

## Referrals to Rharian Fields

We accept private referrals from the general public as well as referrals from GPs, care co-ordinators and other health care professionals.

Referral forms can be obtained by contacting Rharian Fields directly via email at [NAV.RharianFieldsAdmin@nhs.net](mailto:NAV.RharianFieldsAdmin@nhs.net).

Referrals to all the services provided by our specialist team can also be made via the NAViGO Single Point of Access, if you're registered with a North East Lincolnshire-based GP.

**(01472) 256256 (option 3 for mental health)**

### Eligibility Criteria

- Aged 17 and above
- Open to all genders
- Meet diagnostic criteria for anorexia nervosa, bulimia nervosa, binge eating disorder or OSFED
- Have a care coordinator from their local community mental health team

For more information about Rharian Fields, please visit [navigocare.co.uk](http://navigocare.co.uk)

(01472) 808450

[NAV.RharianFieldsAdmin@nhs.net](mailto:NAV.RharianFieldsAdmin@nhs.net)

**Rharian Fields**  
Milton Road  
Grimsby  
North East Lincolnshire  
DN33 1AX

# Rharian Fields



**specialist eating disorder service**

**Providing treatment in a safe, supportive and therapeutic environment**



**NAViGO**



NAViGO, NAViGO House, 3 - 7 Brighowgate, Grimsby, DN32 0QE

T: (01472) 583000 E: [info.navigo@nhs.net](mailto:info.navigo@nhs.net)

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Company Registration Number 7458926

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## Welcome to Rharian Fields

Rharian Fields offers a multi-disciplinary and comprehensive service for individuals suffering from complex eating disorders.

We provide specialist treatment, based on clinical expertise and NICE guidelines, for diagnoses of anorexia nervosa, bulimia nervosa, binge eating disorders and Other Specified Feeding and Eating Disorders (OSFED).

Catering for clients from all parts of the UK, regardless of gender, we guarantee confidentiality and discretion. Compassion, dignity and respect at the heart of everything we do.

Rharian Fields accepts both NHS and privately-funded clients for eating disorder treatment. Our high staff-to-client ratio allows us to offer a personalised level of care, with bespoke treatment for each service user. In the pursuit of recovery, we view ourselves as compassionate and corroborative in our approach in working with clients.

We appreciate that eating disorders can also have a wider impact on others, so we also offer support sessions for family members and carers.

Rharian Fields is part of the Royal College of Psychiatrists' Quality Network for Eating Disorders accreditation scheme.

## Our Facilities

Getting the right help and support at the right time is extremely important and can be the first step to recovery.

Our bright and modern inpatient unit is based on Milton Road in Grimsby, North East Lincolnshire. We have six individually designed bedrooms – five of which are commissioned by NHS England. These all include en-suite facilities that allow privacy and space for our clients.



Inpatients can take care of their health and wellbeing thanks to our holistic therapy room, while creative service users can take advantage of our well-equipped craft room.

We also offer a self-contained, en-suite apartment that can be used as a step-down facility before service users are discharged. All of our inpatient accommodation looks out onto leafy surroundings, which help to create a relaxed, calm environment for service users.

## Our Services

All of our services and treatments are tailored to the service user and we respect that they are the expert when it comes to how they are feeling. They are an equal partner in the management of their eating disorder.

We offer:

- an outpatient service
- an inpatient service
- a day patient service

Our treatment starts with the individual and our experienced team take time to build collaborative relationships with every person.

We address the physical results of the eating disorder, but also prepare the individual to address underlying psychological and social factors.

We have a multi-disciplinary team who work to ensure their knowledge is at the forefront of current thinking. This includes a consultant psychiatrist, clinical psychologist, specialty doctors and a team dietitian.

Our team work hard to provide access to a wide range of therapeutic interventions, including Cognitive Behavioural Therapy, Behavioural Family Therapy and Dialectical Behaviour Therapy.

