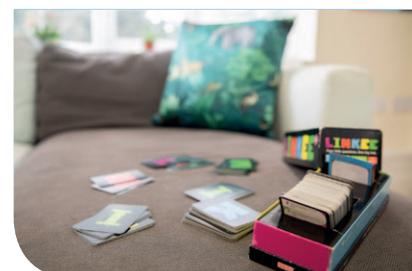




*Putting  
children and  
young people at  
the heart of all  
that we do*

## Cotswold Spa Hospital

Cotswold Spa Hospital provides a specialist inpatient and day patient eating disorder service. We treat young people aged 13-17 years as well as adults aged 18-25 years, with a primary diagnosis of eating disorder, who are working on goals to return to community living. We specialise in supporting young people with the transition from CAMHS to adult services.



The hospital is situated in the picturesque village of Broadway, Worcestershire, close to the Cotswold Way, The area boasts natural beauty with Cheltenham to the South and Warwick to the North.

The service is for young people of all genders with an eating disorder, predominantly:

- Bulimia Nervosa
- Anorexia Nervosa
- Avoidant Restrictive Food Intake Disorder

The hospital has been specifically designed with the adolescent and young adult in mind.

The interior design of the hospital is 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. We also provide education to local GPs and schools.

Patients, 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.



*"You have given us our daughter back. Thank you for all your support (especially through the difficult times). All the staff are a credit to the service" - Parent 2019*



## Overview

- 12 beds all en-suite
- CQC registered as "good" Participation in QNIC (Quality Network for Inpatient CAMHS) peer review
- "Outstanding" Ofsted registered independent school on site
- On site multidisciplinary team
- 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
- Five minute walk from the centre of Broadway with amenities including art galleries, coffee shops, hotels, a supermarket and parks

## 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 offers nasogastric feeding for young people who are unable to manage oral intake.

## Admission Criteria

We accept young people between the ages of 13 and 25 who have an eating disorder diagnosis, where this is identified as the most significant presenting problem. We admit patients who fulfil one or more of the following criteria:

Body Mass Index (BMI) of less than 17.5kg/m<sup>2</sup> 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 with an established diagnosis of an eating disorder who struggle to maintain their weight in the community.
- Young people who are deemed to be at considerable risk due to malnutrition, secondary to eating disorder related behaviours.
- All genders are accepted, all rooms are en-suite and there is access to gender specific lounges.
- Primary diagnosis of an eating or feeding disorder, specifically: young people with a recent history of rapid weight loss, or including support for any other associated mental health conditions.

## 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.



If you would like to know more about Cotswold Spa Hospital, please contact:

T: **01386 853523** | NHS Referral Line: **0800 218 2398**  
E: **referrals@elysiumhealthcare.co.uk**

**www.elysiumhealthcare.co.uk**

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