



09 October 2023

**Our Ref:** RFI 53670

Dear

**Freedom of Information Act 2000  
Information in Relation to Binge Eating Disorder**

I am writing to confirm that the South Eastern Health & Social Care Trust (the Trust) has now completed its search for information relating to above which you requested on 21 September 2023.

A response to each of the questions raised has been provided by the Primary Care & Older People Services Directorate and is attached in Appendix A.

If you are unhappy as to how this request has been handled, you have the right to seek a review within the Trust in the first instance. You should write to the Information Governance Department, Lough House, Ards Community Hospital ([informationgovernance@setrust.hscni.net](mailto:informationgovernance@setrust.hscni.net)) within two months of the date of this response and your complaint will be considered and a response provided, within 20 working days of receipt.

If, after receiving a response, you remain unhappy, you can refer your complaint to the Information Commissioner at The Information Commissioner's Office –Northern Ireland, 3rd Floor, 14 Cromac Place, Belfast, BT7 2JB. It is important to note that if you refer any matter to the Information Commissioner, you will need to show evidence of having gone through the Trust's internal review procedure to try to resolve the matter with the Trust in the first instance.

If you have any queries about this letter, please do not hesitate to contact me. Please remember to quote the reference number above in any future communications.

Yours sincerely

---

**Rebecca Manning**  
**Information Governance Officer**

- Q1. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?**
- a) For under 18s
  - b) For 18+ year olds
- Q2. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?**
- a) For under 18s
  - b) For 18+ year olds
- Q3. Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:**
- a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,
  - b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).
- In the case of self-help, please specify whether this is guided or unguided.*
- Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.*
- Q4. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). If the Trust provides more than one relevant service, please list answers separately against each.**
- a) For under 18s
  - b) For 18+ year olds
- A.** The information requested is not held by the Trust. The Binge Eating Disorder Service is commissioned by the Belfast Health & Social Care Trust (Belfast Trust). Therefore, if you wish to pursue this request I would suggest contacting the Belfast Trust on [publicliaison@belfasttrust.hscni.net](mailto:publicliaison@belfasttrust.hscni.net)