

Freed Beeches Eating Disorder Service

FREED BEECHES is an innovative holistic centre based in Worksop North Nottinghamshire (S80 1HW), designed around service users' views; supporting people with eating disorders and the people who support them. The service offers an exceptional level of informality, intimacy, easy access and fast response in a homely environment. People are welcome to call for an informal chat before deciding whether to access the service.

We believe in offering "the right help at the right time", beginning with a variety of self-help, including manuals, books and self-help groups: if more than this is needed we can offer a variety of counselling techniques, psychotherapy, complementary therapies and dietetic/nutrition advice. The service puts the patient first, which probably accounts for the low number of patients who miss appointments; our did-not-attend (DNA) rate is around 2%. A success story for us is a young lady who came to FREED after in-patient treatment, she accessed FREED for 2 years and is now working full-time using the skills she learnt at university.

FREED believes in all round support, carers/partners can access the service too; often the most natural responses are not always the most helpful to the sufferer. FREED believes that with help and support carers can facilitate recovery, without help often their health can suffer too.

FREED believes in early intervention and education, FREED'S schools co-ordinator visits schools, presenting sessions on body image and self esteem using the package designed by b-eat (previously the Eating Disorders Association) and Dove and regularly attends Health Fairs and Health promotion events.

FREED is a **FREE** service funded initially by the Lottery and local Trust Funds and NHS; most of FREED's funding now comes from NHS. The service accepts referrals from 13+ GPs, health professionals, self-referrals via **telephone 01909 479 922**, or the website www.freedbeeches.org.uk

After referral, clients are invited to look around; if they decide to access the service an appointment will be made at a time to suit themselves and the assessor (**FREED is open Mon. Wed. Thurs. 10.00am to 8.00pm and Friday and Tuesday 10.00am to 5.30pm**). At the assessment if the assessor feels that FREED can help, the client along with the assessor will decide upon a course of treatment.

There are regular reviews after 10 counselling sessions, 6 dietetic sessions and 6 complementary therapy sessions for the client to discuss with the Clinical General Manager how his/her treatment is progressing. At FREED we believe that people should be able to access the service for as long or as short a period as necessary.

N.B. All of FREED's counsellors are very well qualified and members of the BACP (British Association of Counsellors and Psychotherapists).