

Improving lives together

# Highly specialised eating disorder service for adults

Sunrise Ward,  
Cygnet Hospital Ealing, London

Good

Beds available  
Now taking  
referrals



Sunrise Ward at Cygnet Hospital Ealing provides a highly specialised eating disorder service, supporting those with extremely low BMIs. We focus on supporting individuals to attain a healthy BMI and prepare to return home.

We support people in a safe and homely environment, helping them to diminish their distress and achieve a better quality of life. For most, this will involve the reduction of emotional behaviours associated with the eating disorder psychopathology and acquiring new skills necessary for surviving emotional crises, regulating emotions and improving interpersonal effectiveness.

With research suggesting that over one third of people experiencing an eating disorder also have autism, we have an adapted model of care to ensure that communicative, sensory and environmental needs are all integrated into the individual's recovery journey. The team are highly experienced in providing naso-gastric feeding, where this is deemed the most appropriate intervention and part of an agreed plan.



Male +  
Female



18+ years



14 beds

## Our service user profile:

- > Primary diagnosis of eating disorder
- > May be detained under the Mental Health Act or informal
- > Dual diagnosis of autism and/or personality disorder
- > Extremely low BMI
- > May have co-morbid presentations including:
  - Self-harm
  - Self-neglect
  - History of substance misuse
  - Complex behaviours that challenge
  - Other associated complex needs
- > May have a history of trauma and/or abuse
- > May require nasogastric feeding

## Our Multi-disciplinary Team (MDT):

- > Hospital Manager
- > Clinical Manager
- > Ward Manager
- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Psychology Assistant
- > Occupational Therapist (OT)
- > Social Worker
- > Nurses (RGN & RMN)
- > Dietitian
- > Music Facilitator
- > Art Therapist



## Our model of care:

