

Eating Disorders Conference

The Royal Free CAMHS Eating Disorders Intensive Service and The Royal Free Hospital Children's School would like to invite you to a morning of talks and workshops around the recognition, prevention, and management of eating disorders within schools. Eating Disorders have a major impact on learning, behaviour and health, and in addition to being reported with increasing frequency, have the highest mortality rate of any psychological condition. This is a unique opportunity to see how the multi-agency collaboration of schools, hospital schools, CAMHS, social services and other medical professionals is vital in supporting a full recovery.

This year's conference will have a specific focus on how schools can support young people to develop normative and healthy relationships with food and their bodies to contribute to eating disorder prevention. Delegates will have the opportunity to work collaboratively with professionals from both The Royal Free Clinical and Education teams to discuss challenges and explore solutions.

If you haven't already RSVP'd, please email eatingdisordersconference2023@royalfree.camden.sch.uk and we will add your name to our delegate list. Please ensure you do this by **June 26th** to secure your place. This is a free event which will take place in the Atrium, which is situated on the ground floor of the Royal Free Hospital. In case of any issues on the day please call 02074726298 and request to speak to Jemma.

Tuesday 27th June 2023, The Atrium, The Royal Free Hospital, London, NW3 2QG

09.00am to 12.30pm

Time	Speaker/Activity
8.30 - 9.00	Registration- Tea & Coffee
9.00 – 9.20	Welcome and overview of the Royal Free Eating Disorder Service Dr Aisling McGrath, Consultant Child and Adolescent Psychiatrist
9.20 - 10.00	Understanding eating disorders & disordered eating
9.20-9.35	Myth Busting (Nicola Tweedy, Assistant Psychologist)
9.35-9.50	A brief overview of eating difficulties (Dr Harriet Walker, Counselling Psychologist)
9.50-10.10	Disordered eating & dieting (Rebecca Fisher, Paediatric Dietetic Lead)
10.10-10.30	Tea & Coffee Break
10.30-11.40	Eating Disorder Prevention
10.30-10.50	Developing healthy relationships with food (Rebecca Fisher, Paediatric Dietetic Lead)
10.50-11.00	Curriculum mapping (Jemma Michelson, Royal Free Hospital Children's School Teacher)
11.00-11.20	Body dissatisfaction (Dr Aisling McGrath & Debby Markovic, Specialist Charge Nurse)
11.20-12.00	Problem solving scenarios (Nicola Tweedy & Dr Harriet Walker)
12.00-12.30	Resources & Signposting Q&A