

Eating Disorder Awareness Week

Find out more about the myths and truths of eating disorders, personal stories, the availability of local services and the latest research at Bournemouth University.

Programme at a Glance

All events will be held in the Student Hall, Talbot House, Talbot Campus and are open to BU students, staff and the wider community.

See below for full abstracts and speaker biographies

Wednesday 26 th February 2014		
10.00-11.30	Ciarán Newell	Eating Disorders Myths and Truths
12.00-13.00	Meryl Deacon	Eating Disorders in children and young people; signs, symptoms and treatment
Break	Why not buy your Eating Disorder Awareness cake at our Bake Sale	
14.00-15.00	Sarah Williams and Psychology Students	Eating Disorder Research at BU
15.30-16.30	John Evans	A man with Anorexia, how the illness affects relationships and everything else in life and how I began the path to recovery
Thursday 27 th February 2014		
10.00-11.00	Sarah Williams and Kate Bright	Talking about Eating Disorders
11.30-12.30	Rebecca Munro	My own personal journey with Eating Disorders and working with I*EAT
Break	Why not buy your Eating Disorder Awareness cake at our Bake Sale	
13.00-14.00	Lucy Perkins	The role of Occupational Therapy in Eating Disorders: More than just cooking!
14.30-15.30	Ilona Burton	Insatiable - The truth behind Eating Disorders





Wednesday 26th February 2014

Eating Disorders Myths and Truths

10:00-11:30, Student Hall, Talbot House, Talbot Campus

This lecture will consider some of the myths, causes, treatments and what you might do to help someone with eating disorders.

Speaker: *Dr Ciarán Newell, Dorset HealthCare Consultant Nurse/ Associate Director of Nursing at Dorset HealthCare University NHS Foundation Trust.*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

Eating Disorders in children and young people; signs, symptoms and treatment

12:00-13:00, Student Hall, Talbot House, Talbot Campus

This presentation will discuss the aetiology of eating disorders in children and young people, how this illness can present, and the evidence-based CBT-E treatments that we use to help bring about change.

Speaker: *Meryl Deacon, Eating Disorder Nurse Therapist, Pine Cottage on the St. Ann's Hospital*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

Eating Disorder Research at BU

14:00-15:00, Student Hall, Talbot House, Talbot Campus

Dr Sarah Williams and students from the Psychology Department will present a series of posters and short talks on the work they have been doing in the field of eating disorders. Topics will include 'Motivation and Eating Disorders', 'Eating disorders, mobile apps and social media' and 'Recognition of Eating Disorders' to name but a few. We will also present the results of the 'perceptions of eating disorders' survey we conducted at last years' eating disorder awareness event

Speakers: *Dr Sarah Williams and Psychology Department students*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

A man with Anorexia, how the illness affects relationships and everything else in life and how I began the path to recovery

15.30-16:30 Student Hall, Talbot House, Talbot Campus

John Evans will discuss being a man with Anorexia, how the illness affects relationships and everything else in life and how he began the path to recovery.

Speaker: *John Evans, author of ['Becoming John: Anorexia's Not Just For Girls'](#)*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

Thursday 27th February



Talking about Eating Disorders

10:00-11:00, Student Hall, Talbot House, Talbot Campus

Join us for a free cup of tea and piece of cake and learn more about eating disorders in an informal setting.

Speakers: *Dr Sarah Williams, Lecturer Faculty of Science and Technology and Kate Bright, Psychology student, Level 1*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

My own personal journey with Eating Disorders and working with I*EAT

11:30-12:30 Student Hall, Talbot House, Talbot Campus

This presentation will provide information about the services available at I*EAT, a charity based in Bournemouth that offers support for people suffering from Anorexia, Bulimia and Compulsive Eating Disorders. In addition, Rebecca Munro will give an account of her own personal journey with an eating disorder.

Speaker: *Rebecca Munro, I*EAT Operations Manager*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

The role of Occupational Therapy in Eating Disorders: More than just cooking!

13:00-14:00 Student Hall, Talbot House, Talbot Campus

In this presentation Lucy Perkins will briefly look at the different types of eating disorders with a focus on common occupational performance difficulties in both adults and young people. She will then discuss approaches to occupational therapy assessment and treatment, and discuss commonly used interventions with both adults and young people.

Speaker: *Lucy Perkins, Senior Occupational Therapist across the Eating Disorders Service Kimmeridge Court, St Ann's Hospital*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

Insatiable - The truth behind Eating Disorders

14:30-15:30 Student Hall, Talbot House, Talbot Campus

In this presentation Ilona Burton will talk about eating disorders, to dispel the myths that surround them and to shed some light on the reality; warts and all. Insatiable is a word that perfectly describes the impossibility to satisfy a hunger - a hunger that is common amongst all eating disorders, an emotional hunger which can have a devastating impact on individuals affected, and those around them. Ilona will explore this idea, that in many ways, no eating disorder is 'worse' than any other and none should be put on a pedestal to suggest as much. Through personal experience and detailed research of media representations of eating disorders she hopes to raise awareness and encourage people to question their current understanding of eating disorders.

Speaker: *Ilona Burton is a journalist and blogger at The Independent*

To attend please book via the following links [BU students/wider community](#) and [BU staff](#)

time to change
let's end mental health discrimination

1 in 4 OF US
WILL EXPERIENCE
**MENTAL HEALTH
PROBLEMS**
in our LIFETIMES.
BUT WHO IS IT? →



Psychology department students, staff and the Baking Society are selling cakes throughout the two days in the Student Hall and Atrium to raise funds for I*EAT which is a local Eating Disorder organisation based in Bournemouth. To find out more about I*EAT please see <http://i-eat.org.uk/>

We hope the range of events will raise students, staff and the public awareness of eating disorders. This programme of events has been organised and supported by:

- aspireBU
- Bournemouth University Students Union (SUBU)
- Baking Society
- Dorset Healthcare University NHS Foundation Trust
- Equality and Diversity Service
- I*EAT
- Psychology Department, Faculty of Science and Technology
- University department of Mental Health

To find out more about Eating Disorder Week or Dignity, Diversity and Equality at BU please contact:

Dr James Palfreman-Kay, Equality and Diversity Adviser

Telephone: 01202 965327

E-mail: diversity@bournemouth.ac.uk

URL: www.bournemouth.ac.uk/diversity



Refreshments will be provided at all the above events

SPEAKING UP.
TIME TO CHANGE | DORSET

Speakers' biographies

Ilona Burton

Ilona Burton is a journalist and blogger at The Independent, specialising in mental health issues. Having lived with eating disorders including anorexia nervosa and bulimia nervosa from a young age, she is now passionate about raising awareness about the many reasons why eating disorders may develop, the impact they have on those affected and the questionable ways they have been and still are represented in the media.

Kate Bright

Kate Bright is in her second year at university studying psychology. She wanted to get involved with the Research Assistant (RA) work on eating disorders as she believed there was a lack of awareness around this subject, that the topic of eating disorders was quite 'taboo' and that in order for people to get the correct help there needs to be more of a general understanding about eating behaviours. The RA work Kate is currently doing is looking at questionnaire data about public perceptions of eating disorders, perceptions of those that know someone with an eating disorder and also the perceptions of those themselves that have an eating disorder. The disorders looked at are anorexia nervosa, bulimia nervosa, binge eating disorder (BED) and eating disorders not otherwise specified (EDNOS). Kate aims, in terms of the RA position, to promote awareness about the subject and to better her knowledge and understanding about eating disorders. She would like to do clinical work in the future so being a part of research such as this allows her to have a better understanding into eating disorders and mental health in general.

Meryl Deacon

Meryl Deacon is a RMN who trained at Salford University. When qualified, Meryl came down to Bournemouth to work at Kimmeridge Court adult eating disorder unit (inpatient) and whilst there she developed a passion for working within the field of eating disorders as it is unlike many other mental illnesses that we treat and so very individual whilst sharing many similar traits. At Kimmeridge Court Meryl was trained in Motivational interviewing by Dr Ciaran Newell, Body Image therapy by Nurse Specialist Jane Staple, Dietetics by the wards dietician Theresa Baker, and Mindfulness by Nurse Psychotherapist Eve Doyle and used the CBT-E principals that underpin all treatments of eating disorders. After 18 months at Kimmeridge she moved to the Young Person's Eating Disorder Service which was set up and managed by Dr Ciaran Newell, as a band 6 nurse. In the past 2-3 years Meryl has attended CBT-E workshops by Prof Chris Fairburn, and continued to use the therapy skills that were gained at the adult service, readapting them for working with children under 18. Meryl's passion for nursing keeps her interested in all up to date techniques, therapies and discussions, especially in the subject of eating disorders and children's mental health. Meryl's role at YPEDS is to do teaching sessions to students at schools, colleges and universities, often looking at media influence and positive self-esteem/body image. She also offers teaching sessions to professionals within Dorset County Council, Dorset Healthcare Foundation Trust and to staff in general hospitals.

John Evans

John Evans is a former patient at Kimmeridge Court Eating Disorder Unit in Poole. Diagnosed with Anorexia Nervosa when he was 18 and just starting University, now 34 he is four years into his recovery from the illness. In 2011 he published his story, ['Becoming John: Anorexia's Not Just For Girls'](#), in the hope that it would raise awareness of the illness and of male eating disorders in particular. John lives in Poole and works at Castlepoint Library.

Dr Ciarán Newell

Ciarán Newell is a mental health nurse by training and has worked in the field of eating disorders(ED) for 20 years. He is a consultant Nurse and clinical lead for the ED service in Dorset and has contributed to the development of a comprehensive service providing a range of treatment options. Ciarán worked on the NICE guidelines group which produced the guidelines for the NHS in 2004 and is currently on the National Clinical reference group for ED looking at commissioning specialist services nationally. He was awarded a PhD for his research into recovery from Anorexia Nervosa. His current research includes how emotions are processed by individuals with an ED and the use of digital technology to support treatment. He is a visiting Fellow of the University and a member of the University Department of Mental health.

Lucy Perkins

Lucy Perkins completed her Psychology degree in 2007 and worked as a support worker in eating disorders following this for several years. She gained experience of mental health more generally when working for IAPT and delivering CBT based interventions to adults in the community experiencing anxiety disorders and depression. It was at this point that Lucy decided to pursue a career as an Occupational Therapist and embarked upon an MSc at Brunel University, London. Following this, Lucy found employment at the Eating Disorders service, for a second time, working both with young people and adults, in an inpatient, day service and community setting. Lucy recently moved into a Senior Occupational Therapist post across the adult and young person ED services.

Rebecca Munro

Rebecca Munro works for I*EAT, a local charity that offers a free support service for people suffering from Anorexia, Bulimia and Compulsive Eating disorders. I*EAT aims to help those suffering with eating disorders along the road to recovery. Rebecca heard about I*EAT when she attended a Mental Health Awareness event in May 2013 as a member of BU staff. Having previously suffered with an eating disorder, Rebecca knows how important it is to have access to a strong support network when you are working through recovery. She is a Recovery Group Leader and a Mentor at I*EAT. Recovery group provides a very safe environment for individuals to gain more understanding of eating disorders and to access support from those who are struggling with similar problems. As a Mentor Rebecca provides one-to-one motivational recovery support and help individuals to develop skills that can help them along their journey to recovery. She feels very passionate about supporting people who are currently suffering with Eating Disorders, giving them an opportunity to talk to someone who 'has walked in their shoes' and inspiring hope that recovery is possible and worthwhile.

Dr Sarah Williams

Dr Sarah Williams is a lecturer in the Psychology Department. She has been conducting research into eating disorders for over 8 years. Her PhD used novel online technologies to understand the lived experience of having an eating disorder from those who use online support groups for maintaining or recovering from their disorder. This work gave a unique insight into the factors that may maintain eating disorder behaviours. She is currently conducting research into the provision of online motivation interventions for those with eating disorders, working closely with Ciarán Newell and members of I*eat. Sarah also works closely with student research assistants in Psychology and supervises dissertation projects related to eating disorders. Together, they have set up the eating disorder research group to further explore issues related to early identification and accessible interventions for eating disorders.