

# Your guide to Cotswold Spa



The Huntercombe Hospital Cotswold Spa is a specialist Eating Disorder service located in Broadway, Worcestershire for young people aged between 13 and 25 years. We offer both inpatient and day patient treatment programmes.

Our hospital is situated in the picturesque village of Broadway, Worcestershire, close to the Cotswold Way. The area boasts natural beauty with Cheltenham to the South and Warwick to the North.

Our service is for young people, both male and female aged 13-25 years with an eating disorder, predominantly:

- Bulimia Nervosa
- Anorexia Nervosa

We welcome both NHS and private patients. Our hospital has been specifically designed with the adolescent and young adult in mind. The interior design of the hospital is both contemporary and comfortable incorporating young people's art.

We have an on-site Ofsted Registered School so that education is not interrupted during treatment here. We also provide education to local GPs and schools.

Patients, on average, stay with us for a period of three to four months. Our aim is to restore a healthy weight, modify the problem behaviours linked to the eating disorder, help parents and carers work with the young person to sustain their achievements post discharge.



## Referral Criteria

We can accept young people between the ages of 13 and 25 who have an eating disorder diagnosis, where this is identified as the most significant presenting problem. We admit patients who fulfil one or more of the following criteria:

- Body Mass Index (BMI) of less than 17.5kg/m<sup>2</sup> for adults and Weight for Height ratio of <85% for children or young persons with a weight centile of <2, in keeping with the criteria for the diagnosis of anorexia nervosa.
- Recent history of rapid weight loss of more than 1kg per week over six to eight weeks due to engaging in purposeful dietary restriction and/or compensatory behaviours.
- Young people with an established diagnosis of an eating disorder who struggle to maintain their weight in the community.
- Young people who are deemed to be at considerable risk due to malnutrition, secondary to eating disorder related behaviours.

## Overview

### 12 beds all en-suite

- CQC registered as "good" Participation in QNIC (Quality Network for Inpatient CAMHS) peer review
- Ofsted registered Independent School on site
- On site multi-disciplinary team
- Gardens for recreation
- Therapy cabin for relaxation, arts and crafts and pilates
- Lounges with TV's, game console, DVD players and library
- Laundry facilities to enable daily living skills
- Fully equipped skills kitchen for young people and their families to cook and eat together
- Five minute walk from the centre of Broadway with amenities including art galleries, coffee shops, hotels, a supermarket and parks

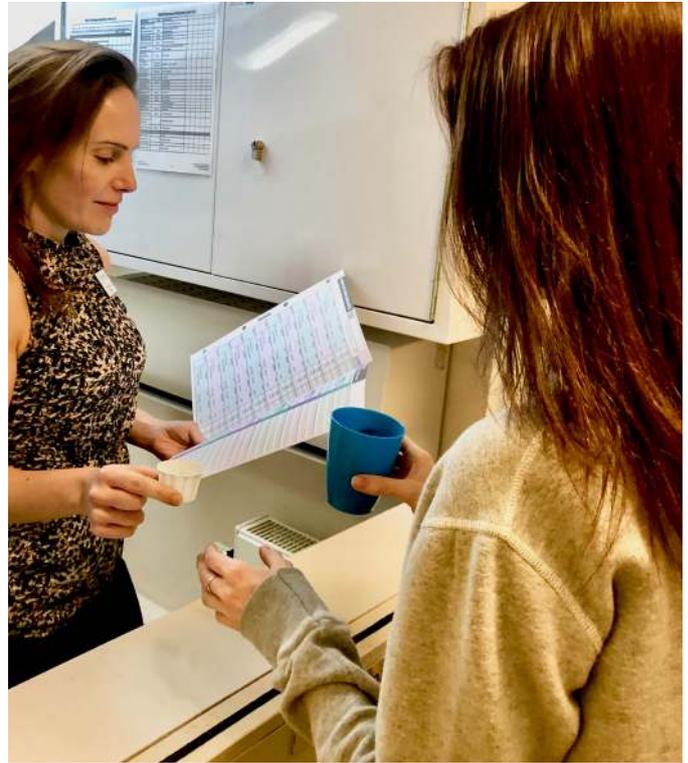
## Our Care

Our team are committed to providing comprehensive treatment which supports the young person and their family who are experiencing the impact of an eating disorder. We provide help with weight restoration combined with an intensive therapeutic package working with the young person and their family or carers.

We offer a range of therapeutic groups and workshops to enable the young person to think about what is happening to them, to feel comfortable expressing their feelings and to make behavioural changes.

Our Multi-Disciplinary team consists of medical, nursing and therapeutic professionals, including family therapy and dietetic input.

We do not offer out of hours admissions. All referrals will receive a response within within 24 hours/next working day. All suitable referrals will be offered a comprehensive assessment prior to admission. Agreed admissions can be arranged within a week subject to bed availability.



## Enquiries & Referrals

Monday to Friday

9am - 5pm

**0330 660 5555 / 01386 853523**

**cotswold.spa@huntercombe.com**

*"You have given us our daughter back. Thank you for all your support (especially through the difficult times). All the staff are a credit to the service"*

- Parent

## Contact us



### Cotswold Spa

Station Road, Broadway, Worcestershire WR12 7DE

### Location

- A five minute walk from the centre of Broadway
- By car, within easy reach of the M5, M4 and M40
- Ten minute drive from Evesham station and half an hour from Cheltenham train station
- Birmingham Airport is about an hour's drive away
- Parking is limited but there is ample parking in a public car park just around the corner

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Believing and achieving together

The Huntercombe Group is one of the UK's leading independent specialist health care providers in the areas of:

- Adult Mental Health
- Specialist Brain Injury
- Child and Adolescent Mental Health Services (CAMHS)

For more information on our hospital and our services, please visit our website:

[www.huntercombe.com](http://www.huntercombe.com)

or follow us on:   