

WELCOME TO THE MICHAEL RUTTER CENTRE

A Booklet for Children, Young People & Their Families



Avoidant Restrictive Food Intake Disorder
(ARFID) Service



Maudsley Centre for
Child and Adolescent
Eating Disorders



South London
and Maudsley
NHS Foundation Trust

Why are you coming to see us?

We see lots of
children and
young people who
have difficulties
with eating and
who may need
extra help



When I get there...

First, I will go to reception:



Then I will go to the waiting area:



When I get there...

We also have a games room!



Then you'll meet the team in a room like this:



Here is the team...

(You may not meet everyone shown here and you might also meet other team members that are not here!)



My name is Rachel
and I am a psychologist,
and head of this team!



My name is Pippa
and I am a psychologist



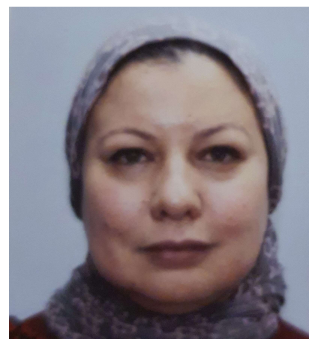
My name is Laura
and I am a psychologist



My name is Charlotte
and I am a psychologist



My name is Amy
and I am a clinical nurse
specialist



My name is Nermin and I
am a psychiatrist

Here is the team...

(You may not meet everyone shown here and you might also meet other team members that are not here!)



My name is Frankie
and I am a psychologist



My name is Ellen
and I am a psychologist



My name is Becca
and I am a psychologist



My name is Cate
and I am an assistant
psychologist

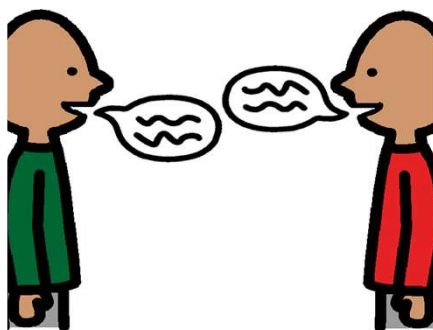


My name is Fahim
and I am an assistant
psychologist

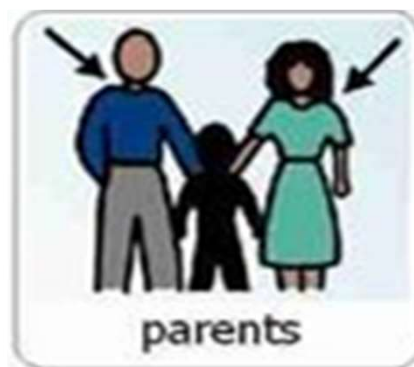


My name is Tanith
and I am an assistant
psychologist

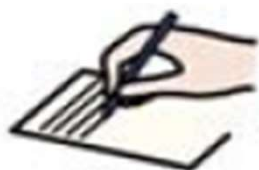
What should I expect at my first appointment?



We will talk with you about food and eating

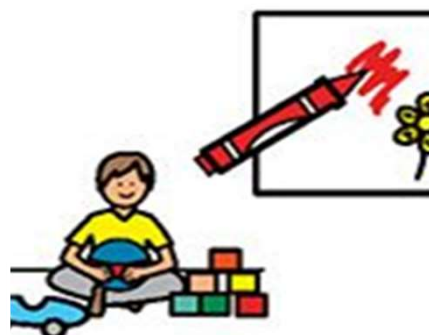


We will ask your parents / carers some questions

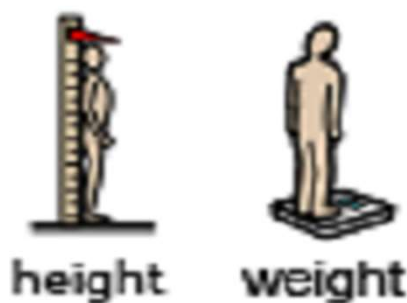


write

We might ask if you can write some things down



We usually have some fidget toys and drawing things for you to use if you want



We might check how tall you are, and your weight



We will not ask you to eat anything while you're here

What happens next?

Your parents / carers
(and maybe you) will
see us again so we can
explain what support
we think might help
you to be more
healthy and happy



We look forward to seeing you soon!