

Eating Disorders Survey

February/March 2022



Understanding to improve

More people recently have been seeking help for eating disorders. It is important that the people of Norfolk and Waveney can access the best possible service as quickly and easily as possible. Partners from the NHS, charities and Councils have been working on the changes we need to make to our services. To add to this, we need to hear from people of any age who have struggled with their eating and those who have stood alongside them. Only by hearing about the experiences of people with lived experience can the care and treatment for eating disorders improve, leading to better quality of life.

We would like to hear from anyone living in Norfolk and Waveney with current or previous experience of eating disorder, whether they have received any support or not. We would also like to hear the views of people who have supported friends, family and peers with an eating disorder as well as people who have an opinion about support in Norfolk and Waveney that they would like to share. If you would like to guide the plans for providing the best possible help and care for people in Norfolk and Waveney with an eating disorder, we would like to hear from you.

The survey will take you between 10 and 20 minutes. It is completely anonymous and the information collected will be used only for the purposes of improving eating disorder services, and held by the NHS. At the end of the survey there are opportunities to be more involved in the improvements.

A link to the online version of this survey can be found here: <https://forms.office.com/r/9LZ...>

If you would like support with completion of this survey or if you would like a paper copy of the survey, please email: NandWCoproduction@rethink.org

Thank you for reading.