

FOI 0394/2025 Response

To Whom It May Concern,

I am writing to request information under the Freedom of Information Act 2000. I would be grateful if you could provide copies of any internal guidelines, protocols, policies or standard operating procedures that relate specifically to mealtime/ dining room support in the treatment of eating disorders within your services. This includes, but is not limited to, documents that cover:

1. Expectations and roles of staff during mealtimes.

Within the Trust's CAMHS service via TEDs (Therapeutic Education Day) we would discuss with the family and individual Young Person as to how we can best support them with the purpose to ascertain what is helpful.

Please note that we do not have an explicit policy.

2. Levels of supervision and support before, during and after meals or snacks

This is conducted on a case-by-case basis, but as a general guide we advise that if there are purging type behaviours then to try and stay with people for an hour after a meal.

3. Management of meal-related distress, behaviours or incidents

This would be learnt through assessment and care planning and ascertaining the needs of the patient.

4. Use of any structured mealtime programmes or approaches

Staff might play card games with a patient or distract them in other ways.

5. Nasogastric feeding or the use of oral nutrition supplements

We use prescribe forti- drinks where indicated.