



Eating Disorder Service Plymouth

Annual Report

2025 - 2026

Celebrating 30 Years

A Welcome From Our Director

This year marked a significant milestone for Eating Disorder Services: our 30th anniversary. We were delighted to celebrate with staff, trustees, partners, supporters and stakeholders, past and present, who have all played a part in our story over the last three decades.



We began as a small charity set up to fill a gap in local eating disorder provision. Today, EDS is a highly respected specialist service supporting individuals and families across Plymouth and the surrounding areas.

I'm incredibly proud of what we've achieved over the past 12 months, and excited about what lies ahead. Demand for both our Community Service and Day Service has continued to grow, reflecting the increasing need for specialist support.

None of this happens without the dedication, professionalism and compassion of our staff team, our Board of Trustees, and our partners, funders and supporters. On behalf of the Board, thank you to everyone who has supported EDS this year.

Together, we'll keep building on strong foundations so that everyone affected by an eating disorder receives the care and support they need.

Caragh Sanders-Wright, Director

Our Mission

Eating disorders don't discriminate, neither do we.

Whatever your age or gender, whether you've been struggling in silence or you're finally ready to ask for help, EDS Plymouth is here for you.

We offer specialist therapy and support for adults in Plymouth and parts of West Devon who are experiencing eating difficulties.

You don't need a diagnosis to reach out. You just need to know that something isn't right.

We're here to help you feel safer around food and stronger in yourself.



Our Year In Numbers



578

Referrals
to EDS



757

Clients
Supported



1,863

Hours of
Individual
Therapy



134

Individual
Dietetic
Sessions



54

Carers
Sessions



81

Hours of
Carers
Support



14

Hospital
Admissions
Prevented



3,138

Hours of
day service
support



30

Years of
Specialist
Support

Behind every number is a person.

Each referral, session and hour of support represents someone in Plymouth and West Devon choosing to take a step towards recovery, and a team ready to support them.

Key Milestones

30th Anniversary

Celebrated three decades of specialist support with staff, trustees, partners, supporters and stakeholders.

Growing Demand

Both our Community Service and Day Service saw increased demand.

Continued Investment

Supported by NHS Devon Integrated Care Board and grant-makers including the Garfield Weston Foundation, the Screwfix Foundation and The National Lottery.

Premises Improvement

Creating a safer, more welcoming, fit-for-purpose environment.

A Single Point of Access

For referrals, with rapid triage and more education for medical professionals.

Online Modernisation

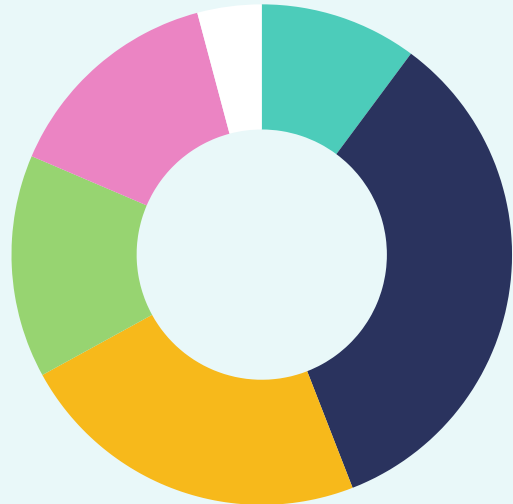
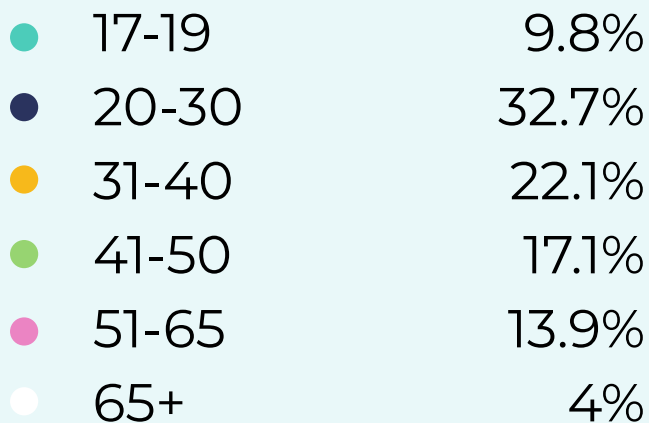
A stronger social media presence, a refreshed website and online referral systems for professionals and self-referrers.



Who We Support

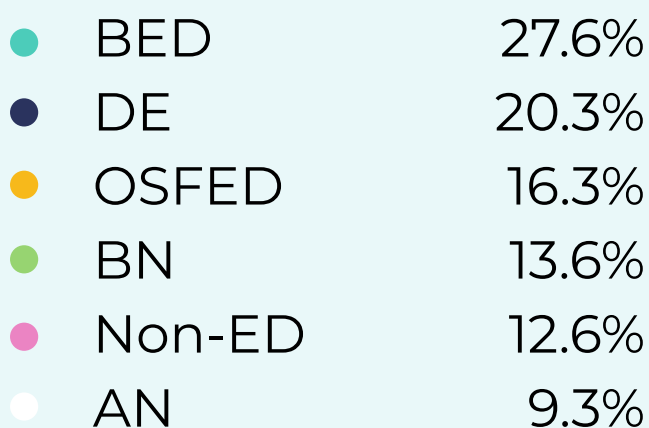
An estimated 1.25 million people in the UK are living with an eating disorder. Here's who came to us for support this year.

Age



Eating disorders can start at any age, but they're most common in teenagers and young adults, with onset typically between the mid-teens and early twenties. At EDS, 35% of our patients are 41 or over.

Type of Eating Disorder

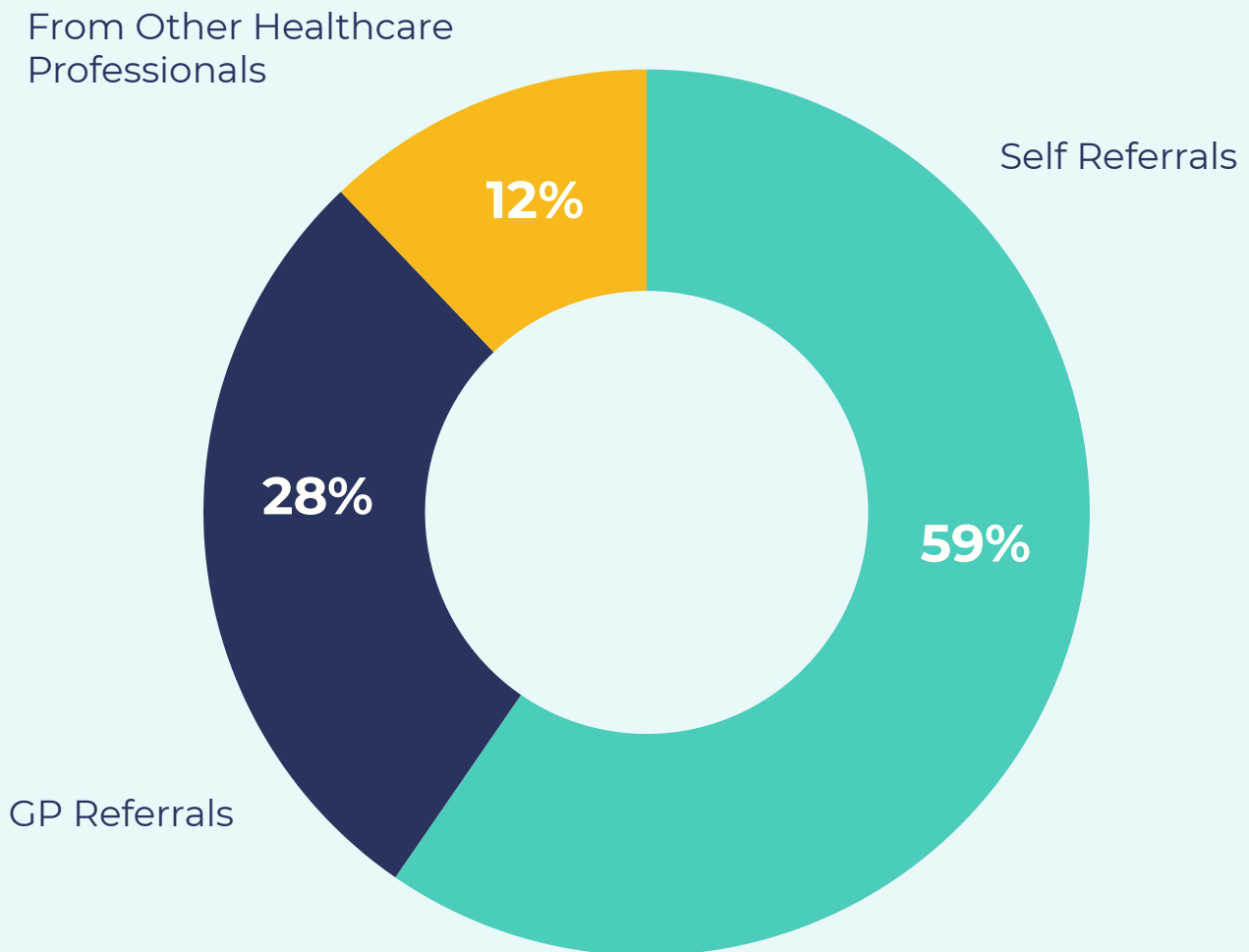


Binge eating disorder (BED) is the most common eating disorder, affecting around 1 in 50 people. 27.6% of patients who attended EDS in the last 12 months presented with BED.

BED: Binge Eating Disorder | DE: Disordered Eating | OSFED: Other Specified Feeding or Eating Disorder | BN: Bulimia Nervosa | Non-ED: [insert]

How People Find Us

We've developed our online service to make referring to EDS simpler and faster, whether you're a professional or referring yourself.



Our new single point of access means every referral is triaged quickly, so people get the right support sooner.

Day Service

Our Day Service is a fundamental part of the Plymouth Eating Disorder Care Pathway.

It offers a high level of structured support for adults who need regular help to manage their recovery: a place to restore health, rebuild confidence and develop skills for day-to-day life, alongside professionals.



17

Patients
Supported



3,138

Hours of
Support



14

Hospital
Admissions
Prevented

Keeping life connected.

Recovery doesn't happen in isolation. We help patients stay connected with everyday life, whether that's home, university, work, family or friends. Support ranges from art therapy to eating out together, building confidence in real-world settings.

This year we ran 142 key work sessions, helping isolated patients reconnect with their communities and supporting them with work and studies. More than a third of our day service patients (38%) were students, and every one of them remained in their studies.

We know recovery affects the whole family, so we also held 53 sessions for carers, supporting the people who support our patients.

Our People & Partnerships

For 30 years, EDS has been built on people: the staff who deliver specialist care every day, the trustees who guide our direction, and the partners who work alongside us to make sure no one falls through the gaps. As demand for our services has grown, so has our team and our network of support. Here's a look at the people behind the numbers.



Partnerships

Eating disorders rarely exist in isolation, and neither does good care. We work closely with EDITT and a range of local services across Plymouth to deliver coordinated, person-centred support. This means people move between services smoothly, professionals share knowledge, and patients get the right help at the right time.



Our Staff

This year we expanded our workforce to meet growing demand. Our team brings together specialist therapists, dietitians and support staff, all committed to compassionate care. We invest in ongoing training, clinical supervision and wellbeing support, because looking after our staff is how we look after our patients.



Our Trustees

Our Board of Trustees gives its time and expertise voluntarily to guide EDS and keep us accountable. This year we welcomed new trustees, bringing fresh skills and perspectives to the board. We also said a heartfelt thank you to three long-serving trustees who stepped down, for their commitment and contribution over many years.

Thank You to Everyone Who Supported Us This Year

For 30 years, EDS has been here for people in Plymouth and West Devon because of your support. To our funders, partners, volunteers, fundraisers and everyone who has donated, referred, championed or simply spread the word: thank you. You help us make sure that anyone affected by an eating disorder can get the specialist care they need, when they need it.

Our Funders



Get In Touch

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