



North East and Yorkshire Regional Mental Health Team





Children and Young People's Eating Disorder (CYP ED) E-Update





January
2025
Issue 8


RESOURCES/TRAINING

 **Type 1 diabetes and eating disorder training schedule 2025**
Free **TIDE training** kindly organised the Hull and East Riding TIDE Service. Sessions will take place on a **Monday from 1 to 2pm**, with the next session taking place on Monday 17 February. [Register for TIDE training](#)

 Springer has published a free eBook on the impact of digital media on infants, children and adolescents. With each chapter written by different academics and experts, the book explores current research on the cognitive, physical, mental and psychosocial impacts on children and how digital media influences relationships, family, culture, and society. **[Handbook of Children and Screens](#)**

 Neural correlates of children with ARFID symptoms [video abstract](#)

 [The what, why and how of eating disorders genetics research](#)

 [An in-depth look at Other Specified Feeding and Eating Disorders \(OSFED\)](#)



KEY DATES FOR YOUR DIARY

 **NEY CYP ARFID Community of Practice with MDT Panel** 4 February 2025 11.00-12.00 [Join the meeting now](#)

 **CYP ED Learning Collaborative**, 13 February 2025 11.00-12.00 [Join the meeting now](#)

 **NEY CYP ED Learning Lunch: Beat Care Closer to Home Report** 25 March 12.00-13.00 [Join the meeting now](#)

Please note invitations will come from our generic NEY-MH inbox.

PREVIOUS SESSION RECORDINGS:

 **[Cornwall ARFID Service Showcase](#)**

 **[CYP ED Day Service Showcase: West Norfolk](#)**

PRIMARY CARE DECISION TREE TOOL

We are seeking case studies for the [Primary Care Decision Tree tool](#), where it has been used in practice and found to be beneficial.

If you would be interested in trialling the tool or have a case study to share, please email natalie.fox2@nhs.net.

ARFID COMMUNITY OF PRACTICE (COP) WITH MDT PANEL

The CoP offers an excellent opportunity to utilise the expertise of our panel for ARFID clinical cases of CYP aged 8-18.

To send a case you wish to discuss please email natalie.fox2@nhs.net with the following information:

- ✦ Patient age, gender and location
- ✦ Your name and role
- ✦ A brief summary of the current problem / challenge or concerns
- ✦ How would you like the ARFID CoP to help / what question would you like support with?



NEY Children's Mental Health Week Learning Lunch: Knowing Nutrition to Grow Physical and Mental Health.

Presented by **Ursula Philpot, NEY CYP Clinical Lead for Eating Disorders**, and **Dr Markku Wood, NEY CYPMH Strategic Lead and Clinical Lead for MHSTs**.

Based on the Children's Mental Health Week Theme "**know yourself, grow yourself**" the learning lunch will focus on the importance of food and nutrition to grow physically and mentally.

Join us on 4th February 1.00-2.00pm [Join the meeting now](#)

