



# Tŷ Glyn Ebwy

Specialist Eating Disorder  
Support for Women

# About Tŷ Glyn Ebwy

## Transforming Lives, One Recovery at a Time

Meadow Ward at Tŷ Glyn Ebwy is nestled in the scenic Welsh mountains, between Cardiff and the Brecon Beacons. This specialist unit offers dedicated care and treatment for women living with eating disorders, including Anorexia Nervosa (AN), Bulimia Nervosa (BN), Avoidant Restrictive Food Intake Disorder (ARFID), and other atypical presentations. Our holistic approach focuses on restoring healthy body weight and nutritional intake, while simultaneously addressing the underlying psychological challenges associated with these conditions.



### Who we support

- Women over the age of 18 years
- May be detained under the Mental Health Act 1983 (amended 2007)
- Primary diagnosis of an eating disorder
- BMI over 12.5
- May have other diagnoses including mental illness, Personality Disorder (PD) or autism
- May require nasogastric feeding
- May have a history of self-harm and/or self-neglect
- May have additional associated complex needs including a history of substance misuse or a history of trauma and/or abuse

### Individualised Recovery Approach

At Tŷ Glyn Ebwy, we understand that recovery is a personal journey shaped by many factors, including the complexity of the condition, readiness for treatment, emotional safety, physical health, and past trauma. To support this, we integrate three core frameworks into our care model:

- **PEACE Pathway:** Developed through clinical experience, this approach addresses the overlap between eating disorders and autism. Around 37% of individuals with eating disorders may also be autistic or show autistic traits. All patients are screened for ASD and, if needed, referred to the Elysium Autism Assessment Pathway (EAAP) for formal diagnosis using ADOS-2 and ADI-R tools.
- **Maudsley MANTRA Model:** This model targets the psychological factors that maintain eating disorders, such as identity fusion with the disorder, rigid thinking, emotional regulation difficulties, and interpersonal challenges.
- **Trauma-Informed Care:** With over half of individuals with eating disorders having experienced trauma, our staff are trained in Trauma-Informed Care, guided by SAMHSA principles and the Trauma-Informed Wales framework. This ensures a safe, respectful, and empowering environment that supports meaningful engagement and reduces the risk of re-traumatisation.



## Our Approach to Care

The Multidisciplinary Team (MDT) at Tŷ Glyn Ebwy draws on a broad range of skills and therapeutic approaches to empower individuals in their recovery. We focus on building self-determination, instilling hope, and supporting people to work towards meaningful, personalised goals. Our care model is structured around four key elements: goal setting, treatment pathways, therapeutic interventions, and continuous evaluation.

## Guiding Principles

Our care is underpinned by the following principles:

- Evidence-based practice guides all interventions
- Co-production with individuals, families (where appropriate), and referrers
- Safe and effective care that minimises harm and prioritises the least restrictive options
- Equity in care, ensuring consistent quality regardless of personal characteristics
- Collaborative working with community teams and external agencies
- Compassion, dignity, and respect in every interaction
- Timely and responsive services tailored to individual needs



## The Team

Our Multidisciplinary Team (MDT) at Tŷ Glyn Ebwy

- Registered Manager
- Consultant Psychiatrist
- Specialty Doctor
- Nurses & Practice Nurse
- Consultant Psychologist, Assistant Psychologist & Systemic Psychotherapist
- Dietitian & Dietetic Assistant
- Occupational Therapist
- Social Worker
- Healthcare Workers

The team operates within a culture grounded in restorative practice, fostering collaboration, respect, and shared responsibility in delivering high-quality care.

## What we do

We aim to deliver high-quality care that supports individuals in restoring healthy eating patterns and achieving a sustainable discharge. Our environment is designed to be safe, supportive, and homely helping reduce distress and improve overall quality of life.

Recovery often involves reducing emotional behaviours linked to eating disorder psychopathology and developing skills for emotional regulation, crisis management, and interpersonal effectiveness.

Our objectives include:

- Setting clear, focused goals
- Supporting the development of effective coping strategies
- Minimising length of stay
- Encouraging family involvement
- Planning for discharge from the point of admission



## What support we offer

### Dietetics

Our dietetic team provides personalised care plans, daily meal support, weekly nutrition groups and clinics. The PEACE menu model is used to offer flexible meal options, particularly supporting individuals with ASD traits.

### Occupational Therapy

Guided by the Model of Human Occupation (MOHO), OT assessments include functional, sensory, and initial evaluations. Occupational Therapy led, the Safe Exercise at Every Stage (SEES) model and run therapeutic groups such as cooking, mindfulness, expressive arts, and social eating. Support is also provided for daily living and vocational activities.

### Medical

A Consultant Psychiatrist and Specialty Doctor oversee medical care. Comprehensive assessments are conducted on admission, with support for co-morbid conditions. MEED guidelines and refeeding protocols are followed.

### Psychology

Following assessment, individuals receive tailored one-to-one and group therapies. Core treatments include CBT-E, MANTRA, and FPT, alongside additional interventions like EMDR, DBT & RO-DBT skills, ACT, Schema Therapy, CREST and psychoeducation. Group sessions include RO-DBT skills, CFT, LEAP, Bodywise and PEACE Pathway workshops.

### Family Therapy

A Systemic Psychotherapist offers family and couples therapy using dialogical and narrative approaches. Two weekly systemic groups and a monthly carers group are also available.

### Social Work

The Designated Safeguarding Lead (DSL), ensures safeguarding concerns are addressed openly with patients, respecting their voice and perspective. Our approach is grounded in the Secure Base Model, Empowerment Theory, Humanistic values, and anti-oppressive, anti-discriminatory practice, promoting safety, autonomy, and equality in care.

## How to make a referral:



24h referral line **0800 218 2398**



Send an email to:

**[referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk)**

**This information is available in different languages, Braille, Easy Read and BSL on request**

Hillside, Ebbw Vale,  
Blaenau, Gwent NP23 5YA

**T: 01495 350349**

**E: [tyglynebwy@elysiumhealthcare.co.uk](mailto:tyglynebwy@elysiumhealthcare.co.uk)**



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