**Annual General Meeting of APPG on Eating Disorders**

Wednesday 11th March

10am – 11am

Room W3, Westminster Hall

**Date**: 11/03/2020

**Attendees:** Dr Lisa Cameron,Julie Elliott MP, Tim Farron MP, Wera Hobhouse MP, Sir George Howarth MP, Tom Quinn (Beat), Katherine Pugh (Beat), Sophie Clark (Beat)

**Apologies:** Scott Benson MP,Ruth Cadbury MP, Neil Coyle MP,Chris Evans MP, Ruth Jones MP, Liz Kendall MP, Caroline Nokes MP, Baroness Parminter, Gavin J Robinson MP and Jim Shannon MP

**Agenda:**

1. Welcome from Wera Hobhouse MP (5 minutes)

Wera Hobhouse provided an overview of the key areas that the group may wish to address including waiting times for people of all ages, transitions between services, increased training for GPs, the diagnostic requirements for eating disorders and levels of research into eating disorders. Wera Hobhouse also emphasised the importance of recognising that eating disorders are mental health disorders and should be treated as such.

1. Official Business, including Officer elections (10 minutes)

The following positions were agreed upon:

Chair: Wera Hobhouse MP

Co-Chair: Scott Benton MP

Vice Chair:

* Dr Lisa Cameron MP
* Julie Elliott MP
* Tim Farron MP
* Sir George Howarth MP

Officers:

* Chris Evans MP
* Baroness Parminter

The name of the group was approved as:All-Party Parliamentary Group on Eating Disorders

The purpose of the group was agreed to be:To improve policy, in particular improving access and treatment for people affected by eating disorders and measures that support prevention and early intervention.

1. Open discussion to set the agenda for APPG (25 minutes)

It was agreed that the group should be action focussed and organise evidence sessions that are also directed towards action.

There was discussion on the areas that the group should prioritise with concerns being raised about the disparity between waiting times for services in different parts of the country, eating disorders being treated as a physical illness, leading to people not being able to receive the treatment that they need, or being discharged too early and a general lack of funding. There was also discussion on what the best approach is to treating eating disorders, with some psychiatrists raising concerns that CBT may not sufficiently address underlying issues. It was agreed that this is an area where it would be helpful to hear from professionals in an evidence session.

The group agreed that the first focus of the APPG would be on increasing research into eating disorders and so as to increase understanding of how best to treat eating disorders. Wera Hobhouse and Sir George Howarth expressed that it would be helpful to have an evidence session looking at examples of good practice, for example at the Maudsley Hospital or at the Priory. It was felt that there may also be a benefit to looking at some of the services that are working less well in order to draw comparisons and see where there are gaps in knowledge. It was also agreed that it would be helpful to involve the Royal College of Psychiatrists in this session.

Beat agreed to create a suggested proposal for an evidence session on the topic of research on eating disorders. Tom Quinn, Director of External Affairs at Beat, also gave the update that one of Beat’s campaigns is on increasing research funding into eating disorders, and agreed that Beat would give updates on the progress of this work, and inform the APPG of how they could support with this.

It was also agreed that the group would consider making visits to eating disorder clinics, Beat can facilitate this if the group feels it would be beneficial.

**Action Point: Beat to write a proposal for an evidence session on eating disorders research and distribute to group**

**Action Point: Beat to provide updates on the campaign to increase research funding into eating disorders**

1. Dates for next meeting (5 minutes)

It was agreed that it would be best to next meet in June/July given the current circumstances with coronavirus. Wera Hobhouse and Beat will send round details as early as possible.

**Action Point: Wera Hobhouse’s Office to send around a suggested date and time for the next meeting**