Elysium
Mental Health
and Wellbeing

Eating Disorder Residential services
in Bedfordshire

Ellenbrook House - Cutenhoe Road, Luton

Stockwood House - Cutenhoe Road, Luton

Talbot House - Studley Road, Luton

Part of Ramsay Health Care

An Overview

These residential services provide treatment for individuals who have struggled with their eating disorder to the extent that they cannot safely or adequately be treated as outpatients, or who have utilised acute inpatient treatment to the best of their ability.

We offer a stable community placement where individuals can practice independent living with the support of the care team and the comfort and reassurance of the residential placement. Our services can also help to provide a smooth transition from a hospital environment, with extra support around meals and food choices, a comprehensive group timetable and higher levels of assistance with community activities.

The care approach aims to offer a high level of support, but also promotes self-care, management of the illness and independence.

About the services

Our Multidisciplinary Team (MDT) is made up of the Registered Manager, Nurses, Support Workers, Therapists, Dietician and Occupational Therapist. Specially trained Support Workers are always available for general support, including overnight.

Each resident has their own large bedroom, most of which are en-suite, and allocated according to risk assessment and availability. There are also a variety of shared spaces for the clients to use, including lounge areas, dining areas and gardens.

Stockwood House and Ellenbrook House are located opposite to each other on a quiet, residential street and provide 12 placements between them. Talbot House is situated a 5–10 minute drive away and is closer to Luton town centre, and provides 7 placements.

Supporting our residents back into the community

Modest and achievable goals are set in collaboration with the resident from the point of admission, with reintroduction into the community being the end goal.

We tailor each resident's daily and weekly schedule to meet their individual needs and aspirations, helping them to build the skills they need to manage their condition whilst living independently in the community.

We are focused on encouraging our residents to attend education, voluntary work and where appropriate, employment as well as having a home activity plan available to all residents.

These services support residents who are in higher education such as university. Many of our residents attend different educational provisions programs. Bedford College, Barnfield College (Luton), The University of Bedfordshire (Luton Campus), Hertfordshire (Hatfield Campus), University of Buckinghamshire (Milton Keynes) are all within easy travelling distance by train, bus or car, from any of the three houses. We also have supported residents working with the Open University.

We create an understanding environment where residents feel safe to share their struggles around studying and the eating disorder, without judgement.

This allows the services to foster a compassionate, individualised approach that prioritises their health and well-being whilst stress may be increased regarding studies.

A tailored meal plan will be co-produced with the resident that meets their nutritional needs. Following this, we offer time in the University and community settings with a member of the OT or therapy team to practising eating in these places. We have found that residents being able to practise with the staff team in the area they will be for lunch, such as University, a great support and aid to their recovery.

Who is this service for?

- Those suffering from an eating disorder
- Individuals whose ability has been compromised to such an extent that they are unable to take appropriate care of themselves
- Those who have been unable to achieve outpatient stabilisation
- Individuals who are medically stable
- Those who are agreeable to admission; and will cooperatively participate in the services provided
- Individuals who are competent to give informed consent

We aim to offer a range of therapeutic interventions to complement both our philosophy and the specific aims of the client

Therapeutic interventions may include:

- Goal setting
- Group therapy
- Anxiety management
- Problem-solving
- Nutritional rehabilitation
- Psychoeducation
- Re-socialisation
- Self esteem
- Food skills
- Lifestyle management
- Reflection
- Budgeting
- MANTRA
- Drama therapy
- Movement therapy

Admission criteria

- Men and women over the age of 18 years
- Primary diagnosis of an eating disorder
- Is not detained under the Mental Health Act 1983 (amended 2007) but those on Community Treatment Orders (CTO) may be considered
- Has a BMI of 13.5 or above
- Does not require nasogastric feeding

Get in touch

For further information or to discuss a potential referral please dial our 24h referral line on: **0800 218 2398**

Alternatively you can email:
referrals@elysiumhealthcare.co.uk
or **elys.referrals@nhs.net**

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

Ellenbrook House
10 Cutenhoe Road, Luton,
Bedfordshire LU1 3ND
T: 01582 612107
E: ellenbrook@elysiumhealthcare.co.uk

Stockwood House
1 Cutenhoe Road, Luton
Bedfordshire LU1 3NB
T: 01582 557755
E: stockwood@elysiumhealthcare.co.uk

Talbot House
32 Studley Road, Luton,
Bedfordshire LU3 1BB
T: 01582 344950
E: talbot@elysiumhealthcare.co.uk

Images used in this document are from similar services across Elysium and are intended as a guide.

Elysium Healthcare

Part of Ramsay Health Care

1739/1025