

InsideOut

Value yourself from the InsideOut



Issue No. 3 Winter 2011

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Helpline 1300 550 236 help@eatingdisorders.org.au

Open 9.30am-5.00pm Monday to Friday

Words from the EDV President

It's hard to believe that this is already our third edition of *Inside Out*. It's hard to believe that here we are seemingly just over Christmas and suddenly it's winter. It's hard to believe I'm this old! Life is full of 'it's hard to believe' moments. For many eating disorder sufferers their 'hard to believe' moment is when they suddenly find themselves getting better. Gradually food seems to be taking its natural place and their life is opening up once more. Our aim at Eating Disorders Victoria (EDV) is to support and work with families and sufferers to reach that moment which may at times seem almost inconceivable.

We know that our recovered volunteers are passionate about giving hope and encouragement to all who struggle daily with food. As one of the recovered, I understand that, for a sufferer, talking to someone who has been through a similar experience is like a breath of fresh air; you know they understand how you think and feel at every level. This evidence of recovery certainly gives hope to a sufferer and I am sure that the volunteers at EDV are a fine resource in the continuation of our work.

Even if you have never had a problem with food, you still have your part to play in a world where food and appearance is often a commercial focus. Refuse to be part of this fantasy; no food or face cream will make you a sensational beauty. You are already a beautiful and amazing work of nature and your job is to appreciate this and make sure all around you do the same.

We hope you enjoy this edition and find it both interesting and inspirational.

Gill Ryan

Gill Ryan
President, EDV Board of Directors

EDV Staff Changes

There have been some changes around the EDV office of late, with the welcoming of some new staff and Board Members, but also, sadly, the departure of others.

In the summer issue of *Inside Out* we mentioned that our principal Family Support Officer Helen Franks needed to take a 12-month sabbatical from EDV, but it is with sadness that we inform you that Helen will not be returning to EDV. However, Family Support Officer Rebecca Wickham has stepped up her hours of work and is rapidly expanding her areas of expertise to ensure that we continue to provide the same support, warmth, compassion and practical suggestions that has made our Family Support Service so highly valued.

EDV also recently welcomed Eve Bowtell to the Family Support team. Eve is a former schools psychologist who is currently undertaking PhD research with The Royal Children's Hospital, onTrac@PeterMac and the University of Melbourne on the support services accessed by parents of teenagers with cystic fibrosis, anorexia nervosa or cancer. Eve's Family Support role at EDV involves updating the families and friends support material and co-facilitating the skills-based learning program for families, *Building Hope*.

In March, Megan O'Connor, EDV's PR and Communication Officer moved into the role of Communications and Grants Project Officer. In this expanded role, Megan will focus on increasing EDV's success in winning funding from the philanthropic sector as well as continuing to develop

other income and fundraising opportunities. Megan will continue to oversee EDV's communications and media activities. With Megan moving into this position, EDV's PR and Communication volunteer intern, Brooke Scantlebury, has been employed as a PR and Publications Assistant.

In March the EDV Board said goodbye to Vice-President (and former President) Rob Anderson. Rob has contributed greatly to the development of the EDV Board for several years and his knowledge, experience and wry sense of humour will be missed. Rob remains a great supporter of EDV. In May, the EDV Board also said goodbye to Treasurer Sandhya Chakravarty, who was unable to remain on the Board due to work commitments.

In the first few months of 2011, the EDV Board welcomed several new members – Tracey de Poi, Lesley Simons, Matthew Tence and Debra Goldfinch. The new members, between them, bring an extraordinary blend of skills and experience to the table, including caring for people with eating disorders, business, commercial and legal acumen, and Matthew Tence has quickly stepped up to fill the position of Treasurer following Sandy's resignation. EDV is lucky to continue to have people of such calibre involved in our governance.

Appointments with
EDV's Family and
Recovery Support officers
can be made through
the Helpline 1300 550 236

EDV is Tweeting

In February EDV began 'tweeting' on Twitter, an online social networking site in which people communicate in 140 characters or less. Our Twitter page will be updated with links to upcoming events and to let people know what

is going on in the EDV office. If you would like to follow us or 'tweet' us, you can find us at http://www.twitter.com/ED_Victoria

twitter

Launch of a New Look EDV



A new and exciting look for EDV's website and logo has been bubbling away at EDV and we are pleased to announce that on 1st July a new look EDV website will go live!

The new website, including a dedicated youth website, and the new EDV logo has been possible with the generous assistance of our new website provider, Butterfly Internet, and by the use of the prize money awarded to EDV in recognition of the EDV-Hairhouse Warehouse corporate

sponsorship by the Rotary Club of Southbank last year.

Increasing online traffic, plus requests for extended online information and support were driving factors in our decision to create an updated website that provides clear help for anyone affected by an eating disorder. The new website has been designed to make it easier for visitors to navigate to the information that is most likely to help with their particular needs and incorporates new features developed in response to feedback from website users.

For the younger users, EDV has joined forces with REAL Girl Productions to create a youth site that provides information and support for young people aged 12-25 years old. The bright and

creative site features information and support on body image, self esteem, eating disorders and how young people can access support services for themselves or for a friend, sibling, relative or parent.

The site aims to empower young people to feel good in their bodies through continual celebration of the diversity and capabilities of the body, by promoting young people's achievements and by challenging society's stereotypes.

Check out the new EDV site at www.eatingdisorders.org.au and the REAL site at www.realmagazine.net.au and let us know what you think.



International Women's Day

From Monday 7th-Sunday 13th March, EDV joined with women around Australia to celebrate 100 years of International Women's Day.

On Thursday 10th March, in partnership with WIRE Women's Information, EDV held a funny, yummy and informative *Health At Every Size* luncheon. The luncheon aimed to reinforce one of the key precepts of the *Health At Every Size* movement, self-acceptance – the affirmation and reinforcement of human beauty and worth irrespective of differences in weight, physical size and shape.

Comedian Kelly Nash was the event's entertaining compere, and provided a rip-roaring act which involved (positive body image) stripping, singing and most importantly of all, lots of laughter from the attendees.

The event was launched by the Honourable Mary Wooldridge MP, Minister for Mental Health, Women's Affairs and Community Services, who spoke passionately about women's challenges and achievements over the last 100 years in Australia.



L-R Kirsty Greenwood, Julie Parker, Naomi Crafti, Josephine Gibson, Honourable Mary Wooldridge MP and Samiro Douglas

Minister Wooldridge has shown great interest and support for EDV's work, and it was wonderful to have her present at this well-attended women's event.

While our guests indulged on a mouth-watering African lunch, EDV's Education Officer Naomi Crafti delivered an interesting presentation on *Health At Every Size*, promoting the growing understanding that size and appearance alone are not reliable indicators of health.

Naomi was followed by Julie Parker, a positive body-image campaigner, counsellor and blogger, who gave another engaging presentation showing some of the digital and marketing tricks used to manipulate

women into being dissatisfied with their bodies.

EDV would like to thank all the participants in the event:

- WIRE Women's Information (www.wire.org.au) for their partnership
- Minister Mary Wooldridge (www.marywooldridge.com) for her attendance, speech and support
- Julie Parker (www.beautifulyoubyjulie.com) for her talk and for coordinating the Endangered Species elements
- Kelly Nash for compering
- Many thanks also go to
 - *Australian Girl Doll* (www.australiangirldoll.com.au)
 - *Styled with Love* (www.styledwithlove.com.au)
 - *Indigo Magazine* (www.indigo4girls.com) who provided prizes and giveaways for the day.



Education Programs

The need for education on eating disorders, body image, mindful eating and self acceptance has seen increasing requests for educational sessions run by EDV, both for professionals and at a community based level.

SCHOOL PROFESSIONALS

Working with professionals in the education sector, Naomi Crafti, EDV's Education Officer, runs half day school workshops for teachers, welfare staff, physical education teachers and school principals to better equip them to handle situations in the school community.

One of these workshops helps staff understand the nature of eating disorders, warning signs and ways to identify students most at risk. The workshops also provide school staff with information about how to approach students who may have an eating disorder, where to get help and how to support these students through their recovery.

A second half-day workshop, also geared towards primary and secondary school staff, focuses on the important area of prevention of eating disorders. This workshop uses a whole-school approach to provide ideas around school policy development, curriculum activities,

staff, student and parent awareness raising events and peer programs that can help develop a body-image friendly school environment.

SCHOOL STUDENTS

EDV also works directly with students in schools, with sessions aimed at helping the students celebrate body diversity and build self-acceptance. The interactive student sessions include media literacy material, explanation of the dangers of fad dieting and the introduction of alternative, healthier ways to think about food, eating and beauty topics.

OTHER PROFESSIONALS

Naomi also runs sessions aimed at other professional groups, including physical and mental health practitioners (non eating disorder specialists), fitness professionals, dance teachers and youth workers. According to Naomi, these professionals are often working with "a segment of the high risk population". The skills they learn in these workshops enable participants to better identify warning signs, know how to intervene and refer appropriately, and how to support people with eating disorders who may be within their realm of responsibility. These workshops also provide information about

prevention and promoting environments for all people that celebrate a diversity of body types and focus on health, not weight.

COMMUNITY

EDV is active in educating the general community about eating disorders and other topics which are often associated with disordered eating behaviour. Not all presentations are directed towards people with an eating disorder or their carers – many are targeted towards prevention and provide information about how to promote positive body image, alternatives to fad dieting and excessive exercise for health and related issues like the sexualisation of children and appearance related bullying and teasing.

While EDV is currently working with many different groups within the community, we are always aware that there are more people who could benefit from hearing our messages.

**Due to limited funding, fees for professional presentations may apply*

*Know an organisation, school or community group you feel would benefit from an EDV Education Program?
Call EDV: 03 9885 6563*

Royal Melbourne Hospital Partnership with EDV

In 2010 EDV, in collaboration with the Royal Melbourne Hospital (RMH), set up an initiative to provide further support to family members and carers of patients at the RMH. While it is typically the person with an eating disorder that is the focus of treatment, family members and carers often play an integral role in the recovery process and therefore require their own support. EDV's Family Support Officer, Rebecca Wickham, provides family support appointments to families onsite at RMH one morning per month.

In addition, EDV and RMH will be jointly facilitating EDV's skills-based

workshop program, Building Hope, for families and carers at RMH. The Building Hope program, which EDV also runs independently from the RMH, is a 6-week program based on the work of Janet Treasure and colleagues at the Maudsley Hospital in London. The program is based on evidence-based research and carer experience, and aims to teach communication skills and motivational principles to family members and carers to enhance their capacity to support their loved one towards recovery.

Rebecca believes that working with existing treatment facilities

means that we can reach families at an important time in a person's recovery process. "When those with an eating disorder are engaged in treatment and working to make changes, families have an opportunity to play a key role in supporting their loved one to generalise these changes to their home environment," Rebecca said.

EDV plans to expand its support work to other treatment services during 2011.



The Royal Melbourne Hospital

Ballarat Community Awareness Evening

Following frequent requests for information from people in the Ballarat region, EDV and Ballarat Health Services joined forces to hold a free community awareness evening in March. With 12 people initially registering for the event, the organisers were thrilled when over 40 people attended, with a big mixture of teachers, social workers, dietitians, individuals and families of people with an eating disorder.

The event focused on busting myths associated with eating disorders, so sufferers and their family and friends were able to gather reliable information to dispel ideas which could have a negative effect on a sufferer's recovery.

The event, which was timed to publicise the launch of a new Recovery Support Group in Ballarat, included a question and answer session where convenors of the Family & Friends and Recovery Support Groups answered questions from attendees. Talks from a recovered speaker and a carer about their experiences provided further connection points for the eager-to-learn audience.

EDV's Recovery Support Officer Natalie Wild developed the event's programme with local input so that it would be relevant for people in the Ballarat region. Natalie said that working with Ballarat Health Services was a great experience because "they were so keen and so supportive on many levels."

In feedback, almost every attendee listed a different point as their 'most important take-home message', which Natalie believes "showed we were able to cater to the different needs of everyone". The feedback also showed that many attendees ultimately understood that eating disorders are complex mental illnesses and that no one treatment works for everyone.

Special thanks are due to Ballarat City Council for a grant in support of the evening, and their ongoing support of the Ballarat support groups.



2011 Event Calendar

Our Calendar of Events is regularly updated with new events, so if you would like more information on the events listed below or to view events not listed here please visit www.eatingdisorders.org.au/events

June

TUESDAY 7TH JUNE

Life Is Not One Size Fits All: Health At Every Size – Pakenham CARE

THURSDAY 16TH JUNE

What Happens When You Don't Love Your Body – Frankston CARE

WEDNESDAY 22ND JUNE

Promoting Positive Body Image and Healthy Eating – Stonnington CARE

July

TUESDAY 19TH JULY

Promoting Positive Body Image & Healthy Eating – Bayside CARE

THURSDAY 21ST JULY

Life Is Not One Size Fits All: Health At Every Size – Monash CARE

THURSDAY 21ST JULY

Mindful Eating Workshop – EDV

August

TUESDAY 9TH AUGUST (FOR 6 WEEKS)

Building Hope – Frankston

WEDNESDAY 3RD AUGUST

Promoting Positive Body Image & Healthy Eating – Hobson's Bay CARE

THURSDAY 18TH AUGUST

EDV Schools Workshop 1*
– Understanding & Managing Eating Disorders in Schools (1st half of the day)

EDV Schools Workshop 2*

– Preventing Eating Disorders and Promoting Positive Body Image in Schools: A Whole School Approach (2nd half of the day)

** You can go to either/or both of these workshops*

SATURDAY 20TH AUGUST

Finding Hope – Ballarat
1 day workshop

WEDNESDAY 31ST AUGUST

Promoting Positive Body Image & Healthy Eating – Knox CARE

September

MONDAY 5TH – SUNDAY 11TH

Body Image and Eating Disorder Awareness Week

THURSDAY 8TH SEPTEMBER (FOR 6 WEEKS)

Building Hope – Ringwood

SATURDAY 10TH SEPTEMBER

Finding Hope – Shepparton
1 day Workshop

October

TUESDAY 18TH OCTOBER

Horsham CARE

WEDNESDAY 19TH OCTOBER

Stawell CARE

WEDNESDAY 26TH OCTOBER

EDV's Annual General Meeting

November

WEDNESDAY 16TH NOVEMBER

WIRE CARE

December

THURSDAY 8TH DECEMBER

Mindful Eating Workshop – EDV

Book Review

What's Happening to Our Boys?

BY MAGGIE HAMILTON

*Reviewed by Natalie Wild,
EDV Recovery Support Officer*

What's Happening to Our Boys? by Maggie Hamilton, is a resource of up-to-date information on the world our boys are living in, and how parents can help guide and support their sons through the trials and tribulations that life holds for them. The book is set out in chapters from birth to adulthood, and discusses the effects of society, technology and peer pressures on boys. At the end of each chapter is a checklist of things parents can do with and for their son at each age and stage of their development.

I found *What's Happening to Our Boys?* appropriate, accurate and insightful. As a parent of two teenage boys, it was a great source of information and it gave me a heightened awareness of the influences surrounding the boys, both in and outside the home, and

how to communicate, support and monitor what is happening for them.

Of particular note – there is a chapter called 'Worries About Body Image' which addresses body image concerns, obesity and eating disorders. There is also a list of further reading in regard to body image and eating disorders on page 299.

This is a book that you may find more helpful to read in sections over time, rather than to read from cover to cover all at once. I found the beginning of this book a bit tedious and less engaging because the content wasn't relevant to my stage of life, but once I hit the 15+ age stage I couldn't put it down. A colleague with a younger son was unable to put the book down in the beginning, but once it ventured beyond her son's years, found it less relevant for her current situation but said she would refer to it in future as her son gets older.

I would encourage any parent with boys to have this resource on their bookshelf. It is not only a positive

learning and awareness tool for parents, but also a great source of encouragement when the pages reaffirm the choices you are making for your children.

Maggie Hamilton has also written a book called *What's Happening to Our Girls?* which parents of girls may find more relevant.

Suitable for: Any adult audience, including people with an eating disorder.

Recommended reading for: Parents with boys.



Recent Research

A study released by the Archives of General Psychiatry in March 2011 detailed the recent incidence rates of eating disorders compared to a decade ago. The study found that since 1990, the incidence rates of anorexia has remained stable, while the rates of bulimia and binge eating have almost doubled.

The American study, which gathered data from around 10,000 adolescents aged 13–18 years and was undertaken by the National Institute of Mental Health, discovered that prevalence rates

were 0.3 percent for anorexia nervosa, 0.9 percent for bulimia nervosa and 1.6 percent for binge-eating disorder. Heidi Dalzell, a Philadelphia Eating Disorder examiner said that “it is not clear why the rates of anorexia have remained stable while bulimia and binge eating have increased so significantly...”. EDV’s Education Officer Naomi Crafti believes that this may be due to better detection rates for bulimia and binge eating disorder these days; “anorexia has always been a very visible disorder, while binge eating and bulimia have not; moreover binge eating is the

body’s normal response to dieting (restrictive eating), so with increasing incidences of diets, so too binge eating increases”.

The research also found that the severity and effects of eating disorders are higher than other psychological disorders, with them sometimes involving medical complications, death, suicide and other illnesses as well as a high rate of other psychiatric illnesses. The study also found that 19.6 percent of those recognised to be suffering from anorexia also suffered from a severe social impairment.

Navigating the Treatment Maze

Talking about and getting help for an eating disorder is very difficult and with so many treatment options available, it can often become confusing too. We hope to ease some worries by helping you navigate some of the treatment options available while you begin your path to recovery.

THE PATH TO RECOVERY IS DIFFERENT FOR EVERYONE, BUT IT IS POSSIBLE

Finding the right practitioner can be a difficult process, but Eating Disorders Victoria can assist you in taking the first step towards recovery by finding a health care professional that is right for you. When a person recognises their illness and acknowledges that by seeing a therapist they are giving themselves a gift they are worthy of receiving, then the long and vigorous road to recovery has begun.

CHOOSING THE RIGHT PRACTITIONER

An important part of the recovery process is working with a practitioner who is right for you. It is vital for your recovery to choose a practitioner you feel comfortable with to join you on this journey. Some questions to consider asking your potential therapist are; is the practitioner properly and fully qualified? Have they dealt with someone with an eating disorder before? Do they have experience and knowledge in dealing with an eating disorder? What treatments do they provide or specialise in? You can ask your practitioner these questions beforehand to ensure you feel comfortable with their level of expertise and experience in dealing with eating disorders.

QUESTIONS TO ASK YOURSELF WHEN CHOOSING A HEALTH CARE PRACTITIONER INCLUDE:

- Do I feel safe and comfortable with this person?
- Do I feel that my ideas and concerns are listened to and respected?
- Do we agree on the nature of the eating disorder?
- Do I think this person has something to offer me?
- Do I feel supported and encouraged?
- Do I feel willing to work with this person?
- Does the practitioner's goals of treatment match my own goals?
- Does this person come across as friendly and honest (and any other qualities that you would like your practitioner to have)?
- Does this person willingly answers my questions?
- Does this practitioner include my family in the treatment process (if that is important to you)?

If you answered yes to quite a few of these questions, it's a good sign that you've found a practitioner that you feel comfortable with and will therefore be a good guide to have on your recovery journey.

WHEN DEALING WITH HEALTH PROFESSIONALS:

- See this as an emotional awakening.
- See it as a partnership.
- State what you feel whether it be positive or negative. This is essential to a good working relationship.
- You don't have to be the perfect client.
- Don't be afraid to be honest.
- The relationship will be built on trust but it can take a while to develop.
- Let them know if it is not working for you, or if they are not giving you what you want.
- Treat yourself and your counsellor with respect.

- Acknowledge and remember your path and progress. If things get hard, it's okay. You just need to remember that it is worth it and don't give up.
- Expect set backs; they are a normal part of recovery and are to be expected.

YOUR RIGHTS WHEN SEEKING HELP

When you visit a healthcare practitioner there are certain things that you have a right to expect, and some of these include:

- You will be given a full explanation of the services that you will receive.
- You will be treated with dignity and respect.
- You will receive competent and professional service.
- Your health and personal details will be kept confidential. In some cases, the law requires that your healthcare practitioner discloses your information to another person or authority. If you are worried about how much you should tell your practitioner, then ask what their obligations are.
- Services will be free of physical and mental abuse, bullying, harassment, and discrimination on the grounds of age, gender, race, family status, sexual orientation or disability.
- You will receive a clear statement about fees.

The recovery journey isn't easy, but by having the right health care professional to suit you and your needs, the journey doesn't have to be so confusing and overwhelming.

Call the Eating Disorders Helpline on 1300 550 236 to discuss your options with a Helpline advisor who can assist you in making your choice. The best choice you can make is to seek help.

“I have never lost hope” – Tracey’s Story of Caring for a Child with Anorexia

Anorexia, a word that no parent wants to hear. My daughter Veronica was officially diagnosed with anorexia nervosa when she was 17, but our battle with this illness began at least three years prior. We have been through some terrible times as a family but through all of this I feel we are stronger and closer than ever.

Our lives were very busy as we were establishing our business and I think that is why we initially missed the beginnings of ‘him’ (what we call Veronica’s anorexia). It started with Veronica wanting to make her own lunches and changing small things in her diet which we thought was okay because she was starting to go through adolescence and wanting to eat a little healthier.

Then a series of events happened that changed all our lives. Veronica started to get bullied at school, which was so relentless that Veronica had to change schools. At the new school she immediately made new friends and seemed happier, but we noticed that her eating habits were still changing. After her Year 10 camp, some teachers told us Veronica was refusing some meals. We knew we had a problem and made an appointment with our local GP, although I think I was still in some denial about the seriousness of the situation. It was decided that Veronica would attend the GP’s office every two weeks to be weighed and she was referred to a psychiatrist. We thought she was doing okay and decided to plan a family trip to Europe. For the next eight months, things were better.

After our trip things went rapidly downhill, with Veronica often fainting at school. Many trips to emergency began and so did the roller coaster of trying to get some help. After six trips to emergency, Veronica was admitted to the adolescent psychiatric unit at 4am one morning. Numb is the only way to describe how I was feeling.

The best decision I made was to become informed about eating disorders and to make sure that we separated Veronica from her eating disorder. In our mind we were dealing with two different beings; one our lovely daughter and the other a monster who was trying to take her from us. I started to attend a carer’s support group and read all I could on the subject. A normal life for us involved medical and psych appointments, hospital admissions, mood swings, tantrums, weight loss and school. Finally, after an admission to the adult acute psychiatric unit, we convinced Veronica to be admitted to a private eating disorder program.

Veronica remained in this clinic for over three months and steadily gained weight. She was discharged and began the day program three days per week and continued to do Year 12 part time, but it didn’t take long for her to relapse. We were still on the never ending cycle of medical and psychiatric appointments as well as family therapy. My husband and I found family therapy invaluable as it helped us understand what Veronica was going through and it helped her understand our feelings.

Despite successfully completing Year 12 and being accepted into University, Veronica’s eating disorder was still strong. We could see her trying so hard to fight, but she was to relapse again. Mid the following year, things came crashing down in a dramatic way. The professionals Veronica was seeing became concerned for her life and we had to take Veronica to emergency for admission again. Once she was admitted, she began crying and pulled me close and thanked me for helping her. My heart sank because my poor daughter was so tormented and I couldn’t fix it. I felt helpless, angry and frustrated but there was nothing I could do except sit with her, hug her and cry with her.

Thankfully, there was a new head of the eating disorders unit and a registrar that liked to use Cognitive Behavioural Therapy (CBT) which Veronica responded well to. After another four weeks in hospital, Veronica was discharged with a referral to a new day programme.

Things seemed to improve for Veronica from this point. She found a fantastic psychiatrist who specialised in CBT and eating disorders and continued to see her dietician and paediatrician. While waiting for the day program to start, Veronica decided that she did not want to return to university or start the program and instead wanted to move her life forward and put anorexia behind her.

Veronica is still not completely free from anorexia. Recovery will be a slow process but I have never lost hope. My family and I will always be there for her. It has been a roller coaster journey. At times I felt strong and at others I didn’t know how I would go on. I cried myself to sleep on many occasions. I learned to take care of myself so that I could continue to support not only Veronica, but also the rest of my family. I learned that I couldn’t fix her like I used to when she was little and fell over. I cried and despaired for my daughter and wished I could carry the burden for her but in the end she had to have the strength and will to fight as well.

I am now facilitating a carer’s support group and am involved on some advisory boards regarding eating disorders. Our anorexia story is continuing, but I know somewhere in the future my daughter will find some peace and enjoy a life rich without this monster hanging over her.

For the full version of this and other Carer & Recovery stories, please visit <http://eatingdisorders.org.au/recovery>

Volunteer Feature



Volunteer support group convenor
Heidi

WHAT DOES YOUR ROLE INVOLVE?

I attend EDV support groups where people impacted by an eating disorder can meet to listen, talk and encourage one another. As well as helping participants to feel comfortable, I ensure that the sessions run smoothly by allowing each person the opportunity to share their thoughts, feelings and experiences.

WHAT WAS IT ABOUT VOLUNTEERING FOR EDV THAT INTERESTED YOU?

There are still so many misconceptions about eating disorders and it saddens me to see how many people don't believe that recovery is possible. I know that recovery

is possible because someone cared enough to help me when I was in the same situation. I hope that I can encourage people and help them work towards the freedom of enjoying a healthy relationship with food and their bodies.

WHAT HAVE BEEN THE REWARDS AND CHALLENGES YOU HAVE FACED IN YOUR VOLUNTEER ROLE?

The best reward is seeing people really wanting to support and help one another, regardless of where they are on their own recovery journey. It's amazing how everyone has something to contribute to help empower and inspire the other members.

The biggest challenge for me is when someone is sitting on the fence; they know that they are miserable living with an eating disorder but are afraid of what it may mean to give it up.

WOULD YOU ENCOURAGE OTHERS TO VOLUNTEER FOR EDV?

EDV is special in the sense that it is like a big family – you automatically feel welcome. I very much value the ongoing counselling training that has been invested in the volunteers, as well as the opportunities to put the training into practice.

EDV currently has volunteer positions available for the Eating Disorders Helpline, support groups, chatrooms and in administration.

If you would like to help out please contact the Volunteer Services Coordinator Marilyn on 9885 6563 or email marilyn.amendola@eatingdisorders.org.au

Support Groups Dates 2011

Recovery Support Groups

Open to people aged 18 years and over, recovering from an eating disorder.

GLEN IRIS

Eating Disorders Victoria
1513 High Street, Glen Iris, 3146
First & Third Monday of every month
7.00pm–8.30pm
Cost \$3 contribution is desired
Contact EDV Helpline 1300 550 236 or 03 9885 0318

GEELONG

61 Candover Street, Geelong West, 3218
First Monday of every month
7.00pm–8.00pm
Contact Nicole 0410 997 283

FRANKSTON WELL BEING GROUP (CLOSED GROUP)

Frankston Library
Every Wednesday. 6.45pm–8.45pm
New members will be asked to commit to 4 weeks & be interviewed prior to attending groups.
Contact Smadar & Suzette 9530 2311 at the Williams Road Family Therapy Clinic to discuss eligibility criteria prior to attending.

BALLARAT

Eastwood Leisure Complex
20 Eastwood Street, Ballarat, 3350
Third Thursday of every month
7.00pm–8.30pm
Contact Marie, Michelle & Marisha 03 5320 4336

Family & Friends Support Group

This support group is open to family and friends of those with an eating disorder but not the sufferer themselves.

GLEN IRIS

Eating Disorders Victoria
1513 High Street, Glen Iris, 3146
Second Monday of every month
7.00pm–8.30pm
Contact EDV Helpline 1300 550 236 or 03 9885 0318

WATSONIA

Watsonia Neighbourhood House
47 Lambourne Road, Watsonia, 3087
Second Wednesday of every month
7.00pm–8.30pm
Contact Tracey De Poi 0422 333 450
At different times guest speakers will be invited to address the group.

RINGWOOD

Each Social & Community Health,
46 Warrandyte Road, Ringwood (Building B)
4th Monday every month
7.00pm–8.30pm
Contact EDV Helpline 1300 550 236 or 03 9885 0318

BALLARAT

Ballarat Health Services
Corner Queens St & Dyte Parade,
Ballarat, Vic 3350
Second Thursday of every month
7.00pm onwards
Contact Nola Kervarec 5320 3635 or NolaK@bhs.org.au

ALBURY / WODONGA

Please note this group is not an EDV affiliated group.
Acorn mobile no 0427 730 283
Email admin@acornsupportgroup.com
Website www.acornsupportgroup.com

PORTLAND

Portland Hospital
enter via main Hospital entrance
First Tuesday of each month
7.30pm–9.30pm
Contact Carol 03 5523 3410

BENDIGO

Bendigo Health
8 Olinda Street, Bendigo
First Wednesday of every month
7.00pm–8.30pm
Contact Shonelle 03 5448 1600

Combined Support Group

Open to people with an eating disorder as well as family and friends. You can attend alone.

EAST MELBOURNE

Melbourne Psychology Centre
21 Lansdowne Street, East Melb. 3002
3rd Wednesday of every month
7.00pm–8.30pm
Contact EDV Helpline 1300 550 236

*Interested in attending?
Please contact the EDV Helpline on 1300 550 236 to confirm the time and date.*

Kickstart Your Recovery

In February EDV ran our second *Kickstart Your Recovery* program with great success. The program, which involved nine participants, had a weekly topic including body image, self acceptance and mindful eating amongst others, and activities including art and music therapy. The program culminated with an open support group with other EDV support group attendees, allowing the participants the opportunity to be introduced to ongoing support through EDV once the program was completed.

The six week program, run by Naomi Crafti, EDV's Education Officer, and Rebecca Wickham, EDV's Family Support Officer, had an interactive discussion each week which gave participants the opportunity to explore their feelings and express themselves in a warm and comfortable environment. The range of topics covered and the methods used meant that participants were able to explore different avenues in the recovery process, acknowledge the barriers that can exist and then decide what worked best for them.

Rebecca found that participants in the sessions were all "well engaged and made good use of the group environment by connecting with and supporting one another". Feedback from the program has been incredibly positive, with one participant feeling that "I am in such a better place than I was 6 weeks ago, I'm still definitely a work in progress but I know I can beat this. I wouldn't be in this place though if it weren't for Naomi, Rebecca and the Kickstart program. Thank you again, so much."

To see when we'll next be running the *Kickstart Your Recovery* program please regularly view the Calendar of Events on our website.

CARE Update

The *Caring About Recovery Event* (CARE) project funded by the Lord Mayor's Charitable Foundation is proving to be a great success with sessions running across the Melbourne metropolitan region throughout 2010 and 2011.

The CARE evenings are free informative sessions aimed at reaching people who are concerned about a loved one who may be showing signs of disordered eating, unusual and worrying behaviours or body image concerns. The events, which aim to reach a wide audience, male and female, typically consist of a one hour lecture style presentation by Dr. Naomi Crafti followed by a 30 minute question time.

In 2010, 14 of the CARE events were held with between 12-70 people attending. The feedback from these events has been very positive, with one attendee saying "I am feeling more confident to raise issues with kids that I am concerned about."

In 2011, CARE sessions will be held in Melton, Nunawading, Lilydale, Caulfield, Eltham, Ivanhoe, Preston, Pakenham, Frankston, Malvern, Bayside, Monash, Hobson's Bay, Ferntree Gully, Whittlesea and Melbourne. EDV is also looking at holding these events in country regions with councils in Geelong, Bendigo, Horsham, Stawell

and the Macedon Ranges all expressing interest.

The CARE evenings have generated repeat interest from many councils who, while having already hosted a session, are requesting to hold another before the grant runs out in March 2012. EDV is very aware that there are parents out there who may not as yet identify themselves as a carer and we are keen to find and reach this group, so we are pleased the councils are showing such support.

The feedback found that 97 percent of those who have attended the CARE events have found it useful, and considering the attendees have ranged from parents, to young people to professionals, this is a very high satisfaction rating. With many attendees reporting that had they known how beneficial the CARE was, they would have brought others along, it may be helpful to pass on the information about these events to anyone who you think might find them useful.

Further details can be found on our website www.eatingdisorders.org.au/events or you can contact the Caring About Recovery Events Project officer, Jo Macreadie on 9885 6563 Ext 811 or email jo.macreadie@eatingdisorders.org.au

London Conference

At the end of March, EDV's Education Officer Naomi Crafti travelled to London for the 10th London International Eating Disorders Conference in order to make sure that EDV is up to date on treatment and theories on how eating disorders develop.

Naomi was pleased to report that not only are we up to date, but "the general consensus from people across Australia who work with eating disorders was that Australia is even more advanced."

During the three day conference, Naomi gave a Mindful Eating presentation to over 100 attendees and also met with staff from BEAT (Beating Eating Disorders), the largest UK based consumer and carers organisation for people with an eating disorder. Naomi hopes EDV will be able to work together with BEAT in the future to "promote international cooperation and share resources".

Eating Disorders Victoria services

TELEPHONE AND EMAIL HELPLINE

RECOVERY SUPPORT

Support and information for people with an eating disorder; one-on-one confidential support, support groups, Recovery chat room and forum

FAMILY SUPPORT

Support and information for families and friends of a person with an eating disorder; one-on-one or couples support, support groups, Care and Share chat room and forum

SUPPORT GROUP NETWORK

Metropolitan and regional

PROFESSIONAL DEVELOPMENT PROGRAM

For schools, fitness centres, health and welfare workers

CARING ABOUT RECOVERY PROGRAM

Community awareness program funded by the Lord Mayor's Charitable Foundation

BUILDING HOPE WORKSHOP PROGRAMS

For families and friends

KICKSTART YOUR RECOVERY PROGRAM

For people wanting to recover from an eating disorder

MINDFUL EATING WORKSHOPS

STUDENT WORKSHOP PROGRAMS

HELPFINDER SERVICE

Database of treatment programs and services in Victoria, database of private practitioners for referrals

COMPREHENSIVE AND RELIABLE INFORMATION ON ALL ASPECTS OF EATING DISORDERS

Specialist library of books, DVDs and videos

CONSUMER AND CARER REPRESENTATION

On local and state government department and peak bodies

Donations

Eating Disorders Victoria relies heavily on the support and generosity of the community through donations in order to continue to provide our free support services for people with eating disorders and their families.

EDV is very grateful for all the donations we receive and while we would like to publicly thank everyone, many donors wish to remain anonymous. To these people, please accept EDV's sincerest thanks for your generosity.

EDV was overwhelmed at the amount of donations recently received in memory of Rebekah Weston and Anna-Louise Bamford. As our thoughts continue to go out to the Weston and Bamford families, our sincere thanks also go out to

Rebekah and Anna's families & friends for their generosity and determination in helping EDV to reduce the devastating impact that eating disorders can have.

All money received goes directly toward supporting our work.

The Eating Disorders Foundation of Victoria is a registered charity (DGR 900224708) and all donations over \$2 are tax deductible.



If you wish to donate to Eating Disorders Victoria, it can be done in one of these ways:

ONLINE Visit the EDV secure online donations page. Please visit the website and click on the Donate link.

PHONE Call Eating Disorders Victoria on 03 9885 6563 with your credit card information.

Fax Download a printable donation form from the website and fax it to 03 9885 1153.

MAIL Download and print a donation form from the website, or put your cheque with your full name, address & contact details (if you require a receipt) into an envelope and post to:

Eating Disorders Victoria
1513 High Street
Glen Iris, Victoria, 3146

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Acknowledgements

Eating Disorders Victoria gratefully acknowledges the ongoing generous support of our major grantors and sponsors:

The Victorian Department of Health, The Lord Mayors Charitable Foundation and Hairhouse Warehouse.



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Email edv@eatingdisorders.org.au
Web www.eatingdisorders.org.au
Opening hours 9.30am–5.00pm
(Monday to Friday)

EATING DISORDERS HELPLINE

Phone 1300 550 236
03 9885 0318 (Melbourne metro)
Email help@eatingdisorders.org.au

The Eating Disorders Helpline operates from 9.30am to 5.00pm Monday to Friday, on telephone and email, and is supported by well-trained voluntary advisors who understand the difficulties associated with eating disorders. Supervised by our Volunteer Services Coordinator, the Eating Disorders Helpline provides support to all those whose lives are affected by eating disorders, body image issues and disordered eating.

The Eating Disorders Helpline is a shared service between several state-based Eating Disorder Associations. Callers from South Australia and Queensland will find their call is relayed to the appropriate state-based association in their state.

EDV proudly supported by



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