

22 December 2025

Internal guidelines, protocols, policies or standard operating procedures that relate specifically to mealtime/ dining room support in the treatment of eating disorders within your services.

I would be grateful if you could provide copies of any internal guidelines, protocols, policies or standard operating procedures that relate specifically to mealtime/ dining room support in the treatment of eating disorders within your services. This includes, but is not limited to, documents that cover:

- expectations and roles of staff during mealtimes
- levels of supervision and support before, during and after meals or snacks
- management of meal-related distress, behaviours or incidents
- use of any structured mealtime programmes or approaches
- Nasogastric feeding or the use of oral nutrition supplements

If different guidelines are used in different settings, please provide all relevant documents. For example, where your organisation has separate or adapted guidance for:

- inpatient wards
- day-hospital or day-programme services
- intensive outpatient / intensive community treatment
- outpatient or community services

Similarly, I would also be grateful if you could provide all protocol versions, if different protocols apply to different age groups, including:

- adult eating disorder services
- CAMHS / children and young people's eating disorder services
- all-age or transition services, if applicable

For both adults and CAMHs

Inpatient Units

The Belfast Health and Social Care Trust does not have specific protocols for supporting individuals with eating disorders. More broadly all inpatient units are part of the Meal Time Matters Audit

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This includes a Safety Pause and a MTM champion/ coordinator being present at every meal time.

Belfast Trust Adult Community Eating Disorder Service

The Belfast Trust Adult Community Eating Disorder service offers individual meal support to patients within our outpatient setting or within the patient's home environment, whichever is deemed most appropriate. The Service provides individualised meal support to patients in accordance with their care plans, rather than following a single standardised operational policy or procedures.