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|  | | Newsletter |
| Summer 2017 | |  |
| In This Issue  Wells next the sea Beach Trip  Garden News  Field to Fork Update  13th International London Eating Disorders Conference  Carer News  Summer Music Concert  Staff News  Bake Off Contender???  Multi-Family Therapy/MFT | | Wells next-the-sea Beach Trip  |  |  | | --- | --- | | Image result for samphire retreat beach hut wells | On Thursday 6th July 2017, patients (Katie, Chloe, Emily H, Emily G, Juliet, Amy and Ali) and staff from Newmarket house visited Wells next-the-sea beach for the day. We planned to spend time at the beach hut which is hired every year by Penny. We were all very excited for the day out, especially because we had amazing weather as the sun was shining. We arrived at the beach for morning snack, and a few patients chose to have an ice cream from the beach café to cool down. After snack, we all made our way to the beach hut called Samphire Retreat. It was a beautiful blue hut and had lots of facilities inside like a bucket and spade, deck chairs, books to read whilst relaxing and a guestbook for visitors to write in. We all enjoyed a paddle in the sea before lunch, and Katie, Chloe and Emily H spotted a seal swimming round which was very fascinating. It was a very relaxing and peaceful day, and was thoroughly enjoyed by all.  *Chloe T* |  Garden News  |  |  | | --- | --- | | C:\Users\Andrea\AppData\Local\Microsoft\Windows\INetCache\Content.Word\IMG_8969.jpg  The new greenhouse was a huge success and got our Field to Fork plot off to a good start.  We have had a very productive time in the garden this year with a bumper crop of courgettes which have been used in a variety of recipes this Summer. | cid:3B173636-37F5-4704-B217-39A194CF814C  cid:6125CEB8-BD09-45A8-AD0B-260E0D51D0D7  cid:5C687EC4-9EC9-426E-AF74-67184E32FDDF  cid:79CF6D16-82FD-48D6-8AED-F15373BCF51B  *Photos by Ella T* |  13th International London Eating Disorders Conference 2017 Our workshop “Exploring the socio-cultural in eating disorder treatment: Advances, Possibilities, Challenges", at the 13th International Conference in March this year was well received. We are looking forward to presenting again at the Beat Conference to be held in London next year. Carer News We continue to hold regular Family/Carer Support Groups including the Recovery Skills Workshops for Families and Carers. If you would like any further information about these please contact Julie Dodd, Clinical Care Liaison. Summer Music ConcertC:\Users\Andrea\AppData\Local\Microsoft\Windows\INetCache\Content.Word\IMG_8783.jpg  On the 22nd June 2017 patients at Newmarket House performed a summer concert in the garden of which staff members, families and friends of patients were all welcomed to. The concert consisted of a variety of music performances accompanied by guitar and other instruments. The program started with patients singing Under the Sea from The Little Mermaid, Feed the Birds from Mary Poppins and a instrumental flute solo of another Disney song. Patients then involved the guests with them joining in on the song Pick a Bale of Cotton, which turned out to be a great success and fun for everyone. The concert then continued with all patients singing Young Woman of Ryde. A solo stand up comedy performance had the crowd laughing. This was followed by a duet accompanied by guitar which was beautifully sung then all patients coming back together to sing Stand by Me. Bringing the concert to an end all patients and guests sang Bridge Over Troubled water in aid of those affected by the Grenfell Tower incident. Lastly to finish off the event guests participated in a raffle which included some prizes made by patients at Newmarket House. All the money raised was donated to the Grenfell Towers fund. Guests were then all welcomed in for refreshments before leaving. Overall the concert was a success and thorough enjoyment for both the patients and those who kindly joined the event.  *Katie T* |
| If you would like to contribute to the next newsletter please let Andrea have your submission by December 31st 2017. You can use the newsletter to publicise events you are involved in or want others to know about. | Staff News  |  |  | | --- | --- | |  | Congratulations to Nina and George who were married on 26th July. |  Bake Off Contender??  |  |  | | --- | --- | | C:\Users\Andrea\AppData\Local\Microsoft\Windows\INetCache\Content.Word\IMG_8788.jpg | This was the Mermaid cake made by Diana for the Summer Concert tea party. It looked, and tasted, amazing. |  Multi-Family Therapy/MFT **What is Multi-Family Therapy?**  Family work is an important part of treatment for an eating disorder. Multi Family Therapy (MFT) is a variant of family therapy. It involves a minimum of two families coming together, sharing their experiences and participating in a number of activities designed to help improve family understanding, communication, and collaborative working.  **The structure of the days**  The days are structured and consist of activities and discussions specifically designed to help families work together towards recovery. Multiple families sharing their experiences together has been found to be the most effective way of delivering this treatment. MFT runs over 2-3 days during 1 week and requires all family members to attend. This is followed by a planned half day review session. We understand that committing to three full days can be difficult. We will try to be as flexible as we can to accommodate/ help with any practical difficulties with attending and will try to give you as much notice as possible.  **When can my family and I attend?**  MFT will be discussed with you and your family during your treatment with us at Newmarket House and a start date will be arranged with you at a mutually agreed time.  We are aware that any family work can feel anxiety provoking and that many people report feeling uncomfortable in group settings. We will try our best to alleviate any worries that you have both prior to attending and during the sessions. Please feel free to talk these through with a member of staff at any time.  For more information please contact Julie Dodd, Clinical Care Liaison Co-ordinator. | |