

Date 25/04/2025
Your Ref
Our Ref 9923

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
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Dear

FREEDOM OF INFORMATION – EATING DISORDERS

I write in response to your request for information in relation to eating disorders.

Question:

1. Number of patients currently in treatment at the Regional Eating Disorders Unit (REDU) AND:
 - a. Number of patients over the past 5 years (2020-2025)
 - b. Number of patients broken down into those identifying as men / women or other over the past five years
 - c. Number of referrals to the REDU broken down over the past 5 years
 - d. Number of staff members at the REDU broken down over the past 5 years AND:
 - e. Staff members broken down in categories: administration, therapists (/ other psychological help), dieticians, medical staff and other

Answer:

1.	The number of patients currently in treatment is 386					
a.		2020/21	2021/22	2022/23	2023/24	2024/25
	Female	343	370	461	442	383
	Male	29	40	46	42	44
	Not Specified	0	0	0	0	5<
	Total	372	410	507	484	*
b.	See above					
c.	This information is not available on Trak, information only available from September 2023 - March 2025: September 2023 - Mar 24 - 47 Referrals received April 2024 - Mar 25 - 51 Referrals received					

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Mainpoint
102 West Port
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE
Chief Executive Professor Caroline Hiscox
Lothian NHS Board is the common
name of Lothian Health Board

		2020/21	2021/22	2022/23	2023/24	2024/25	
	LEDS Referrals	571	672	662	747	752	
d.							
e.	Area/Category Regional Eating Disorders Unit	2020	2021	2022	2023	2024	2025
	Administrative Services	1.00	1.00	1.00	1.00	1.00	1.00
	Dietitians	1.53	1.40	1.41	1.40	1.60	1.51
	Occupational Therapy	0.85	0.85	0.85	0.85	0.85	0.85
	Physiotherapy	0.20					0.40
	Medical & Dental	2.15	3.33	1.83	1.73	1.73	2.37
	Nursing	23.59	24.42	23.13	23.72	26.38	25.71
	Psychology	1.00	0.61	1.60		0.03	0.59
	REDU Total	30.32	31.61	29.82	28.70	31.59	32.43

Question:

2. Number of patients currently in treatment at the Cullen Centre
 - a. Number of patients over the past 5 years
 - b. Number of patients broken down into those identifying as men / women or other over the past five years
 - c. Number of referrals to the Cullen Centre broken down over the past 5 years
 - d. Number of staff members at the Cullen Centre broken down over the past 5 years AND:
 - e. Staff members broken down in categories: administration, therapists (/ other psychological help), dieticians, medical staff and other

Answer:

2.	The "Cullen Centre" is no longer a service. The service provision for adults with an eating disorder is provided by the Lothian Eating Disorders Service						
a.	Not Available – see above						
b.	Not Available – see above						
c.	Not Available – see above						
d.	Area/Category Lothian Eating Disorders Serv	2020	2021	2022	2023	2024	2025
e.	Administrative Services Total		3.39	3.39	3.62	2.16	4.05
	Medical & Dental		1.00	3.10	2.10	3.10	3.10
	Nursing	0.75	3.65	1.75	2.00	2.60	2.00
	Psychology	11.04	10.47	12.50	15.97	14.62	13.82
	LEDS total	11.79	18.51	20.74	23.69	22.48	22.97

Notes on the Data:

- The “Cullen Centre” is no longer a service. The service provision for adults with an eating disorder is provided by the Lothian Eating Disorders Service”
- “Patients currently in treatment” has been defined as any patient who has had at least two attended appointments and has had contact with the service in the last 12 months.
- For patients “over the last five years”, patients with less than two attended appointments have been excluded.

To protect the identity of the individuals involved any figure of 5 or less has not been shown in this response. Since we do not have their consent to release this data from their records, the information is exempt under section 38(1)(b) of the Freedom of Information (Scotland) Act i.e. to provide it would breach the Data Protection Act (2018). *For the same reason combined figures have not been provided.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner’s Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner’s response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian’s Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive