NHS Education and Training Scotland) – Dr Louise Richards
• Cullen Centre Training on Using Mindfulness with Eating Disorder Patients (NHS Lothian)
• Physical Health of Psychiatric Patients (Scottish Forensic Network) – Dr Lesley Dolan

Meetings/Committees/Professional Groups
• British Association of Behavioural and Cognitive Psychotherapists – Mr Brian Grieve
• 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 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, Dr Lesley Dolan and Mr Brian Grieve
• 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 continue to undertake eating disorder research in partnership with the Universities of Dundee and Edinburgh. Current projects:
• Neuropsychological Correlates of Obesity and Overweight – Ms Ruth Ballantine and Ms Shanice Taylor, 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
Service Challenges

- Referrals to the service continue to increase year on year, requiring that existing resources be increasingly stretched to ensure minimum patient waiting times, adequate consultation frequencies and maximum patient throughput.

- Following the relocation of Ms Kareen Taylor in November 2014, the service has been without dedicated, specialist dietetic input for a significant period of time; compromising the ability to provide the recommended multidisciplinary approach to eating disorder management. The service has benefited from the sessional input of dietetic colleagues Ms Sharon Brown and Ms Elizabeth Stewart during the hiatus brought by post reconfiguration and re-advertising.

- Service staff continue to support, and contribute to, the EEATS initiative, however, identification of a suitable member of the clinical team to pass through the accreditation process remains problematic. It is hoped that with the likely recruitment of new team members in the coming months, suitable EEATS candidates will be forthcoming.

- The service’s Dundee headquarters are mooted for imminent closure, however, at the time of writing, there remains no clarity regarding the timescale for this, nor, indeed, the suitability of any earmarked alternative accommodation.

Service Innovations

- The service has ‘gone live’ with the electronic Referral Management System already in use within other NHS Tayside clinical services, thereby ensuring a more efficient, two-way dialogue with potential referrers. A standard information leaflet, encouraging patients who are often highly ambivalent about treatment to consistently attend appointments, is now being sent at point of referral in a bid to reduce non-attendance rates.

- Proposed research into the acceptability and effectiveness of an internet-based self-help programme for eating disorders, ‘Smart Eating’, has the potential to highlight any symptomatic relief to be gained from employing a high volume/low intensity approach as an adjunct to treatment as usual. Drawing on work by colleagues in Berkshire, a ‘Positive Steps Group’ is also to be piloted, as a first-line treatment intervention.

- Two MARSIPAN training events have been organised for NHS Tayside staff by the North of Scotland Managed Clinical Network for Eating Disorders this year, in a bid to ensure the appropriate management of extremely ill patients admitted locally. Dr Lesley Dolan has also led formal discussions with medical colleagues to further establish local care pathways in-keeping with the MARSIPAN guidelines.

- Preliminary discussions have been held to explore the capacity of the service to support a proposed local off-shoot of the Aberdeen-based North East Eating Disorders Support Group (NEEDS), which would cater for both sufferers and carers.

Dr Paula Collin
Consultant Clinical Psychologist/Lead Clinician
The past year has seen a number of firsts for the Grampian Outpatient Eating Disorder Service. Referrals to the service exceeded 250 for the first time and the complexity of these continues to increase. Liaison and joint working with other, non-eating disorder services continues to be a priority for us to provide the best care for patients, both within and out with our service. We have begun additional work around transitions with our colleagues in the Young People’s Department and the Eden Unit. Sara Kay and Dr Sam Aitcheson have developed the role of the systemic clinic to support the transition of Eden and YPD patients to our service. We hope this will not only smooth the experience of transition between services for patients, but also allow improved continuity of interventions offered.

We have continued to develop and refine our group interventions and plan to have our first Compassion Focused Therapy group up and running by the end of the year. We will draw on the expertise and enthusiasm of Julie Leask, Nurse Therapist, Morag Taylor, Principal Counselling Psychologist and Emma Fowler, Trainee Clinical Psychologist in the development and running of our CFT group. We also plan to trial a short group focused on extended assessment and psycho-education that we hope will provide the opportunity to better match our interventions to new patients.

Staffing has also seen a first for our service in that we have had Physician Associates complement our service for the first time, under the supervision of Dr Phil Crockett,
Consultant Psychiatrist. We have very much appreciated the skills of the three interns we have had work with us to date - Jane Lawson, Rebecca O’Brien and Vima Gomes - and look forward to appointing a Physician Associate to the service in the near future. We have been fortunate to have been able to appoint Sarah Wood as Nurse Therapist earlier this year who has taken on her new role with eagerness and energy. It has also been a pleasure to host Emma Fowler as part of her clinical training and we anticipate keenly her disseminating the results of her doctoral research into eating disorder staff’s experience of burnout. Dr Louise Johnston, Specialist Registrar, has also joined the service for the first of two spells with us. We look forward to having her considerable experience complement our clinical interventions.

We have also been able to further develop leadership within the service and Marie McKimmie, Advanced Dietitian, has stepped smoothly into the role of Deputy Team Leader. Marie’s expertise, drive and enthusiasm has already been of great benefit to the service in her dietetic role, and her leadership skills are readily apparent and valued by us all. On a sad note, we said goodbye to Neil Laurenson, Nurse Therapist, who has himself moved on to a leadership role in NHS Highland. We will miss Neil and his considerable knowledge and expertise but wish him the best of success in his new venture.

Dr Sam Aitcheson,
Consultant Clinical Psychologist, Grampian Eating Disorder Out-patient Service
The Eden Unit is the North of Scotland’s inpatient unit for the treatment of adults with severe Eating Disorders. It covers a wide geographical area, taking patients from Highland, Tayside and Grampian NHS boards as well as referrals from Orkney, Shetland and the Western Isles.

It is hosted by NHS Grampian and is situated within the grounds of Royal Cornhill Hospital.

This year the Eden Unit speeds towards its 7th Anniversary and we look back at how we got to where we are today.

The initial team met for the first time on a cold 5th January 2009. We were short on experience but high on enthusiasm and commitment. After a much appreciated whole month together, learning from each other and producing our early protocols, we emerged ready to take on the challenge of Anorexia Nervosa. Patients, thankfully, arrived at a slow pace and slowly day by day we began to build a great wealth of experience in dealing with these troubled patients.

We are delighted to note that the staff group today remain as enthusiastic and committed as they were on day one.

Today we are fairly confident of our ability to look after those patients who are very physically ill and who require great care in refeeding. Indeed, this vitally important part of our work, and our unique collaboration with Dr McKinlay and his team from the Gastro-Intestinal Unit, has been recognised
nationally. In June this year a number of us attended an award ceremony in London where we were awarded 2nd place in the Shire Awards for Gastrointestinal Excellence. We are very proud of this achievement as it is most unusual for a mental health project to be considered.

In addition to treating patients behaviourally, in order to promote weight gain, we still have a strong psychotherapeutic slant to our work. Following our Family Based Treatment training by James Lock, we have gone on to involve many of our patients in family work. We have recently appointed a new Psychotherapist who is also trained in systemic family work and this feels like a valuable new resource. Our Deputy Ward Manager returned from Maternity leave to take up a new post as CBT therapist and this strengthens our treatment options. Following appropriate assessment, we are able to offer a wide variety of specific interventions: Cognitive Behavioural Therapy, Interpersonal Psychotherapy, Cognitive Remediation Therapy, Systemic Intervention, Family Based Treatment and Art Psychotherapy as well as low intensity interventions such as Mentalization, Mindfulness and Motivational enhancement. We also have the valued input of our Physiotherapist who adds another dimension to our treatment options.

We continue to offer a variety of group interventions including Nutritional Education, Body Image Group, Group CBT and more social groups such as Craft Group, Book Group, Creative Writing and Current Affairs.

This year we said goodbye to our secretary Wendy, who put off retirement for 5 years to help us establish the Eden Unit. We were joined by a new face behind the desk, and voice at the end of the phone, when new secretary Liz joined us in February. Not to be overshadowed, our other secretary, the lovely Emma, just got married and gave us another cause for celebration.

With the move of our Deputy, Lindsey, to CBT therapist with the Day Programme, we were very happy to promote from within, and after a period of acting up into the role Emma Riley takes over the role of Deputy Ward Manager. We also have a new Physiotherapist in the team with new ideas and thoughts for the future. Over the year we have had the usual changes in our nursing line up but are currently almost fully staffed. We have a mix of bright new faces with some really good old fashioned experience thrown in.

We feel the team is perfectly poised to face the coming year, starting with the Aberdeen Eating Disorders Conference in November, which as usual, features many members of our team.

Pauline Milne,
Unit Manager
NEEDS(Scotland) 2014-15

2014-15 has been a period of consolidation and growth for us. Attendance on group nights tends to be high for both group members and carer members, and we have noted how well regular attenders support new members, even with very challenging issues. We also look forward to the launch of our satellite group in Tayside, Bridging the Gap, once a suitable venue has been found. This group will have the same format as the Aberdeen based group.

Group developments

Several of our volunteers including five from Tayside, attended a Beat Facilitator Training day in Perth, which was much welcomed and found to be very helpful and informative.

We have set up a link with the Young Peoples’ Department, where one of our Young Ambassadors meets with a patient under professional supervision. This idea was suggested by a young adolescent, and taken to us by her parents. Many thanks to Dr Rachael Smith and her team for taking this idea on board. This initiative has so far been very successful, and we hope it can continue.
We now have representation on the Aberdeen Mental Health and Wellbeing Network and also the Scottish CAMHS Steering Group. Working with these groups has allowed for greater networking and visibility.

Supervision

The Outpatients ED Service have very kindly offered to support Dr Phil Crockett in providing us with professional supervision. We look forward to these sessions, and the diverse experience the different professions represented will bring to the sessions.

Relationship with Beat

Beat has now been re-structured and we are now an affiliated Beat group, as we are an independently registered charity. Unfortunately this now means that we have to pay for our own insurance, and all future training. However, we will continue to seek funding/fundraise for this, as we value our relationship very highly.

Raising Awareness

We continue to be very much involved in the Youth Philanthropy Initiative in Secondary Schools, and in January 2015, a team of S2s from Portlethen Academy produced a winning presentation with a short video. They won £3000 for our charity. During EDAW 2015, we also did two talks, one at Dyce Music School, and the other for RGU’s Pharmacy Students.

Events/Fundraising

Since it was our 21st year in existence, some of our younger volunteers organised a celebratory ceilidh and raffle, which was held in Elphinstone Hall in April. The evening was a great success. Aberdeen Students’ Association Raising and Giving Campaign raised just under £1400 for us, and one of our volunteers and her son proudly carried torches for us in the Students’ Torcher procession.

The Rosehill branch of the Trustees Savings Bank have made us their chosen charity and they intend to fundraise around £1000 on our behalf this year.

NEEDS(Scotland) aims to support those affected by EDs and their carers by helping them help themselves. Many thanks to my co-facilitators and our administrator for making this happen.
The Carers Conference was held on Saturday 28th February at the Edinburgh Training and Conference Venue. The title of the conference was Eating Disorders: How to Move Forward. Once again Dr Jane Morris warmly welcomed everyone to the conference and introduced the speakers.

The morning session focussed on the effect that eating disorders have on families, with an interesting, informative and lively talk by Dr Joanne Waine, Consultant Clinical Psychologist with the Tertiary Eating Disorder Specialist Service in Coatbridge, entitled Psychological Impact on Families. As well as describing the various ways that eating disorders can cause distress to family members, she illustrated how her service identified the needs of families and subsequently aims to support carers to deal with the psychological impact.

Following a coffee break SEDIG committee member Anne Corbett bravely delivered an emotional but humorous talk entitled Siblings and Eating Disorders, from a personal perspective. Anne described what it was like to live with a sister suffering from an eating disorder, both the immediate effects then and the longer term effects on her life growing up.

Dr Catherine Varnell, Clinical Psychologist with the North Edinburgh CAMHS team, presented her qualitative research on siblings’ experiences of having a brother or sister with an eating disorder. Although the number of participants was very small the effect was very marked.
As a result of these findings the team put forward a proposal to develop a scheme to support siblings within Lothian CAMHS. Dr Fiona Duffy, also a Clinical Psychologist with the North Edinburgh CAMHS team, gave a brief outline of this proposed intervention.

After lunch Eva Musby, author of “Anorexia and other eating disorders: how to help your child eat well and be well”, gave a presentation entitled Compassion on a plate: tools to give your son or daughter powerful support while sustaining yourself. This was an interesting and interactive session demonstrating how mindfulness and nonviolent communication can help parents to support their loved one during a difficult situation.

Unfortunately time did not permit the customary Question and Answer session at the end of the day.

Rosemary Faith-Ryan
SEDIG Committee Member
The first Scottish CAMHS Eating Disorder Conference was held in Murray Royal Hospital, Perth on 30 March 2015. It was attended by 56 CAMHS clinicians from across Scotland. Eating Disorders Education and Training Scotland (EEATS) obtained some funding from NHS Education for Scotland in order to put on a Training Event for CAMHS Clinicians across Scotland.

The Conference was planned with a small Steering group of CAMHS Clinicians including,

Charlotte Oakley, Lead for Glasgow ED Connect Service,
Dr Joy Olver, Consultant Psychiatrist NHS Tayside
Dr Rachael Smith, Principal Clinical Psychologist, NHS Grampian
Dr Fiona Duffy, Consultant Clinical Psychologist, NHS Lothian
Dr Jane Morris, Lead Clinician, MCN for Eating Disorders, North Scotland
Linda Keenan, MCN Manager, MCN for Eating Disorders, North Scotland
The Conference was opened by Dennis Robertson, MSP who is a strong supporter of improving ED Services in Scotland. He provided an informative and motivational opening address to the delegates.

We were lucky enough to invite Dr Mima Simic, Consultant Psychiatrist, South London and Maudsley Hospital, London and Dr Simon Chapman from Kings Hospital London to provide the keynote presentation to which they agreed.

As stated previously the conference attracted 56 clinicians from across Scotland and there was a waiting list for places. We had not been sure how many clinicians an event such as this would attract but will certainly know for future events that a venue with greater capacity will definitely be required. People were very enthusiastic about attending the conference and were excited to see what the day would bring.

The structure of the day was for presentations in the morning from a variety of speakers followed by workshops in the afternoon. There were 6 workshops in total covering a variety of topics such as Junior MARSIPAN, Eating Disorders and ASD and Cognitive Remediation Therapy to name but a few.

One of the aims of the conference was also to raise awareness of EEATS – Eating Disorder Education and Training Scotland which is an accreditation scheme that clinicians can undertake to underpin and improve their knowledge and skills in working with patients with an Eating Disorder. The scheme is suitable for all disciplines and works across the age range. EEATS offered some free Scholarships on the day and I am pleased to say that interest was extremely high and we subsequently increased the number of scholarships available to 8. These have now been awarded and include candidates from a wide spectrum of disciplines across the whole of Scotland. If you wish to find out more about EEATS then please visit the website at www.eeats.co.uk

Linda Keenan
EEATS Administrator
Eden Unit Activity and Outpatient Activity Across the North of Scotland April 2014 - March 2015

The Eden Unit is a 10 bedded unit and has had 23 admissions during the period April 2014 – March 2015 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 time due to the unit being full and the risk share agreement has been brought into use 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 2014 - March 2015

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<tr>
<th>Month</th>
<th>Grampian</th>
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<th>Tayside</th>
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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 2014 -2015

Referrals to Outpatient Services 2014 -2015

Grampian  Highland  Tayside

Referrals  Re-Referrals
EEATS is a unique national training body, set up by a core group of clinicians who between them worked across the whole of Scotland, across a multidisciplinary variety of professions, and across the whole age range (from CAMHS through to older adults). The aim was to support the training of expert clinicians at a time when Eating Disorders services were beginning to expand in response to identified need. SEDIG was a key player and early reference group in developing the syllabus, and the core group handed over review and development of the project to a body of supervisors who pledged to maintain their own expertise as a crucial resource in training future generations of professionals. SEDIG was particularly influential in incorporating the needs of carers as well as service users themselves into the training syllabus.

The organisation is now hosted within the North of Scotland MCN for Eating Disorders, but employs its modest budget for the benefit of clinicians across the whole country. It has an acclaimed website, which has attracted interest from across the world, but remains a small, Scottish organisation. This allows for exceptional individual attention to trainees’ needs and for useful networking within the profession.

Each year at least 2 training days are held, free of charge, to refine and update the supervisors both in the practice of service delivery to people with a range of eating disorders, and also in the practice of supervision. The progress of current trainees is reviewed, the ‘theory test’ of MCQs is updated, marking is benchmarked under the lead of chief examiner Paula Collins, and guest speakers are invited to provide afternoon workshops to the group. All supervisors must themselves be accredited.
or reaccredited with EEATS, and are committed to attending at least one annual workshop to maintain their skills. The workshops are held in different locations to allow all to attend at least one training without too much inconvenience or travel, and where possible, VC is used to include colleagues working in remote and rural areas of the country.

This year we were particular pleased to welcome a new cohort of supervisors into the group, and to provide workshops from experienced colleagues and their successful trainees, showcasing the variety of different supervision approaches used creatively across the country to meet the unique needs of different trainees. For instance, one trainee, a dietitian who worked in a remote area, was provided with video-conferenced supervision from 3 colleagues in her discipline, all working in different health boards. This allowed her to see how her discipline was used in different settings and to receive supervision from experts some distance from her own team, where she was the only dietitian.

In addition to the supervisors’ workshops, EEATS provides an annual trainees’ conference at the Edinburgh Training and Conference centre. This is a popular event, in a popular venue, usually held towards the end of each year. The more senior trainees are offered the chance to make presentations as well as to attend workshops on specially requested topics. As a result, trainees produce work which can be counted to their own portfolio, whilst the audience is educated on parts of the syllabus which they may not yet have addressed for themselves. In the past, when trainees and supervisors alike struggled to teach the art of case formulation, we were educated and entertained by a wonderful role play from Yvonne Edmonstone and Jessie MacDonald. More recently, trainees had requested an overview of the Mental Health Act.

There is traditionally a morning session where more experienced trainees support newer candidates and answer their questions about useful approaches to the syllabus. Supervisors attend to answer questions and troubleshoot difficulties, so that guidelines can be written or modified when needed, but most of the advice comes from trainees themselves, who continue to shape the training offered in accordance with the developing needs of eating disorders services.

At the time of producing this report we have had 21 clinicians who have completed the accreditation, 27 Supervisors currently on the books and 13 current trainees. We had a short period when the website had to be taken down for essential repair after an alert that it’s security might be threatened, but happily matters were secured, and we are now back up and running.

You may have noticed elsewhere in the MCN Report that this year has been strongly characterised by close links with CAMHS colleagues. We were fortunate in receiving a grant of money from NES, which enabled us to resource a National Eating Disorders CAMHS Conference, which we hope will become an annual event, and also to fund WWWW scholarships for CAMHS Clinicians. These were shared equitably across Scotland and across the different professions. All the recipients have started work with their identified supervisors, some of whom are new supervisors whom we were delighted to welcome to EEATS.
The MCN for Eating Disorders routinely hosts Morbidity and Mortality reviews for cases which have been problematic. It is a learning opportunity for all those involved with a particular patient’s care to reflect and learn from the experience.

These review are held on an “as required basis” and have proved to be very helpful for all clinicians involved.

To date the MCN has held 5 such reviews since their inception in 2012. The reviews take place in the form of a meeting whereby all staff involved are invited to attend in person or by VC and a record of the meeting is taken and distributed to all those who were invited.

Where necessary recommendations may be made and these are copied into the relevant managers. It is a worthwhile learning opportunity for clinicians and the feedback has indicated that they find the reviews worthwhile and beneficial for all involved.

Linda Keenan
MCN Manager
Dr Rachael Smith, Principal Clinical Psychologist of the CAMHS Eating Disorder Team said,

“The CAMHS Team were delighted that Mr Hepburn and Mr Robertson took the time to meet with young people, families and staff. Our focus is young people under 18 with eating disorders. There are many positive service developments but continuing challenges in providing high quality care for these young people because of the huge pressures on CAMHS Services.

“Mr Hepburn and Mr Robertson met with Young People who have struggled with an Eating Disorder and their Families and heard about their experiences and what had helped them towards recovery. Young ambassadors (recovered sufferers who volunteer their time to the service) and medical professionals from Royal Aberdeen Children’s Hospital who support the CAMHS team, also talked of their valued contribution.

“Mr Hepburn and Mr Robertson heard about the Scottish National CAMHS Eating Disorder Steering Group which champions working together to promote better care and outcome for young people with eating disorders. We very much welcome the interest shown by the Government and the future support around the on-going development of services for Young People with Eating Disorders.

The visit to the Eden Unit took place following the morning spent with the CAMHS Team. Mr Hepburn and Mr Robertson met with Ward Manager Pauline Milne, Psychiatrist Jane Morris and other members of the team; they also spent some time talking with Sophie Ross who is a recovering patient.
Sophie spoke openly about her own experience of the different stages in her journey towards recovery since she was diagnosed with anorexia nervosa in her late teens. She described receiving tailor-made treatment for the different stages in progress, from requiring intensive medical treatment in Aberdeen Royal Infirmary, to the day patient psychotherapies she now uses to develop new ways to cope with independent adult life.

Originally from Inverness, Sophie moved to Aberdeen so that she could access Eden’s Day Programme. She regretted that not all parts of the country are able to provide the range and quality of care available in Aberdeen. Clinicians described efforts to roll out successful service templates across the country and to reduce inequalities as well as facilitate safe transitions between services.

Commenting Dennis Robertson MSP for Aberdeenshire West said,

“As people might be aware, support for people with Eating Disorders is something very close to my heart; my daughter, Caroline, struggled with a severe eating disorder and died at the age of 18.

“It was great to have The Minister in Aberdeen to meet with staff and people who live with Eating Disorders. The Minister and I were both hugely impressed with everyone we spoke with, in particular Sophie.

“We were interested to learn more about the idea of extending integrated professional networks across the whole of Scotland and I look forward to working with professionals, patients, the Minister and the Scottish Government to continue to improve care for people with Eating Disorders throughout Scotland.”
NHS Grampian’s effective work for patients with eating disorders, which integrated teams in the Gastrointestinal (GI) department, the Eden Eating Disorders (ED) Unit and the outpatient eating disorder services, has scooped 2nd prize in the UK SAGE Awards. Congratulations to everyone involved!

The accolade is for the “Integrated Education Resource for the medical management of severe life-threatening anorexia nervosa” and has been made by SAGE (Shire Awards for Gastrointestinal Excellence) which are designed to allow individual healthcare professionals, units and healthcare networks in gastrointestinal care to be recognised for innovative work, share best practice and raise standards of patient care.

Dr Alastair McKinlay, Consultant Gastroenterologist, attended the awards ceremony in London last month, with Dr Jane Morris Consultant Psychiatrist, Dr Lesley Pillans, and Pauline Milne from the Eden Unit, and Marie McKimmie from the outpatient eating disorder service.

Alastair said: “It is a great honour to have national recognition for the collaboration between the Department of Digestive Diseases, Ward 104 ARI and the Eating Disorder Services. The link between the GI services in ARI and the Outpatient, Daycase and inpatient facility in the Eden Unit is one of the most comprehensive in the UK. It has given us a wonderful opportunity to develop truly collaborative working, and we now want to share that experience with other units.”
The SAGE Award will allow us to develop a project to build a series of educational training resources on Anorexia Nervosa for Scotland and the UK.

“We were one of three projects shortlisted by SHIRE, all of which were of a very high standard, so we are delighted with achieving second place. Above all it recognises the work that the nurses, dietitians, occupational therapists, clinical psychologists and doctors have done over many years to build a truly integrated service in Grampian. It’s the fantastic staff that we have working in ARI and Cornhill that have made this possible, and they are the real winners.”
### Membership of the Managed Clinical Network for Eating Disorders Steering Group

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<tr>
<th>Name</th>
<th>Title</th>
<th>NHS Board Area/Organisation</th>
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<tr>
<td>Dr Sam Aitcheson</td>
<td>Consultant Clinical Psychologist</td>
<td>NHS Grampian</td>
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<tr>
<td>Dr Peter Carr</td>
<td>Staff Grade Psychiatrist in Psychotherapy</td>
<td>NHS Highland</td>
</tr>
<tr>
<td>Mrs Lorna Carroll</td>
<td>Specialist Dietitian</td>
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<td>Vacancy</td>
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<tr>
<td>Dr Paula Collin</td>
<td>Consultant Clinical Psychologist</td>
<td>NHS Tayside</td>
</tr>
<tr>
<td>Dr Phil Crockett</td>
<td>Consultant Psychiatrist &amp; Lead Clinician</td>
<td>NHS North Scotland</td>
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<td>Dr Lesley Dolan</td>
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<td>Ms Anne Fraser</td>
<td>Nurse Therapist</td>
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<td>Mr Neil Fraser</td>
<td>Strategy &amp; Performance Manager</td>
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<td>Mr Brian Grieve</td>
<td>Nurse Therapist</td>
<td>NHS Tayside</td>
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<td>Mrs Linda Keenan</td>
<td>MCN Manager</td>
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<td>Mrs Marie McKimmie</td>
<td>Advanced Dietitian</td>
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<tr>
<td>Dr Alastair McKinlay</td>
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<tr>
<td>Mrs Pauline Milne</td>
<td>Unit Manager, The Eden Unit</td>
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<td>Dr Jane Morris</td>
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<td>Dr Lesley Pillans</td>
<td>Speciality Doctor</td>
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<tr>
<td>Ms Kathleen Robertson</td>
<td>Team Leader</td>
<td>NHS Shetland</td>
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<tr>
<td>Dr Louise Richards</td>
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<td>Dr Rachael Smith</td>
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<tr>
<td>Mrs Heather Cassie</td>
<td>Chairperson, NEEDS Support Group</td>
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# Budget Statement

**April 2014 – March 2015**

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<th>YTD Budget</th>
<th>YTD Actuals</th>
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<td>(100,990)</td>
<td>(113,137)</td>
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Ask for publication CGD 150595