

InsideOut

Value yourself from the InsideOut



Issue No. 4 Summer 2011

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Helpline 1300 550 236 help@eatingdisorders.org.au

Open 9.30am-5.00pm Monday to Friday

Words from the new the EDV President

We welcomed Tracey De Poi as new EDV President at the EDV Annual General Meeting in October.

I would like to thank our outgoing President Gill Ryan, for her amazing commitment to EDV over the past 3 years that she has been president. Gill has been an inspiration and a guiding light to all she has come in contact with. Luckily for all of us she is staying on the Board as a Director.

The new Board is very enthusiastic and looking forward to a year of growth for EDV so that we may be able to expand our services. There is a group of dedicated volunteers on the Consumers and Carers Advisory Board who are looking into the area of Sibling Support Services. We are looking to trying

to raise the profile of EDV and with that increasing our funding and fundraising so that we can continue to offer all the services we currently offer and more. Very exciting times!

As I am starting my new role in the organisation as President of the Board of Directors, I thought I would explain the basics about myself and why I became interested in EDV. My name is Tracey De Poi and I am married with three adult children. My experience with eating disorders comes from the view of a carer; I have been caring for my daughter who has anorexia for approximately 7 years. I also

have another family member who suffers from anorexia so I am passionate and excited about being involved with EDV and looking forward to working with the board, Executive Officer and the staff.

Lastly, I would like to wish you all a Merry Christmas. It can be a challenging time of year if you have an eating disorder, are a carer or a loved one. Just remember that you are not alone and if you need support or help you just need to ask.

Tracey De Poi
President
EDV Board of Directors

Farewell and best wishes

This is the last edition of *InsideOut* before the end of my term with Eating Disorders Victoria, so I would like to take this opportunity to say farewell to all of our readers and supporters, many of whom I've had the pleasure to meet and work with in almost five years at EDV.

I want to thank everyone I've worked with in the eating disorders field and in adjacent mental health

areas, my incredibly dedicated and loyal staff team, and the EDV Board members past and present, for giving me the opportunity to make a difference in this area. I have greatly enjoyed working with EDV and am proud of what I've been able to build and to achieve in almost five years here, including a new vision, broader mission, increased resources and

services, a world-leading eating disorders website, a huge increase in preventative education, and greater support for people with eating disorders and their carers in Victoria. I wish EDV every success in the future.

Kirsty Greenwood,
Executive Officer

Australian teenage expo

EDV was given the wonderful opportunity to reach 2,000 teenagers at the Australian Teenage Expo at Moonee Valley Race Club in September, thanks to the tireless work of EDV volunteer Marina Boyadjian who secured us a free stall at this exciting event.

We were advised to 'Be in the know... with your target by engaging them directly with a fun, interactive exhibition of our brand or organisation'. Teens are often a difficult market to capture the

attention of – they are certainly not interested in BORING!

We had an array of literature available, free hair product give away thanks to our corporate partner Hairhouse Warehouse and an affirmation lolly jar. A huge hit was a ribbon activity which invited people to choose from seven coloured ribbons representing seven personal qualities to give as a heartfelt compliment to another person. This re-enforced the value of speaking smart straight from

the heart and also of taking in compliments that are not based on appearance.

On the Friday afternoon we had Josephine, a professional artist at our stall delight the audience with her face and body painting and we had EDV volunteer Fiona Kiriakidis present on 'What is body Image?' and 'What is beauty?' and she did a wonderful job of engaging the audience.

Defining moments

To mark Body Image and Eating Disorders Awareness Week in the first week of September, EDV held Defining Moments, a night in which an amazing group of speakers shared their journey and experiences of recovery from an eating disorder.

The theme of the evening was defining moments. For many people who have recovered

from eating disorders, many can recall defining moments, a moment or moments of change or transformation, big or small, where something or someone made a difference and inspired them to take another step along the path to recovery. We asked our speakers to share these moments with the audience.

Held at the Hawthorn Town Hall, our speakers Samantha,

Melissa and Tara shared their own personal experience of recovery from an eating disorder, and Jenny, Helen and Murray shared their experiences of caring for a child with an eating disorder.

The feedback from the audience was extremely positive, with many people staying behind after the event to meet and talk further with the speakers and EDV staff. For many people the night was challenging and some tears were shed, but the overwhelming message of the evening was that recovery is possible, the journey is as unique as the person and people involved and that inspiration can come at any time and in any form.

Our wholehearted thanks go out to our wonderful speakers, who gave of their time so generously and for sharing their personal experiences with the community.



The evening was made possible thanks to our speakers (l-r) Melissa, Tara, Jenny, Samantha and Helen

EDV christmas closure dates

The EDV office will be closed from 1pm and the Helpline and Chatrooms will close at 5pm on Friday 23rd December until Monday 2nd January inclusive.

We will resume normal operations on Tuesday 3rd January.

If you need assistance during this time please call:

- Lifeline **13 11 14**
- Suicide Helpline **1300 651 251**
- Kids Helpline **1800 55 1800**
- Mental Health Advice Line **1300 280 737**

Obituary

It is with great sadness we acknowledge the passing of one of EDV's much loved and respected volunteers, Carol Bull.

Carol was involved with EDV for over 5 ½ years. She helped in many areas of EDV volunteer work, including as a helpline support

worker, support group convenor, member of the EDV Speakers Bank and Consumers and Carers Advisory Group. More recently Carol qualified as a counsellor and had set up her own private practice.

Many of EDV's staff and volunteers have passed on their tributes to Carol's family. Many spoke of

Carol's unwavering commitment to EDV, her compassion for others, their enjoyment of working with her and how much they learned from simply being around her. Carol gave so much of herself to help so many people, and she will be greatly missed by everyone who knew her.

Reaching young people through real website

Following on from the launch of the revamped EDV website back in July, EDV is very pleased to be partnering with Real Girl Productions in a dedicated youth website, Real Youth.

EDV has long wanted to be able to reach young people through a dedicated youth website, however budget restraints left this dream unfulfilled until EDV and Erin Young from Real Girl Productions, saw an opportunity to join forces to launch this amazing new website.

Designed solely with a young audience in mind, Erin has produced a dynamic, interactive and thought provoking website with the aim of empowering young people to respect their bodies and minds with positive information on body image and self esteem amongst other things.

While the site is primarily a support and information site for people with eating disorders and body image and self esteem issues, the site is also a hub where young people can find out about local events, blog about issues that are important to them, access information on a number of

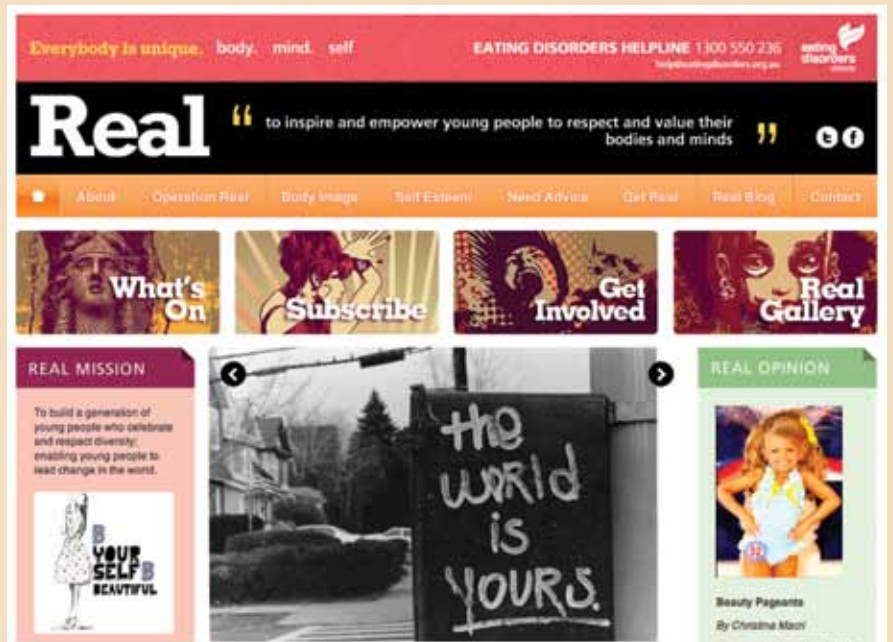
important issues affecting young people and link to other like minded websites or blogs.

The site will link to the main EDV site for all of the eating disorder specific content and refer users to the Eating Disorders Helpline for information, support and referral information. The EDV website also has a link to the Real site from the main toolbar of the home page.

Congratulations to Erin Young, EDV's web developer Caroline Golden and the team at Butterfly

Internet for their great work on the site. I'm sure you will also agree it looks amazing and will make a very positive impact on young lives.

<http://www.eatingdisorders.org.au/rm-home>



Kickstart your recovery in Glen Iris and Ballarat

EDV is pleased to announce that its popular Kickstart your Recovery program will return in February for the third year running, and will also expand to run concurrently in Ballarat.

Following the success of the program in Melbourne, EDV has been working closely with trained volunteers from the Ballarat region to run the same program in Ballarat.

The five-week Kickstart program covers weekly topics for participants who are at the early stages of recovery or contemplating recovery. As well as being an education and support service, the program is intended as an introduction to the concept of open support groups and participants are encouraged to consider attending regular support groups once the program finishes.

The Melbourne and Ballarat programs will commence on Tuesday February 7, 2012 and will run each Tuesday up to and including Tuesday March 13.

Further information is available from the EDV website or by contacting EDV on 1300 550 236.

2011-2012 event calendar

Our Calendar of Events is regularly updated with new events. If you would like more information on the events listed or to view new events please visit www.eatingdisorders.org.au/events

2011

December

THURSDAY 8TH DECEMBER
Mindful Eating Workshop – EDV

2012

January

TUESDAY 3RD JAN
EDV Office re-opens
after x-mas closure

February

TUESDAY 7TH FEBRUARY

Kickstart your Recovery
Glen Iris and Ballarat
Program weekly over
5 weeks

**WEDNESDAY
22ND FEBRUARY**
Alexandra CARE

March

THURSDAY 1ST MARCH

Giving the Community a Voice
Ballarat

WEDNESDAY 7TH MARCH
Casey CARE

THURSDAY 22ND MARCH
Giving the Community a Voice
Altona/Williamstown

TUESDAY 27TH MARCH
CARE Boroondara

Tips for the festive season

Each year as we lead into the Christmas period, we include tips to help people affected by an eating disorder cope with the stresses that can sometimes be brought on by the Christmas and holiday season. While none of this information is new, we feel it is timely and always a good refresher for those who have seen it before and useful to those of you who are new to the journey.

Remember, planning and communication is the key. If you're feeling stressed or overwhelmed, let someone know. If you are going somewhere for a meal, it can be beneficial to take some time to plan and to think about who will be present, what food is likely to be served and what techniques and strategies can you use to reduce anxiety and stress should a difficult situation arise.

TIPS

- Prior to events, discuss with someone you trust how to cope with family interaction by predicting and preparing for social activities.
- Socialise with trusted friends and family prior to Christmas. Where possible, do this over a meal or snack to help prepare you for Christmas gatherings. Try and focus on enjoying the company of companions instead of focusing on what you are eating.
- Predict likely questions from family and friends you haven't seen for a while and prepare some responses.
- Give yourself permission to say 'No' to invitations if you are feeling overwhelmed.
- Plan what you will do to give yourself 'time out' from the crowd. This might involve listening to your favourite music, going for a walk with a family member or friend or

- or sitting in the garden soaking up the sunshine and silence.
- If you don't know what food will be served on Christmas Day, ask the person who will be preparing the meal, or ask a family member to find out for you, to reduce your anxiety. Offer to take 'safe' food to share so you will feel comfortable knowing there is something you can eat.
- Most people overeat on Christmas Day and often comment on the quantity they have eaten. Remember their comments are not aimed at you.

Please telephone
or e-mail the Eating
Disorders Helpline
1300 550 236 or help@
eatingdisorders.org.au
if you have concerns.

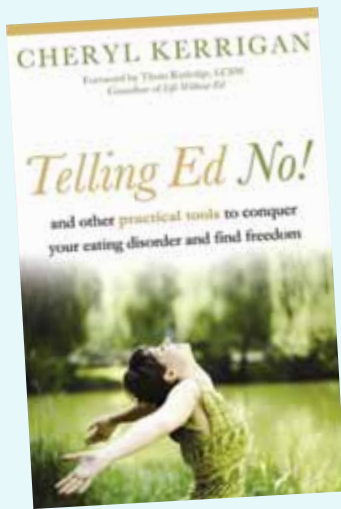
(Please do this in advance of the
Christmas season, as the Helpline
will be closed between Christmas
and New Year).

Book review

Telling Ed No!

BY CHERYL KERRIGAN

*Reviewed by Natalie Wild,
EDV Recovery Support Officer*



Telling Ed No! is a book full of recovery tools for people with Anorexia, written by Cheryl Kerrigan, who has herself, recovered from an eating disorder. These are the tools that worked for Cheryl through the different stages of her recovery journey. Although everyone's recovery journey is different, I'm quite confident that a person recovering will find something within these pages to assist them to move forward.

For a reader who is looking for recovery or maintenance tools/strategies, or even a reminder on what may have worked for them in the past, this book is a straight forward read with over 70 tools and ideas that Cheryl used to recover from anorexia.

Telling Ed No! is part self help and part memoir. I found this combination helpful as it often gives you a sense of the emotion, the challenges and real life example surrounding the reason for the tool/strategy and how it fits into a real life scenario.

Although this book is aimed at the recovering person at a self help level, it doesn't need to be limited to this audience alone. For any person who would like insight into the thoughts of a person with an eating disorder, potential recovery tools to help someone with an eating disorder, or even to gain knowledge on how strategies are helpful through the different stages, this is a great place to start.

Suitable for: People in recovery, wanting to recover, thinking about recovery, relapsing or fearing relapse.

Recommended for: Anyone who has an interest in how the eating disordered mind works or wants to understand some tools for recovery and their purpose within the recovery journey.

Giving the community a voice

EDV is currently holding a series of public consultations sessions with our *Giving the Community a Voice* program.

Giving the Community a Voice is an opportunity for people with an interest in eating disorders to be involved in a friendly, relaxed and informal discussion to have their say on the issues surrounding eating disorders. The information gathered on this evening will

be collated and disseminated to key stakeholders.

Sessions were held in East Malvern and Ringwood in November and further sessions will be held in March in Ballarat and in Altona/Williamstown area.

The Giving the Community a Voice program is proudly supported by the Lord Mayor's Charitable Foundation.

*Bookings are essential.
For further information
or to book, phone:
03 9885 6563 or go to
www.eatingdisorders.org.au/events*



About our services

FAMILY SUPPORT AND RECOVERY SUPPORT OFFICERS

One of the most valuable and in-demand services EDV offers is the Confidential Support Service, a free, one-off session with either a Family or Recovery Support Officer.

INVALUABLE SUPPORT

In the last financial year, EDV had over 500 Recovery or Family Support Sessions. In these sessions, the Recovery Support and Family Support Officers discuss various topics with their clients such as understanding treatment, coping strategies and communications skills.

RECOVERY SUPPORT OFFICER

Our Recovery Support Officer provides advice, guidance and suggestions to people at all stages of recovery from an eating disorder – whether they

are first acknowledging they have an eating disorder and need to know what to do next, are experiencing a relapse and need help to get back on the recovery pathway, or feel they are well on the way to being recovered from an eating disorder but are in need of some fresh ideas and encouragement to maintain progress.

FAMILY SUPPORT OFFICER

Our Family Support Officer is available to family, friends or partners of a person experiencing an eating disorder to provide an opportunity for carers to express their feelings, gather suggestions and discuss coping strategies and services available to help them best perform their role as a carer.

Actual feedback from clients *

'I would like to say that without the support of EDV I may still be floundering – thank you' – client of Family Support Officer

'It's great to have flexible individual support that can be tailored to what I needed at the time' – client of Recovery Support Officer

'In one hour, the session made more sense to me about anorexia and living with it than many years of therapy' – client of Recovery Support Officer

'A relief to be able to speak openly and honestly about my daughter' – client of Family Support Officer

Appointments

To arrange a face to face or telephone appointment with a Recovery Support officer or Family Support officer, please contact The Eating Disorders Helpline on 1300 550 236 or email help@eatingdisorders.org.au Appointments are free and confidential.

Turning despair into hope

In late 2011, the family of Anna-Louise Bamford suffered the devastating loss of their beloved daughter, sister and friend when she passed away after her battle with an eating disorder.

In the year since the loss of Anna, her family and friends have dedicated a great deal of time and energy in not only making sure that Anna will have a lasting legacy, but also in doing what they can to support others who are also facing a fight against an eating disorder.

The Bamford family and many of Anna's friends have taken part in a number of fundraising runs and other events, both in Australia

and the UK, to raise money and awareness of eating disorders.

According to Anna's friend Brie Ellett, 'We chose to get involved in events such as fun runs and walks because it is such a positive, yet challenging thing to achieve together in helping to raise awareness to the community.

'The great vibe and community involved on the day, I find is inspiring to all those involved. Each event we have been involved in has motivated us to do more, due to the amazing support and enthusiasm of the people that we have met along the way', Brie said.

It is the Bamfords' wish that EDV use the funds raised to develop

more specific services and information aimed at youth (12–25), including sibling support services.



The labyrinth of recovery from an eating disorder

Recovery from an eating disorder is a complex and confusing journey. My experience is that it is not a linear pathway where one jumps a hurdle and then leaves it behind – conquered. The journey is best described as one of many twists and turns, when at times it seems that one is travelling in a backwards direction. The labyrinth is an ancient and mysterious archetype that is a useful metaphor for understanding the road to recovery from an eating disorder.



Anita Johnson in her book, *Eating in the Light of the Moon*, writes of women entering the labyrinth of recovery as they travel on a winding path to their centre and then exit with a new way of being in the world. For those unfamiliar with this ancient pattern with a purpose, here is a replica of The Chartres Labyrinth. Different from a maze (which has dead ends and false passages), the labyrinth has a single path that leads unerringly to the centre. It shows us that no time or effort is ever wasted; if we stay the course, every step, however circuitous, however many turns, however distant it seems, takes us closer to our goal.

It is a difficult task to determine the starting point of recovery. Is it that moment when you first seek help? Or that moment when

you first recognise what others around you have been seeing? It maybe when you finally utter the word anorexia to a trusted friend as an explanation of what's happening to you. Does the recovery journey begin at the point of hospitalisation when others intervene in an attempt to take control of your behaviour? Or could it be when those around you begin to relax a little and re-gain their faith in you? The truth is, there is no one instance that prompts recovery, it is all of these and more.

Recognition of the illness does not guarantee an end of denial but it is an important event in the journey. I recall the fear of recognition, which prompted the following response. However, denial and comforting behaviours persist well after this point and are difficult to combat. This is when the journey in the labyrinth takes a sharp turn, one that on the surface appears to be a backward step. Johnson refers to this in her book and says of recovery that it may appear to the sufferer that she is backsliding, that things are getting worse rather than better.

She may feel frustrated over not making her way as easily or as smoothly as she thinks she should, and become impatient with herself for not getting "better" as quickly as she had expected.

This process can be frustrating and confusing but the journey through the labyrinth is also one of discovery. One needs to allow the time for discovery to complete the journey. One such discovery is an understanding of the difference between hunger and starvation and why irrational and frightening thoughts, previously foreign to you, are possible.

The recovery and discovery requires patience and confidence

both from within and from those around you. The patience to discover the true nourishment you seek and the confidence to regain your Self. It requires trust in yourself once more and an acceptance of the encouragement from those who support you.

The journey is your own to make but it is not necessarily always a solo journey. At times your spouse alongside you, or a friend who offers words of support accompanies you in the labyrinth. You must make the commitment to complete the journey and the support of a wise and empathetic counsellor is vital as you progress towards the centre of your being and then prepare for your exit from the labyrinth.

The beginning point of recovery then, may not be important. No doubt it will be different for each individual and I suspect their families would cite their own indicators of recovery. What are important are the journey and the discoveries one makes to form new understandings of themselves and the disorder. With this gained knowledge and appreciation of self the sufferer will be able to exit the labyrinth, the journey completed!

Johnson writes that someone can fully recover from an eating disorder. Once recovered, she can go through the rest of her life without having to struggle with food, fat or dieting. Once she discovers that her urge to eat (or not) when she is not physically hungry (or is) is a signal of a different hunger she needs to address, she can begin to discover ways of feeding herself the nourishment she truly desires.

Jo Cook

Volunteer feature



Helpline
Advisor
Kevin Gan

WHAT DOES YOUR ROLE INVOLVE?

Responding to calls and emails, moderating the message board, meeting with people who drop in for assistance. Our conversation can range from providing information about services and referral treatment options, to more in-depth emotional and personal support. We are also the first point of contact for clients when they book in for an appointment with our recovery and family support officers.

WHY DID YOU WANT TO JOIN EDV?

To be involved with a community organisation that is understanding of people affected by a range of issues associated with eating disorders, as well as the opportunity to be a part of a warm and friendly environment.

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

They can be just knowing that the work you are doing can lead to change in people's lives. Sometimes clients that may seem set in their beliefs through their life experiences can be the most

rewarding, especially if you invest the time to listen and understand. Feeling people discover a positive individual sense of self.

WOULD YOU ENCOURAGE OTHERS TO VOLUNTEER FOR EDV?

Absolutely, the personal rewards are much greater than just doing a role or job. It's a unique opportunity and experience. The people you get to work with can just make your day.

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
1st & 3rd Mon 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
1st Mon of every month
7.00pm-8.00pm

Contact Nicole 0410 997 283

BALLARAT

Eastwood Leisure Complex
20 Eastwood Street,
Ballarat, 3350
3rd Thurs of every month
7.00pm-8.30pm

Contact

EDV Helpline 1300 550 236
or 03 9885 0318

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
4th Mon of every month
7.00pm-8.30pm

Contact

EDV Helpline 1300 550 236
or 03 9885 0318

RINGWOOD

Each Social & Community Health,
46 Warrandyte Road, Ringwood
(Build. B)
4th Mon every month
7.00pm-8.30pm

Contact

EDV Helpline 1300 550 236
or 03 9885 0318

BALLARAT

Ballarat Health Services
Cnr Queens St & Dyte Parade,
Ballarat, Vic 3350
2nd Thurs 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 M. 0427 730 283

E. admin@acornsupportgroup.com
www.acornsupportgroup.com

PORTLAND

Portland Hospital
enter via main Hospital entrance
1st Tues of each month
7.30pm-9.30pm

Contact Carol 03 5523 3410

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 Wed of every month
7.00pm-8.30pm

Contact

EDV Helpline 1300 550 236
or 03 9885 0318

*Interested in attending?
Please contact the EDV
Helpline on 1300 550 236 or
03 9885 0318 to confirm the
time and date.*

LMCF continues its support for EDV

EDV is very pleased to announce that the Lord Mayor's Charitable Foundation (LMCF) has awarded EDV a grant to support our Family Support Program. The LMCF has been a very generous grantor towards EDV's family support and community education programs over recent years, with EDV receiving one of their major grants in 2009 to run EDV's Caring about Recovery project (CARE).

With the CARE project funding coming to an end in early 2012, EDV is extremely grateful to the LMCF for its continued support of EDV's Family Support program, which is one of the cornerstones of EDV's services. The new funding means that EDV is able to maintain the availability of its free family support sessions to families who are supporting a loved one with an eating disorder as well as continue the CARE program into 2012.



Grill'd Malvern

Thanks to Grill'd Malvern for choosing EDV as one of their feature charities for the month of September. Grill'd customers were given a token with their purchase and asked to place it in one of three charity jars featuring local charities. At the end of the month, the tokens were tallied up and EDV came out on top and won the \$300 on offer.

Tasmania recovery from eating disorders

In great news for Tasmania, a new support service called Tasmania Recovery from Eating Disorders (TRED) has been established in Hobart.

The brain child of eating disorder survivor Jo Cook, TRED's has been formed to give Tasmanian eating disorder sufferers and their families' access to similar support and information available in other states in Australia.

EDV's Recovery Support Officer Natalie Wild worked closely with Jo in the early planning stages of TRED. Collaborating with EDV meant that TRED could tap into the extensive experience EDV has

in setting up support groups. EDV also trained TRED convenors and assisted in adapting the training manuals and programs to suit Tasmania

TRED's support groups are now up and running are gaining numbers, and the feedback has been very positive.

To find out more about TRED, check out their website <http://www.tred.org.au/>



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.

In recent months a number of energetic people raised funds on behalf EDV in the Run Melbourne event. We were also

very grateful to staff at Yooralla who came up with the brilliant fundraising idea of Cooking for a Cause – a cooking party with a focus on making healthy food, meeting new faces, while raising money at the same time.

We also received donations in memory of long time EDV volunteer Carol Bull. We are extremely grateful and humbled that during difficult times, people continue to think of supporting EDV. Thank you.

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

Board of Directors

PRESIDENT Tracey De Poi

VICE-PRESIDENT
Debra Goldfinch MBA

TREASURER
Matthew Tence MAICD

SECRETARY Catherine Trahair

DIRECTORS
Lesley Simons BA LLB
Gill Ryan

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.



Department of Health





1513 High Street
Glen Iris VIC 3146

T. 03 9885 6563

F. 03 9885 1153

E. edv@eatingdisorders.org.au

www.eatingdisorders.org.au

Opening hours 9.30am–5.00pm
(Monday to Friday)

EATING DISORDERS HELPLINE

T. 1300 550 236

03 9885 0318 (Melbourne metro)

F. 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



Department
of Health

