

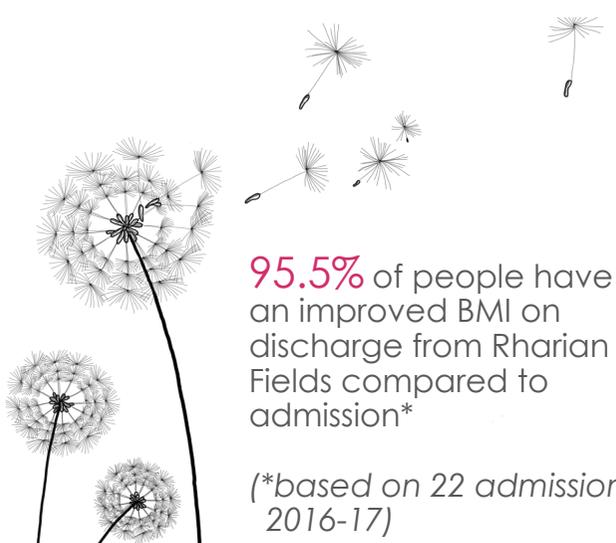
Our commitment to the treatment of eating disorders

Without the right support, eating disorders can have a devastating affect on not only the physical and mental health of an individual but also their relationships, work and family life.

Rharian Fields is a dedicated inpatient Eating Disorders Unit based in Lincolnshire. It provides those with an eating disorder one to one treatment and care in an environment that is safe, supportive and personal.

Our treatment starts with the individual and our experienced team take time to build collaborative, and therapeutic relationships with every person. We address not only the physical results of the eating disorder, but also prepare the individual to address underlying psychological and social factors.

We cater for clients from all parts of the UK. Confidentiality and discretion is guaranteed with compassion, dignity and respect at the heart of everything we do.



95.5% of people have an improved BMI on discharge from Rharian Fields compared to admission*

(*based on 22 admissions 2016-17)

Referrals to Rharian Fields

Referrals to all the services provided by our specialist team can be made via the NAViGO single point of access.

(01472) 256256 option 3 for mental health
NAV.MHSinglePointofAccess@nhs.net

Referral forms can be obtained from the contacts above or can be downloaded from our website: www.rharianfields.co.uk

We accept private referrals from the general public as well as referrals from GP's, Care Coordinators and other Health Care Professionals.

How to Find Out More

For more information about Rharian Fields, please visit our website:

www.rharianfields.co.uk

T: (01472) 808450

E: NAV.RharianFieldsAdmin@nhs.net



search NAViGO
Health and Social



follow
@NAVIGOCARE

NAViGO, NAViGO House, 3 - 7 Brighowgate, Grimsby, DN32 0QE

T: (01472) 583000 E: info.navigo@nhs.net

W: www.navigocare.co.uk

Registered office: NAViGO House, 3 - 7 Brighowgate, Grimsby, DN32 0QE
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Rharian Fields



specialist eating disorder service

Providing treatment in a safe,
supportive and therapeutic
environment



Welcome to Rharian Fields

Rharian Fields specialist eating disorder service offers a multi-disciplinary and comprehensive provision to individuals suffering from complex eating disorders that require the assistance of a specialist service.

We provide specialist treatment determined by individual need, based on clinical expertise and good clinical practice, working to NICE guidelines (2017).

Our Unit is based in North East Lincolnshire and offers an extremely personalised level of care thanks to a high staff to client ratio.

In the pursuit of recovery we view ourselves as compassionate and corroborative in our approach in working with clients.

We appreciate that eating disorders can also have a wider impact on family and carers so we also offer a support group for carers and family members, where both individual and 1-1 sessions can be arranged.

Services at Rharian Fields

We feel strongly that the client is an equal partner in the management of their eating disorder and we respect that they are the expert in their individual illness.

We aim to deliver a service that focuses on the individual, working with each individual to develop a bespoke treatment package to suit them and their stage of recovery.

Our services at a glance:

- outpatient services
- day patient service
- inpatient admission

“As my health improved, I saw food as medication and became determined to lead a healthy lifestyle.”

Getting the right help and support at the right time is extremely important and can be the first step to recovery. This is why Rharian Fields accepts both NHS and privately funded clients for eating disorder treatment.

For an informal discussion about private referrals to the unit, please contact us directly.

Facilities at Rharian Fields

Our inpatient unit is based at The Gardens, Diana, Princess of Wales Hospital, Grimsby, North East Lincolnshire.

We offer homely, stylish and modern accommodation that fosters a relaxed, calm atmosphere.

We have eight individually designed bedrooms all with en-suite facilities that allow privacy and space for our clients.

There are two separate living areas on the unit, both of which are individually styled and offer comfort, solace and privacy should our clients require it.

The main kitchen and dining area which offers a modern but inviting space lends itself well to supervised cooking, baking and dining.

We also have dedicated therapy rooms for individual use or group therapy which form an important part of our programme.

All accommodation looks out onto private gardens where we encourage the growing of fruit and vegetables. Our garden offers a tranquil area that is large enough to facilitate privacy and dignity for individuals using it.

