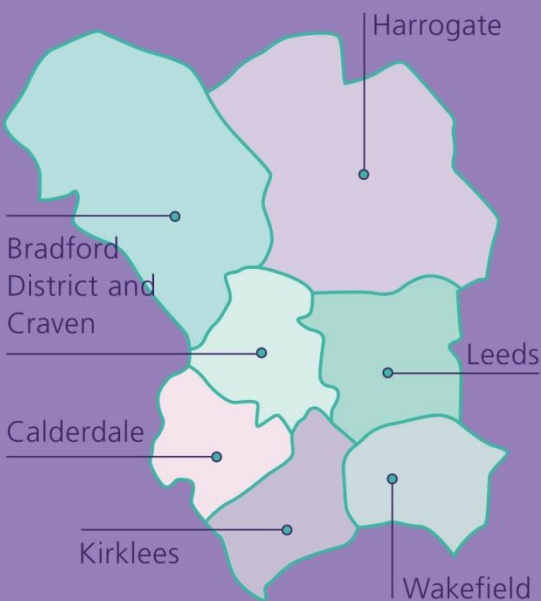


Telling our Partnership story



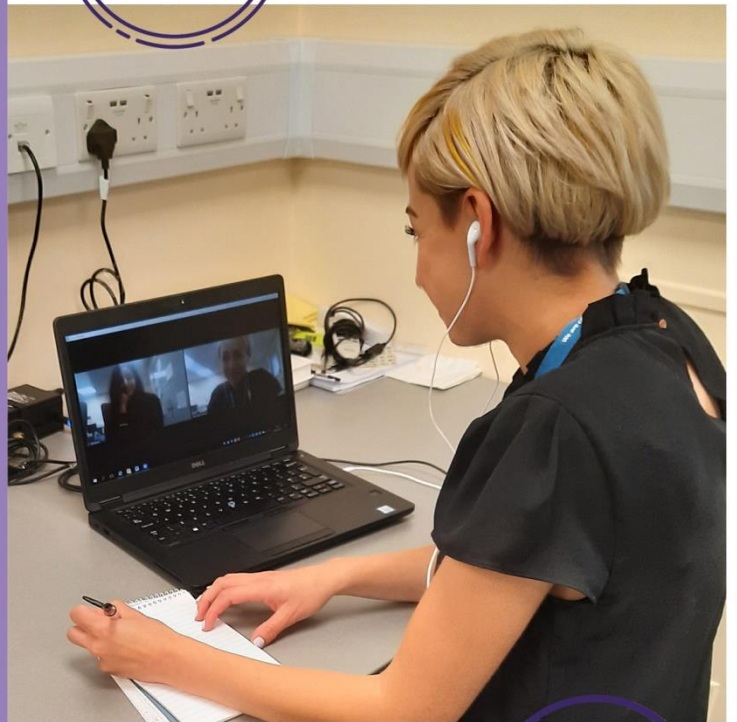
**Proud to be the
West Yorkshire and
Harrogate Health
and Care Partnership**

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.7 million people living in West Yorkshire and Harrogate.

**West Yorkshire and Harrogate
Health and Care Partnership**



Connecting with people suffering from an eating disorder

Our ambition

We want people in West Yorkshire who have an eating disorder to be able to access our services, even if they are unable to attend a clinic in person during the Covid-19 pandemic.

Our ambition is to connect with as many people suffering with an eating disorder as we can, and to create an online community so they feel less alone and more understood.

What we are doing

We have moved most of our in-person services to online services, and from individual sessions to group-based therapy.

Bringing people together to share and reflect online helps to reduce feelings of isolation.

We believe that the use of online therapy allows patients to access treatment from the safety of their homes which can reduce anxiety and the fear of being judged.

We offer daily [#connectconversations](#) on Instagram where specialists talk about a particular aspect of eating disorder recovery. Anyone who joins the conversation live is able to contribute or ask questions.

What next?

We are sharing our work with NHS England who want to use these initiatives as examples of best practice for other mental health teams.

We have offered a teaching session covering this initiative for other services within Leeds and York Partnership NHS Foundation Trust.

We are supporting leads from other services as they take steps to set up their own online platforms and interventions.

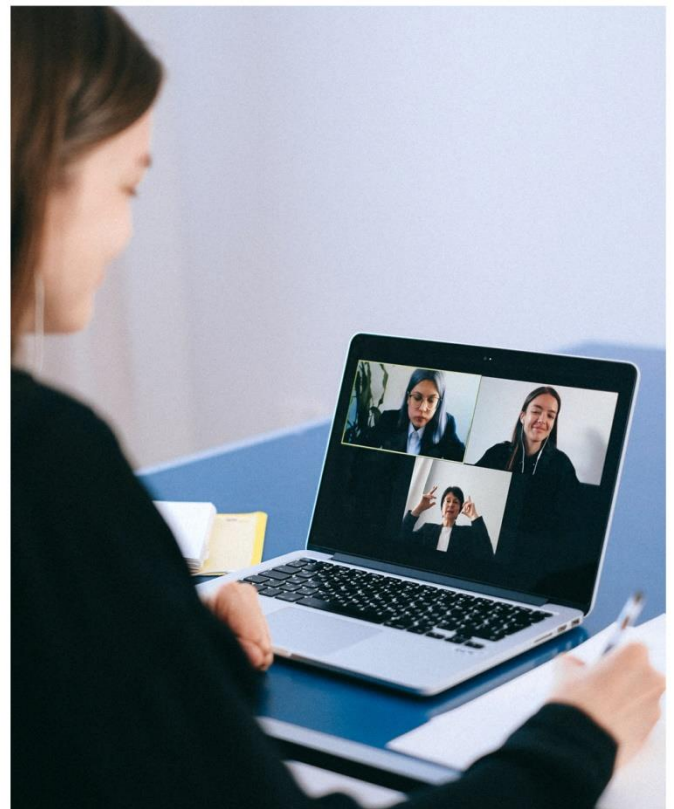
We are developing content for our own Connect YouTube channel to host support videos that anyone can access.

Having online clinics has reduced the number of missed appointments by 30%.



Covid-19 continues to impact on people's mental health and we are responding to this with creativity and resilience.

In addition, we are offering support and education to people across the UK, and the world - not just those in West Yorkshire.



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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

October 2020

West Yorkshire and Harrogate
Health and Care Partnership

