

A student guide to  
SEDCAS/EDS  
Severe Eating Disorder Consultation and  
Assessment Service  
Eating Disorder Service



Welcome to SEDCAS/EDS

Address (SEDCAS): Admin department, Glenbourne Unit, PL65AF

Address (EDS): 140 Mount Gould Road, PL47PY

Useful phone numbers to keep:

SEDCAS 01752 435142

EDS 01752 228027

IT Department 01752 437000

SystemOne 01752 435000

Helen Sykes 01752 437012

Useful contact details to keep:

Your mentor (SEDCAS) – Danielle Johns

[daniellejohns@nhs.net](mailto:daniellejohns@nhs.net)

Your co-mentor (EDS) –

[eds.plymouth@nhs.net](mailto:eds.plymouth@nhs.net)

Clinical psychologist and eating disorder lead – Vicky Burnard

[vicky.burnard@nhs.net](mailto:vicky.burnard@nhs.net)

Dietician (SEDCAS & EDS) – Caragh Sanders-Wright

[caragh.sanders-wright@nhs.net](mailto:caragh.sanders-wright@nhs.net)

SEDCAS is a service that works with people aged 18 and older, who are diagnosed with a severe and enduring eating disorder in Plymouth. To be referred to SEDCAS a patient must be under the care of a CMHT. SEDCAS oversee the care of these patients and work closely with other teams to provide the highest quality care. This includes supporting admissions and discharges, overseeing EDS day service patients, joint assessments and transitions from CAMHS. The team also provides supervision, advice and training for professionals.

EDS is a service that works with people aged 18 and older, who have a diagnosable eating disorder in Plymouth (also covers West Devon). Patients under the charity can access individual or group therapy or more intensive work such as the Day Service Programme.

You will be working 8-4 Monday to Friday.

Your week will be split roughly into 3 days with SEDCAS and 2 days with EDS, however, it is really important that you are honest with your team about what is working and what is not, so that they can be flexible to support your learning best.

Danielle (your mentor) works part time at SEDCAS, on a Tuesday and Thursday. The day service runs on a Monday, Tuesday and Thursday.

The best advice I could offer you:

- Research the different eating disorders before you start to have a basic understanding of them. The team runs a training day every 3 months which might be interesting for you to attend before you start!
- Whenever something comes up that you don't know much about, write it down and research it when you get some free time!
- Shadow as many people in the team as possible to see different approaches!
- Keep a diary to keep track of days at different services and appointments.
- Read up on the patient history before meeting them!
- Find at least one patient that you feel confident to work closely with (with supervision) throughout your whole placement.
- Communicate effectively with other professionals involved in the patient's care.
- Look on the Livewell website for any extra training that may be of interest to you.
- Make sure you look after yourself and receive appropriate supervision – it can be heavy work!
- Get involved!

Related services that may be of interest:

- Marlborough Ward
- Glenbourne Unit
- CMHT
- The Haldon Unit
- Weight Management Service
- Psychiatric liaison
- Greenfields
- Revive (CAMHS community eating disorder team)

