

# Cotswold Spa Hospital

Specialist Eating Disorder service for women

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## About Cotswold Spa

Cotswold Spa provides care and treatment for women aged between 18 and 30 years, who have a primary diagnosis of an eating disorder, and who are working on goals to return to community living. Our approach is to restore a healthy body weight and address psychological problems during treatment.

The service also consists of a ward for young people, all genders, aged 13 up to 18 years and are able to consider those who need to transition from CAMHS to adult services. For many young people the transition to an adult bed from a CAMHS bed provides added assurance of continuation of treatment in a familiar environment.

The service is for individuals with an eating disorder, predominantly:

- Bulimia nervosa
- Anorexia nervosa
- Avoidant restrictive food intake disorder (ARFID)

## Environment

Cotswold Spa is situated in the picturesque village of Broadway, Worcestershire, and is a five-minute walk from the centre of Broadway with amenities including art galleries, coffee shops, hotels, a supermarket and park. The area boasts natural beauty with Cheltenham to the South and Warwick to the North.

The interior design of the hospital is both contemporary and comfortable incorporating the patients at the hospital's art.

## Overview

- 4 en-suite bedrooms
- Garden for recreation and activities
- Recreation, arts and crafts and pilates
- Lounges with TVs, game console, DVD players and library
- Laundry facilities to enable daily living skills
- Fully equipped skills kitchen





## Care approach

The team are committed to providing comprehensive treatment which supports the individual and their family who are experiencing the impact of an eating disorder. We provide help with weight restoration combined with an intensive therapeutic package working collaboratively with the service user and their family or carer.

We offer a range of therapeutic groups and workshops to enable the individual to think about what is happening to them, to feel comfortable expressing their feelings and to make behavioural changes.

Service users on average, stay for a period of three to four months but we understand that additional time may be required to reach a satisfactory health weight for discharge.

The aim is to restore a healthy weight, modify the problem behaviours linked to the eating disorder and help the young person to sustain their achievements post discharge.

Each person's recovery is unique and can be influenced by a wide number of factors, including complexity, readiness to engage with treatment, feeling safe and supported, therapeutic alliance, physical state, family dynamics, previous trauma, and other associated root causes of their illness.

Our Multidisciplinary Team (MDT) consists of medical, nursing, education and therapeutic professionals, including family therapy and dietetic input.

## Admission criteria

- Women over the age of 18 years up to the age of 30 years
- May be detained under the Mental Health Act 1983 (amended 2007)
- Primary diagnosis of an eating disorder
- May have other diagnoses including mental illness, Personality Disorder (PD) or autism
- May require nasogastric feeding



This information is available in different languages, Braille, Easy Read and BSL on request

For further information or to discuss a potential referral please dial our 24 hour referral line on: **0800 218 2398**. Alternatively you can email: [referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk) or: [elys.referrals@nhs.net](mailto:elys.referrals@nhs.net)

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