



SCHOEN CLINIC
Newbridge

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THREE



A highly specialised hospital, wholly
dedicated to helping children and
teens with complex eating disorders



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A very warm welcome to Schoen Clinic Newbridge

Schoen Clinic Newbridge is a highly specialised hospital in Sutton Coldfield just outside Birmingham, wholly dedicated to treating children and teens with complex eating disorders such as anorexia nervosa and bulimia nervosa.

Schoen Clinic Newbridge is homely, modern and welcoming and easily accessible sitting in the west midlands, close to main commuter routes and motorways.

Part of the multi-award winning Schoen Clinic UK Group, Schoen Clinic Newbridge welcomes both NHS and privately funded patients for a variety of complex eating disorders including anorexia nervosa, bulimia nervosa, ARFID (Avoidant Restrictive Food Intake Disorder) and OSFED (Other Specified Feeding or Eating Disorders).

Age ranges treated are 8-18 years, on an inpatient/residential basis meaning Schoen Clinic Newbridge treats the more complex/advanced eating disorder presentation.

Schoen Clinic Newbridge offers a wide range of inpatient treatments and therapies, delivered by a multidisciplinary team of psychiatrists, psychologists, therapists, dietitians, mental health nurses, occupational therapists and healthcare assistants working together to deliver the best possible recovery outcome for every young person.

Schoen Clinic Newbridge is nationally and internationally renowned for its clinically advanced treatment pathways and exemplary services to young people and is known for highly effective, long-term recovery outcomes.

Featured in the 2022 BBC documentary, Zara McDermott; Disordered Eating.

Part of an international hospital group

The Schön Klinik Group was founded in 1985 and has since developed into Germany's fifth-largest privately-owned hospital group. It currently treats 300,000+ patients annually at 46 hospitals and clinics across Germany and the UK.

Schön Klinik has remained a trusted and reputable provider of mental health care and is known for its high-quality services, expert staff and commitment to innovation and research.

Schoen Clinic UK Group is multi award-winning, offering innovative treatments for mental health conditions which are not always available via the NHS. We pride ourselves on being able to provide people with fast access to high quality healthcare, with minimal waiting times to start treatment.

Our purpose is to provide the most effective mental health care possible, helping people to feel better and recover faster.

With our groups' 37+ years of experience treating mental health conditions, we have a longstanding reputation for providing highly specialised mental health care, both in the UK and internationally.

Also in the Schoen Clinic UK Group is Schoen Clinic Chelsea, a leading London mental health and wellbeing clinic helping children and adults as outpatients, with eating disorders and mental health challenges.

Schoen Clinic York sits in the north of England and Schoen Clinic UK recently acquired the whole building expanding Schoen Clinic York to an 84-bed facility.

There is an inpatient service for adults with complex eating disorders at Schoen Clinic York and in September 2024, a new service opens offering inpatient care for individuals with young onset, mild, moderate and advanced dementia.

Our presence is international:

- 46 hospitals and clinics across Germany and the UK
- Treating over 300,000 patients each year
- Employing over 11,000 colleagues
- Employing many of our world-leading Consultants
- Highly specialised multidisciplinary teams
- Award-winning facilities
- Nationally and internationally recognised for clinical outcome excellence
- Continuously reinvesting into our facilities, colleagues and technology.



Schoen Clinic Roseneck, Germany



Inpatient treatment at Schoen Clinic Newbridge

Inpatient treatment at Schoen Clinic Newbridge is a crucial step for children and teens struggling with severe eating disorders such as anorexia, bulimia, ARFID and OSFED. Patients with severe eating disorders may suffer from malnutrition, electrolyte imbalances, organ failure and other serious medical complications. Therefore, the initial focus of inpatient treatment is on addressing these medical issues.

Once medical stability is achieved, the treatment shifts to addressing the underlying psychological factors contributing to the eating disorder.

Integrated therapy

Our multidisciplinary team includes physicians, psychologists, dietitians and nurses, providing a comprehensive treatment plan that incorporates various evidence-based therapies.

Key therapeutic approaches include:

- **Cognitive Behavioural Therapy (CBT):** Helps patients change negative thought patterns and behaviours.
- **Family-Based Treatment (FBT):** Engages the family in the recovery process.
- **Dialectical Behaviour Therapy (DBT) skills:** Assists in managing emotions and developing coping strategies.

Personalised inpatient programme

Our inpatient programme is available to children and young people aged 8-18, regardless of gender or orientation. We recognise that each individual is unique, and our treatment plans are tailored to meet the specific needs of each patient. Early intervention is critical in increasing the chances of a full recovery.

Understanding the root of the problem

Eating disorders often emerge as coping mechanisms for managing difficult emotions and situations. These conditions can lead to unhealthy behaviours such as overeating, undereating, overexercising and obsessive worry about weight or body type.

Our goal is to identify the underlying causes and contributing factors to these disorders and provide comprehensive treatment to address them.

Types of eating disorders treated

- **Anorexia Nervosa:** Characterised by severe food restriction, a distorted body image and an intense fear of gaining weight. Patients may perceive themselves as overweight even when they are dangerously underweight and attempt to lose weight through excessive exercise, inadequate nutrition, or a combination of both.
- **Avoidant Restrictive Food Intake Disorder (ARFID):** A condition characterised by the person avoiding certain foods or types of food, having restricted intake in terms of overall amount eaten, or both.
- **Bulimia Nervosa:** Involves cycles of binge eating followed by compensatory behaviours such as vomiting, excessive exercise, or laxative use. Individuals experience persistent and regular episodes of eating excessive amounts of food while feeling a lack of control over these episodes.
- **Other Specified Feeding and Eating Disorders (OSFED):** According to leading eating disorders charity BEAT, this is the most prevalent eating disorder. It includes all individuals whose eating disorder symptoms are outside the normal range for any specific eating disorder.

Our specialised treatment approach

At Schoen Clinic Newbridge, our integrated therapy strategy acknowledges the importance of family support and addresses both the physical and psychological needs of our patients.

Our specialists use the most innovative treatments available to help overcome eating disorders, including Cognitive Behavioural Therapy (CBT), which is widely recognised as an effective treatment for bulimia.

The benefits of inpatient eating disorder treatment

Recognising eating disorder symptoms early and addressing them in a dedicated setting is crucial. Inpatient/residential treatment involves admission to our hospital and provides round-the-clock care by our dedicated multidisciplinary team of child eating disorder specialists.

Our team includes physicians, psychologists, dietitians, and nurses to support children and young people with eating disorders.

By staying with us children can distance themselves from triggers and negative influences, allowing them to focus on their recovery and overall well-being. Inpatient treatment provides a supportive sanctuary where children, adolescents and teens can prioritise self-care and recovery, ultimately facilitating healing, recovery, and growth.

What to expect from inpatient eating disorder treatment

The inpatient treatment we provide is personalised to each young person and their eating disorder. One-to-one, family and group therapy sessions are also available for those receiving treatment.

Our comprehensive treatment programme may include the following components:

- **Psychotherapy, occupational therapy and psychology:** addressing the psychological and functional aspects of eating disorders.
- **Specialist mealtime support and dietetics:** ensuring nutritional needs are met in a supportive environment.
- **One-to-one therapy:** personalised sessions to address individual issues.
- **Group therapy:** facilitating peer support and shared experiences.
- **Family therapy:** involving families in the recovery process.

Some inspiring words from a former patient

"When I first arrived at Schoen Clinic Newbridge I felt I was completely lost and all hope was gone, however, throughout the months of my admission - even from conversations with healthcare assistants I was able to grasp the smallest shred of hope and carry myself through.

Hopefully, to anyone reading this who has considered receiving treatment here or maybe considering recovery, I hope that the fact I am sitting here living a substantial life on the other side of fear will give you the nudge to choose recovery.

I cannot thank the team enough, who simultaneously challenge all patients whilst remaining kind and reassuring.

Thank you."



James Brindley Academy at Schoen Clinic Newbridge

Uninterrupted education, whilst undergoing inpatient treatment

James Brindley School at Schoen Clinic Newbridge is dedicated to providing education and support for young people between the ages of 8 and 17 who are undergoing specialised treatment for eating disorders.

Our mission is to ensure that every young person continues their educational journey while receiving the highest quality care.

Our commitment to education

At James Brindley, we are committed to offering a quality learning experience that empowers our young patients to stay 'on track' with their studies during their residential stay. We understand that maintaining education is not just about academics; it's about nurturing the holistic development of our students.

Our school team strives to create a safe, purposeful, and productive learning environment within the hospital setting. Here, young people can access specialist subject support and a tailored curriculum that meets their unique needs. We work in close collaboration with the clinical staff to ensure the safety and wellbeing of all our students.

James Brindley School is a fully integrated part of the multidisciplinary team at Schoen Clinic Newbridge. We maintain open lines of communication with clinical staff to ensure that educational and therapeutic needs are seamlessly balanced. Regular progress reports are shared during Care Plan Approach (CPA) meetings, and we provide ongoing feedback to parents and home schools.

Treatment, recovery and education - in harmony

Our school operates within purpose-built classrooms located within the main residential hospital. Young people can access school alongside their therapeutic timetable, ensuring that their educational needs are considered alongside their physical, mental and emotional wellbeing.

We collaborate closely with each student's home school to maintain consistency and ensure they can 'keep up' with their peers. Our trained subject specialist teachers plan and deliver content appropriate for each key stage, ensuring that students receive the education they deserve.

Empowering young people to reach their full potential

At James Brindley School, we take immense pride in the academic achievements of our young patients. Despite the challenges they may face during their treatment for eating disorders, many of our students excel academically and achieve excellent GCSE grades.

Our dedicated teachers and support staff work tirelessly to provide a nurturing and empowering environment that fosters learning and growth. Through personalised education plans and close collaboration with each student's home school, we have witnessed our students not only maintaining their educational progress but often surpassing expectations.

We believe that these accomplishments are testament to the resilience and determination of our young patients, as well as the unwavering support they receive from our school community.

The importance of continued education during treatment

For young people grappling with eating disorders like anorexia, bulimia or OSFED, continuing their education can play a vital role in their recovery journey.

Here's why:

- **Structure & routine;** Education provides structure and routine, which can be especially beneficial during challenging times. It helps students regain a sense of normalcy in their lives.
- **Sense of achievement;** Academic accomplishments can boost self-esteem and provide a sense of achievement, which is crucial in the recovery process.
- **Social interaction;** School offers opportunities for social interaction with peers, reducing isolation and nurturing a sense of belonging.
- **Future goals;** Education opens doors to future opportunities and career aspirations. It reminds young patients of their potential beyond their current challenges.

Information for parents

We understand that parents may have concerns about their child's education during treatment. Rest assured, our team is here to provide guidance and support, ensuring that your child receives the education they need while focusing on their recovery.

As parents, you can take comfort in knowing that your child's education is in capable hands. We are committed to helping them achieve not only their academic goals but also their dreams and aspirations beyond their time at Schoen Clinic Newbridge.

If you have any questions or would like more information about our school, please don't hesitate to contact our team at Schoen Clinic Newbridge. Your child's education and wellbeing are our top priorities.

Celebrating achievements

Two pieces of artwork submitted by patients/students at Schoen Clinic Newbridge/James Brindley, titled 'Morphed Collection' and 'Growth,' were voted as runners-up in an art competition for their exceptional portrayal of the theme 'coming through a mental health crisis.'

These pieces were displayed at the Royal College of Psychiatrists Quality Network for Inpatient CAMHS (QNIC) Annual Forum, where delegates voted on their favourites, resulting in a very close competition among all entrants.

Congratulations to our talented young patients for their impressive achievements!



"I just received my GCSE results and I'm ecstatic! I couldn't have done it without you so thank you from the bottom of my heart."

- Former patient, Schoen Clinic Newbridge

"I'll always remember Dave for how amazing he was. He worked with me to help me learn around my struggles and kept me up to date on what my classes at home were learning. He was such a positive person and didn't mind how many times he had to explain something until I learnt it. He helped more than he'll ever know!"

- Former patient, Schoen Clinic Newbridge

*"2 years post Schoen Clinic Newbridge and I just received 3A*s in my A-levels. I wouldn't have been able to do that if it wasn't for Newbridge James Brindley!"*

- Former patient, Schoen Clinic Newbridge

Meet our dedicated school team



Nicola Winslow
Centre Leader - Teacher



Michelle Brookes
English Teacher



Dave Close
Science Teacher



Jane Jephson
MFL Teacher



Sarah Mitchell
Humanities Teacher



Genna Parker-Harman
Art Teacher



Sarah Young
Maths Teacher



Anne Sayles
School Administrator





Inside Schoen Clinic Newbridge

We welcome visitors to Schoen Clinic Newbridge and are always pleased to show people around our hospital, by prior arrangement. You can rely on a warm welcome from every member of our team, who are always on hand to help.

Meet our senior management team

Kerry George

Hospital Director

Kerry has 17 years+ experience within mental healthcare and her vision for Schoen Clinic Newbridge is to keep delivering outstanding patient care.



Lucy McFadyen

Clinical Manager

Lucy has held a wide range of nursing roles, including healthcare assistant, staff nurse, senior staff nurse and lead nurse. She was appointed Clinical Manager in October 2020.



Richard Cappell

Operations Manager

Richard's role encompasses looking after the day-to-day smooth running of the hospital, ensuring a safe environment for patients, colleagues, visitors and guests.



Finding Schoen Clinic Newbridge

Arriving by car

Exit the M6 at Junction 7 onto the A34 towards Walsall and join the A454 (Aldridge Road). Stay on the A454 for approximately 1.2 miles before turning right onto Chester Road, Schoen Clinic Newbridge will be on your right-hand side.

Parking

Limited parking is available onsite.

Arrival by public transport

Schoen Clinic Newbridge is easily accessible from Birmingham New Street station and Sutton Coldfield train station. Public buses serve the area, and you can find taxis available at both stations.

Accessing care at Schoen Clinic Newbridge

We like to make accessing our services as easy as possible. If you or someone you know needs our help, please reach out to our friendly team using the details below.

Telephone: 0121 580 8362

Private enquiries and referrals:

che-privateenquiries@schoen-clinic.co.uk

NHS referrals: newbridge.referrals@nhs.net

Website: schoen-clinic.co.uk/birmingham

Address: Schoen Clinic Newbridge, 147 Chester Road, Streetly, Sutton Coldfield, B74 3NE.

Funding methods accepted: NHS funded patients. Self-funding patients and privately insured patients from BUPA, Healix, WPA, AXA, Cigna and Vitality.



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Schoen Clinic Newbridge is part of the Schoen Clinic UK Group



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