

## Message From Beat

As the UK's Eating Disorder Charity, Beat talks to thousands of people affected by eating disorders every year. Some of the most common challenges they face relate to transitions. This may be when someone moves from a child and adolescent service to an adult service, or from one treatment approach to another, or – in particular - when they move from hospital to home.

No matter what the transition, the challenges and peoples' responses to them are very similar: worry about what will be different in the new arrangement, anxiety about leaving behind what has become familiar, frustration when they don't get the information they need about the change, and more besides. Not surprisingly, relapse following a transition is a real risk.

I am therefore very pleased to see the TRIANGLE Project underway. I sit on the steering committee and Beat is supporting the project by recruiting participants to the trial. We also guided the project leadership in setting up their online support sessions for participants.

By exploring what can help sufferers and their families to manage the transition as they return home from a hospital stay, we will be increasing the chances of people being able to stay on the path to recovery that they start while in hospital, and we will be empowering everyone involved to play a full and fruitful role in that recovery.

Every participant in the trial is therefore playing a hugely important role in helping to reduce the pain and suffering faced by those who follow them, and Beat salutes you for your contribution.

Andrew Radford

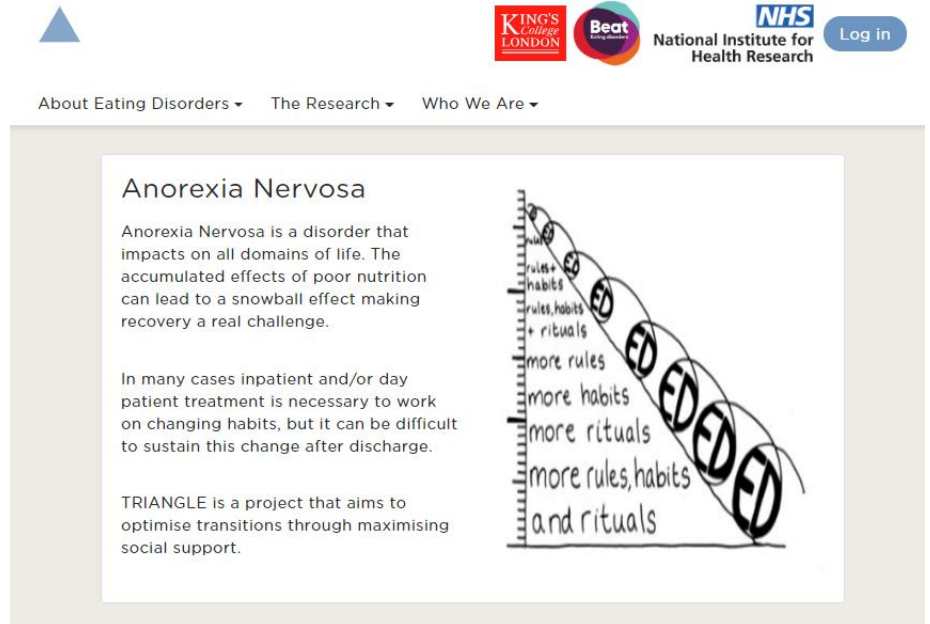
Chief Executive  
Beat

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)



## New TRIANGLE Homepage

Over Christmas our new homepage went live, with new video content. Please share this among staff, patients and carers to increase awareness of the project!



Access it here at <https://triangle.slam.nhs.uk>

## TRIANGLE Championship Programme

Here is the team at **Royal Cornhill Hospital** enjoying their festive mince pies! Thank you for your hard work in November! **Priory Hospital Roehampton**, we will have some gifts coming your way soon!

*Royal Cornhill Hospital, NHS Grampian Eating Disorders team, thank you Lesley for the picture!*



## Site Recruitment Figures

Site	Dyad's Randomized This Month	Total Dyad's Randomized
THE PRIORY ROEHAMPTON	2	3
AVON AND WILTSHIRE	1	10
CENTRAL AND NORTH WEST LONDON	1	9
OXFORD HEALTH	1	9
DORSET HEALTHCARE	1	5
SURREY AND BORDERS	1	5
LEICESTERSHIRE	0	16
SOUTH WEST LONDON	0	16
SOUTH LONDON AND MAUDSLEY	0	14
BERKSHIRE	0	13
BARNET, ENFIELD AND HARINGEY	0	8
MIDLANDS PARTNERSHIP	0	6
2GETHER NHS FOUNDATION TRUST	0	3
DEVON PARTNERSHIP	0	3
ROYAL CORNHILL HOSPITAL	0	2
THE PRIORY SOUTHAMPTON	0	2
CHESHIRE AND WIRRAL	0	2
ESSEX PARTNERSHIP UNIVERSITY TRUST	0	2
THE PRIORY CHEADLE ROYAL	0	1
NORTHUMBERLAND, TYNE AND WEAR	0	1
THE PRIORY HAYES GROVE	0	1
SOUTH EAST SCOTLAND	0	0
TEES, ESK AND WEAR VALLEY	0	0
<b>Adolescent Units</b>		
THE PRIORY ALTRINCHAM	0	3
ELLERN MEDE CENTRE FOR EATING DISORDERS	0	2
ELLERN MEDE BARNET	0	1
<b>Total</b>	<b>7</b>	<b>137</b>