



Cygnet Hospital Ealing

Specialist Eating  
Disorders Unit



## WHO WE ARE

A specialist multi-disciplinary eating disorders team:

- Specialist Consultant Psychiatrist and medical team
- Experienced consistent nursing team
- Psychologists
- Dietician
- Psychodynamic, Occupational, family, art and complementary therapists

## WHAT WE OFFER

- Treatment and rehabilitation for all eating disorders and related difficulties.
- Individually tailored care programmes on an inpatient, day patient and outpatient basis.
- Treatment for female and male patients aged 16 and over.
- Specialist assessment. Outreach assessments are also available for those unable to travel.

- Rapid assessment and treatment for individuals who are critically unwell and may require Naso-Gastric or PEG feeding both informally or under the Mental Health Act (1983). When necessary a bed can be provided within 24 hours.
- Experienced in taking those who have previously undergone other treatments. This may involve patients coming from other inpatient settings and providing a more graduated approach to recovery and rehabilitation.
- Community care teams and carers are encouraged to be involved in the planning and implementation of care.
- CPA meetings and weekly written clinical updates.
- Long & short term packages available.
- Discharge planning and aftercare.



## WHAT WE ARE AIMING TO ACHIEVE

- Our aim is to provide a secure, healing environment in a community setting. We draw on psychodynamic, interpersonal, cognitive behavioural, occupational and motivational enhancement models of care in line with NICE guidance and evidence based practice.
- Through the provision of innovative packages of care centred around life skills therapy we aim to re-address life balance and enhance self-esteem. Our purpose is to work towards disentangling the individual from their eating disorder through understanding its meaning and why it is so difficult to disassociate from the disorder. The aim is to break the cycle of illness and treatment.

- In spite of some of the similarities, each eating disorder has its own roots and its symptoms are specific to the individual. The treatment and rehabilitation programmes are designed to realise the unique needs of the individual which must include physical, psychological, weight safety and stability.
- Change is the result of consistency, devotion and collaboration between the individual and the team. The provision of full medical monitoring and therapeutic group programmes and boundaries, alongside individual work and family therapy is an integral part of the process. Body image work, a normalised approach to food (to include planning, shopping, preparation and eating of meals), planned relaxation, socialisation and further education and/or voluntary/paid work are essential in motivating change.

## REFERRALS & ASSESSMENTS

- Clinicians available by telephone or email 24 hours a day.
- Assessments and decisions are carried out promptly in collaboration with the referrer.
- NHS funding, self funding and private insurance are all accepted.
- Easy to follow costing structure and inclusive of all consultations and therapies.



## Cygnets Hospital Ealing

Cygnets Hospital Ealing is part of Cygnets Health Care, a leading independent provider of psychiatric care and addiction detoxification services.

## How to find us

### By car

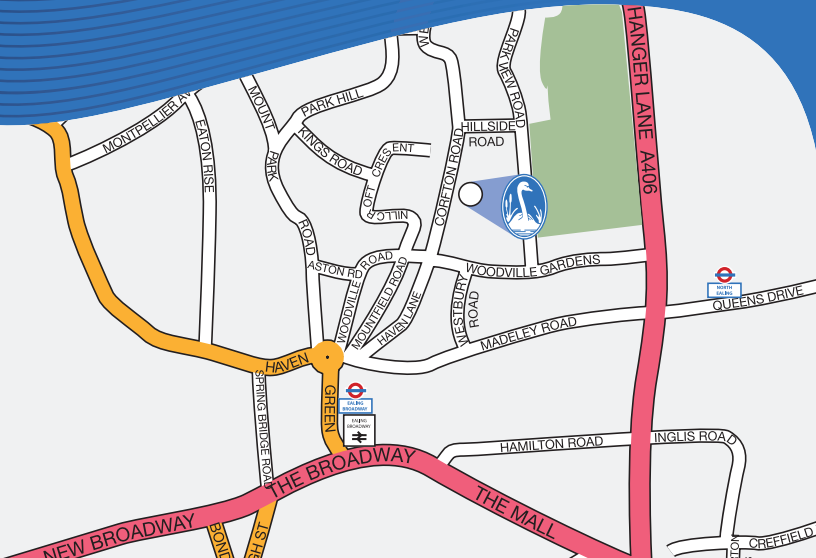
From the Hanger Lane Gyratory, head South on the A406 North Circular Road towards Ealing. At the first set of traffic lights, turn right into Hillcrest Road. At the end, the road bears left. Follow it round into Corfton Road and the hospital is the white building at number 22 on the left.

### By train

Central or District Line to Ealing Broadway and 10 min walk. Turn right out of the station along Haven Green. Cross road at zebra crossing and bear right; take second left into Haven Lane until crossroads. Go straight over into Corfton Road, past the cricket ground. The hospital is on the right.

### By bus

To Ealing Broadway - 65, 83, 112, 207, 297, 607, E1, E2, E7, E8, E9, PR1. 10 min walk as above.



Cygnets Hospital Ealing  
22 Corfton Road, Ealing,  
London W5 2HT

Tel: 020 8991 6699  
Fax: 020 8991 0440  
[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

FOR MORE INFORMATION  
PLEASE CALL:  
**020 8991 6699**

