



*Putting
children and
young people at
the heart of all
that we do*

Cotswold Spa Hospital

Cotswold Spa Hospital is a specialist eating disorder service for young people aged from 13 up to 18 years, with a primary diagnosis of an eating disorder, who are working on goals to return to community living.

We also have a ward for 18 up to 30 year olds and are able to consider referrals for young people approaching their 18th birthday and transitioning from CAMHS to Adult services.

Cotswold Spa is situated in the picturesque village of Broadway, Worcestershire, close to the hospital, 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 hospital has been designed with the adolescent and young adult in mind. The interior design of the hospital is

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 young people of all genders with an eating disorder, predominantly:

- Bulimia Nervosa
- Anorexia Nervosa

both contemporary and comfortable incorporating young people's art. There is an on-site Ofsted registered school so that education is not interrupted during treatment.

Service users on average, stay for a period of three to four months. The aim is to restore a healthy weight, modify the problem behaviours linked to the eating disorder and help parents/carers work with the young person to sustain their achievements post discharge.



Overview

- 8 en-suite bedrooms
- Participation in QNIC (Quality Network for Inpatient CAMHS) peer review
- Ofsted registered independent school on site
- 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 for young people and their families to cook and eat together

Care approach

The team are committed to providing comprehensive treatment which supports the young person 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 with the young person and their family or carers.

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

Our Multidisciplinary Team (MDT) consists of medical, nursing, education and therapeutic professionals, including family therapy and dietetic input. Our team can offer nasogastric feeding for young people who are unable to manage oral intake.



Admission Criteria

We accept young people between the ages of 13 up to 18 years who meet one or more of the following criteria:

- An established diagnosis of an eating disorder who struggle to maintain their weight in the community
- Body Mass Index (BMI) of less than 17.5kg/m² for adults and Weight for Height ratio of <85% for children or young persons with a weight centile of <2, in keeping with the criteria for the diagnosis of anorexia nervosa
- Recent history of rapid weight loss of more than 1kg per week over six to eight weeks due to engaging in purposeful dietary restriction and/or compensatory behaviours
- Young people who are deemed to be at considerable risk due to malnutrition, secondary to eating disorder related behaviour
- All genders: all rooms are en-suite and there is access to gender specific lounges
- May need additional support for any other associated mental health illnesses
- Young people who are informal and willing to engage in treatment
- Young people who are detained under the Mental Health Act 1983 (amended 2007)
- May require Nasogastric (NG) feeding
- Risk assessed level of self-harm will be on an individual basis



Admissions and Referrals

We are unable to offer out of hours admissions however, all referrals will receive a response within 24 hours or next working day. All suitable referrals will be offered a comprehensive assessment prior to admission. Agreed admissions can be arranged within a week subject to bed availability.

For further information or to discuss a potential referral please dial our 24 hr referral line on **0800 218 2398**

Alternatively you can email referrals@elysiumhealthcare.co.uk or elys.referrals@nhs.net

Cotswold Spa Hospital, Station Road, Broadway, Worcestershire, WR12 7DE

T: **01386 853 523**

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

elysiumhealthcare.co.uk

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