

InsideOut

Value yourself from the InsideOut



Issue No. 1 Autumn 2010

International No Diet Day

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helpline **1300 550 236** help@eatingdisorders.org.au

Open 9.30am - 5.00pm Monday to Friday

Welcome

Welcome to *Inside Out*, the new magazine from Eating Disorders Victoria, whereby we hope to keep you in touch with our news, views and reviews.

In a society and age when there is so much pressure on us all to value ourselves and each other based on our appearance, our possessions or our achievements, the phrase *Value Yourself from the Inside Out* is a reminder of healthier ways to think of ourselves. This phrase is the origin of our magazine title, and we hope you will think about it whenever you pick up this magazine.

Eating Disorders Victoria exists to support, inform, educate and advocate, in order to promote the prevention and management of eating disorders. There is a great deal to be achieved; the staff and volunteers at EDV are busy people. This magazine may give you an inkling why!

We hope you enjoy reading about the work we do, the people we support and the people who support us, and derive hope and inspiration from the contents.

Kirsty Greenwood

Executive Officer

Engaging in change

EDV believes it is possible to change the way people and organisations in our society think and act, to support positive mental health and to promote a reduction in the pressures that push vulnerable people towards eating disorders – such as body dissatisfaction and dieting.

Eating Disorders continue to be poorly understood and underestimated in contemporary society. There are mistaken beliefs that Eating Disorders are about vanity, a dieting attempt gone wrong, an illness of choice, a cry for attention or a person 'going through a phase'; or that eating disorders affect only well-off, adolescent girls. We know these beliefs to be wrong. Eating disorders are highly complex and serious mental illnesses, with varying characteristics and complex causes. While it may be the case that they occur most frequently in adolescent girls, we know that they can develop at any age, and can affect people of any gender or culture. Eating disorders do not discriminate.

Eating disorders can have a devastating impact on individuals and families. From small beginnings, an eating disorder can grow to take over the person's life, dominating their thoughts, determining their activities, antagonising and grieving their loved ones, and disconnecting them from friends, schoolmates and work colleagues.

But there is good news too. With the right information, the right support,



and the right help, eating disorders can be overcome; recovery is possible – for anyone. Through our Helpline and support groups, professional development programs and public workshops, EDV is a vital part of that support and help.

EDV also plays an active role in providing policy advice and direction for schools, universities, fitness organisations, the fashion sector, and government officials at local, state and national level.

Apart from providing expert opinion and advice, EDV's most important role in these committees is to make loud and clear the voice of the 'consumers and carers' – the people who have actually experienced eating disorders or cared for a loved one with an eating disorder. To insist that services and treatment programs are not just clinically accurate, evidence-based, and best practice – but that they are also compassionate, nurturing, respectful, caring and supportive. To make sure that, when public messaging campaigns are developed, they include the messages that the people who have actually suffered from eating disorders feel would have made all the difference to them.

Fashion festival tackles positive body image challenge

Eating Disorders Victoria recently collaborated with L'Oréal Melbourne Fashion Festival and the Victorian State Government Office of Youth Affairs to host a Body Image Forum for the Australian fashion industry.

The forum was led by a panel of fashion industry leaders who discussed the continuing challenge to create a unified approach by the Australian fashion industry in promoting a positive body image.

The committee engaged representatives from across the

industry including designers, retailers, brands, models and their agents, media, design and fashion students and discussed an approach to making a stance against negative messages around body image and the implications of not changing with the times.

Not just any body: body image a big concern for Aussie teens

A recent online survey involving Australian teens aged 12 to 18 years found that 40% of participants had dieted and 71% worried about their body image.

The survey of nearly 2,000 teenagers, conducted in February 2010 by Habbo (www.habbo.com.au) found that only a quarter (27%) of respondents claimed they were happy when they looked in the mirror. A significant 33%, or almost one in three, had either had an eating disorder or had known someone with an eating disorder.

When asked whether unhealthy body images are depicted in society, half the respondents said yes and a further 38% said sometimes. The media (43% of respondents) and models (27%) were found to be most responsible for promoting unhealthy body images. As a result, 33% of those surveyed believed that ensuring healthy sized models and ambassadors are used in all media is the best way to increase awareness about a healthy body image. A close second (chosen by 31%) was the suggestion of more education in schools, followed by showing programs on television that promote a healthy outlook (13%).

An even number of males and females participated in the survey, with respondents from each state and territory.

The survey also found that three quarters of respondents recognised that eating disorders aren't just a girl's issue.

Unfortunately, more than one in three respondents (36%) had experienced bullying about their body image – either personally or through their friends' experiences. They believed that it was a main contributor to their insecurities.

image taken from habbo.com.au

On a positive note, if body image concerns did eventuate into an eating disorder, over 51% of the respondents said they would try to talk to a family member or friend and see if they can help; and, if they had an eating disorder, 27% said they would tell a responsible adult, parent, teacher or counsellor.

Ngaire Stevens, Habbo's Business Development Manager, explains, "The results from the Habbo Body Image Survey suggest that teens in Generation Z are wary of the pressures around them to have a certain type of body image. They realise that the body images being promoted are unhealthy and that to be healthy is not necessarily to be skinny. The concerning thing is that they are still dieting, they are not happy with their own body images and they feel pressure to adhere to what's being promoted in the media and other channels of influence."

"We would like to see action taken by the media industry, health departments and the Federal Government to address body image issues for Australian teenagers", said Stevens.



Time to get mindful this International No Diet Day

To celebrate this year's International No Diet Day on May 6, EDV hosted a Mindful Eating community awareness evening at the Melbourne Town Hall.

Attended by 50 people, the Mindful Eating evening gave attendees an overview of how practising mindful eating can help people embrace a satisfying, healthy and enjoyable relationship with food and enjoy a future free from pointless and restrictive dieting.

Hosted by EDV's Education Officer, Naomi Crafti, the evening included lively discussion and questions about Mindful Eating and the audience appeared very receptive to the Mindful Eating concept.



EDV will continue the Mindful Eating education theme by running more in-depth Mindful Eating workshops in the second half of 2010 commencing in July.

The EDV Helpline responded to 764 calls and 155 emails during the Jan, Feb, March period 2010.

The EDV Family Support and Recovery Support Officers assisted 137 people for the Jan, Feb, Mar period 2010.

EDV received a record 161,000 page requests on the EDV website in the month of March 2010, an increase of more than 61,000 or 33% on February 2010.

About our services

Support groups

EDV has been running support groups for many years, both for people recovering from an eating disorder and for those living with or caring for someone with an eating disorder. Many common questions arise about what a support group is and how support groups can help.

What is a support group?

Although there are different types of support groups, most have the same underlying principles. A support group is a group of people who all have something in common, who meet regularly to discuss their experiences and how they dealt with them, share information and ideas in a positive way and learn from each other's others experiences. A support group is not a therapeutic group but an opportunity to receive support, understanding and hope, and to provide these to others in a similar situation.

Support groups allow people to discuss their lived experiences and express their feelings in an informal, non-critical environment. For some people, this is their only chance to unload in an atmosphere of mutual understanding. Meetings can be a chance to share with others about something that helped them. Others may prefer not to share, but just to listen. The purpose of sharing is not to 'advise others' but simply to say 'what worked for me'. For many, support groups are a chance to think about new strategies for coping with their problem, in a safe and supportive environment.

What types of support group does EDV run?

EDV runs three different types of support groups. Recovery Support Groups are for people recovering from an eating disorder; Family and Friends Support Groups are for family members, partners and close friends of a person with an eating disorder; and Combined Groups are for both people with

an eating disorder and family and friends of someone with an eating disorder.

All EDV's support groups are facilitated; that is to say, an EDV trained Support Group Convenor will be present to open and close the meeting, welcome newcomers and make them feel at home, and make sure that group guidelines are followed, thus keeping conversations safe (away from eating disorder triggers), inclusive of everyone and positively focused.

How will attending a support group help me?

Listening to another person's ideas or strategies may provide you with insights or inspiration for your particular situation. Alternatively, you may share your experiences only to find there is another person in the group who can relate to what you are saying. This level of understanding, whereby you don't need to explain yourself, can ease the stress considerably. You may discover new coping strategies, stress management approaches, or just enjoy the interaction with people in a similar situation to your own.

Initially you may wish to listen to other people's experiences until you feel comfortable to speak. In time most people find they have more to say about their particular situation than they realised.

Who runs the group?

All EDV's own support groups are run by Support Group Convenors, volunteers with an interest and desire to help those affected by eating disorders who have undergone EDV training. A full list of support groups is listed.

see the EDV website for a full list of dates for 2010. www.eatingdisorders.org.au/aboutus/what-we-do/support-group-calendar.html

Recovery Support Groups

GLEN IRIS

Once a month on Monday evenings from 7.00pm–8.30pm.

At Eating Disorders Victoria (EDV), 1513 High Street, Glen Iris, Vic 3146.

Contact EDV Helpline 1300 550 236

GEELONG

First Monday of every month from 7.00pm–8.30pm.

At 61 Candover Street, Geelong West, 3218.

Contact Nicole 0410 997 283

FRANKSTON

Participants should contact Sabina Read or Margie Fry prior to attending this group.

At Frankston Library.

Contact Sabina or Margie on 9530 2311

Family and Friends Support Groups

GLEN IRIS

Once a month on Monday evenings from 7.00pm – 8.30pm.

At EDV 1513 High Street, Glen Iris, Vic 3146.

Contact EDV Helpline 1300 550 236

WATSONIA

Second Wednesday of every month from 7.00pm–8.30pm.

At Watsonia Neighbourhood House, 47 Lambourne Road, Watsonia, Vic 3087.

Contact Tracey De Poi – 0422 333 450

BALLARAT

Second Thursday of every month from 7pm.

At Ballarat Community Health Centre, Cnr Queens Street & Dyte Parade, Ballarat.

Contact Nola Kervaree – 5320 3635

E NolaK@bhs.org.au

ALBURY/WODONGA

Lunch meetings are held once a month.

At Three Monkeys Tavern, Gateway Island, Lincoln Causeway.

Contact Cheryl (b/h) 0427 730 823,

Sally (a/h) 0411 374 420

E acornsupport@optusnet.com.au

PORTLAND

First Tuesday of every month from 7.30pm–9.30pm.

At Portland Hospital enter via main entrance.

Contact Carol 5523 3410

Combined Support Group

EAST MELBOURNE

Once a month on Wednesday evenings from 7.00pm–8.30pm.

At Melbourne Psychology Centre, 21 Landsdowne Street,

East Melbourne 3002.

Contact EDV Helpline 1300 550 236

Building partnerships

Eating Disorders Victoria recently joined forces with the Williams Road Family Therapy Clinic (WRFTC) to form a support group in Frankston.

Running for the duration of 2010, the support group was established specifically for men and women who are currently being treated or those who have recently been treated for an eating disorder. The group is aimed at people in the outer south-east of Melbourne and the Mornington Peninsula.

Under the collaboration, in which EDV trained and worked closely with WRFTC, attendees were asked to commit to a certain number

of sessions. This is unlike other EDV support groups, where it is up to the individual when and how often to attend. After the initial sessions were completed, attendees were free to opt out of the support group or continue to attend.



The aim of the support group was to improve the quality of life for those who attend by providing the

opportunity to relax and recharge in a safe environment and to support each other to deal with day-to-day life issues.

The groups of 8–10 participants were convened by Sabina Read and Margie Fry, who are both provisional psychologists and postgraduate students and who are currently taking part in an intern program at Williams Road Family Therapy Centre.

Find out more about our support groups opposite and log on to eatingdisorders.org.au

2010 Event calendar

For more information on the following events please visit www.eatingdisorders.org.au

June

BODY IMAGE AND EATING DISORDERS IN SCHOOLS (MELBOURNE) – WED 17 JUNE

Workshop 1

Understanding and Managing Eating Disorders in Schools

Target audience includes school staff (teachers, welfare staff, physical education and outdoor education, nurses, counsellors) and other professionals working in the youth sector. Workshops are suitable for both primary and secondary staff.

July

TRY MINDFUL EATING WORKSHOP (MELBOURNE) – THURS 22 JULY

This workshop will provide an experience of the language of mindfulness; mindful eating principles; skills of mindful eating (including keeping a mindful eating journal, mindful shopping and preparation, arriving at a meal, eating a mindful meal,

expanding your eating horizons; mindful craving control; and mindful stress management.

August

BODY IMAGE AND EATING DISORDERS IN SCHOOLS (MELBOURNE) – THURS 19 AUGUST

Workshop 2

Preventing Eating Disorders and Promoting Positive Body Image in Schools: A Whole Schools Approach

Target audience includes school staff (teachers, welfare staff, physical education and outdoor education, nurses, counsellors) and other professionals working in the youth sector. Workshops are suitable for both primary and secondary staff.

September

BODY IMAGE AND EATING DISORDERS IN SCHOOLS (MELBOURNE) – THURS 9 SEPTEMBER

Workshop 1

Understanding and Managing Eating Disorders in Schools

Target audience includes school staff (teachers, welfare staff, physical

education and outdoor education, nurses, counsellors) and other professionals working in the youth sector. Workshops are suitable for both primary and secondary staff.

November

BODY IMAGE AND EATING DISORDERS IN SCHOOLS (MELBOURNE) – THURS 25 NOVEMBER

Workshop 2

Preventing Eating Disorders and Promoting Positive Body Image in Schools: A Whole School Approach

Target audience includes school staff (teachers, welfare staff, physical education and outdoor education, nurses, counsellors) and other professionals working in the youth sector. Workshops are suitable for both primary and secondary staff.

Book review

Why can't I look the way I want?

BY MELINDA HUTCHINGS

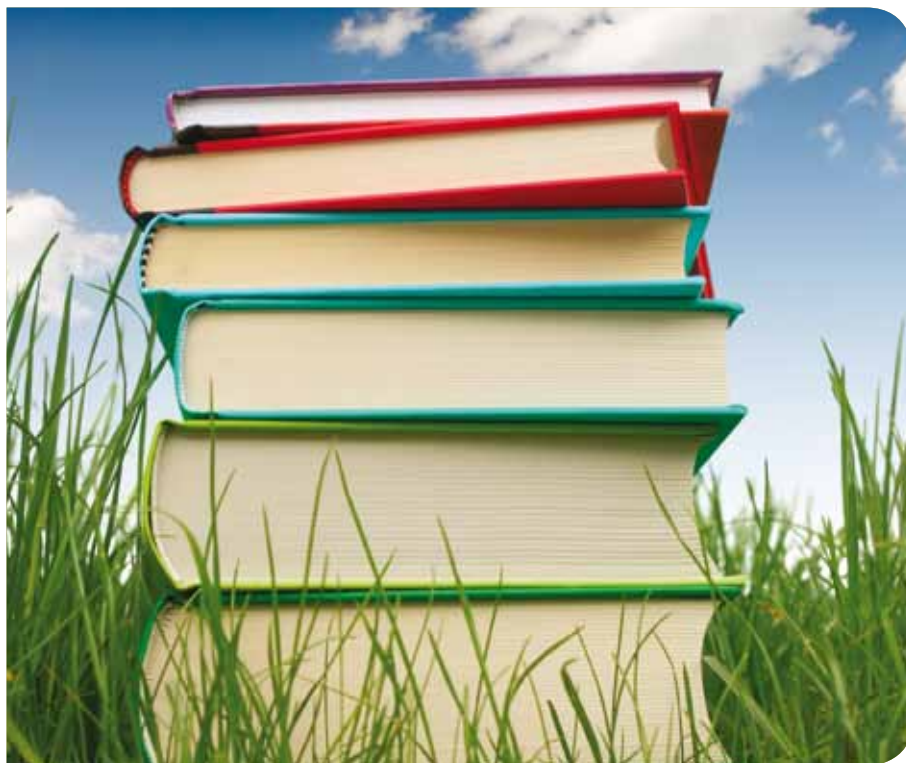
Reviewed by Steff Connor, aged 15, Bendigo

Why can't I look the way I want? – a question many of us ask ourselves every day. We can exercise our butts off, count every calorie, yet never feel fully satisfied. Now by 'we', I am referring to the people out there suffering from an eating disorder. I understand the pain and suffering associated with striving towards the 'perfect' image. *Why can't I look the way I want?* enabled me to come to terms with the fact that there is no 'perfect' image out there.

I had a particular interest in this book as it shares many real life stories of real females and males who were able to break free from their eating disorder. The book goes into detail about strategies for overcoming eating issues. Statistics and inspirational quotes are also found on every page. The book specifically outlines you don't have to be classified as bulimic or anorexic to have an eating disorder. Eating disorder victims come in all shapes, sizes and severity and should not be judged or based on their outside appearance.

When I received this book I expected to be reading yet another written lecture on how life-threatening eating disorders are. *Why can't I look the way I want?* is written in a very understandable manner and never once tells you off. It is realistic, discusses achievable goals while covering all components of an eating disorder. Some other categories outlined in the book include self-harm, triggers, staying positive and more.

I would strongly recommend this book as it demonstrates that recovery is real and very possible to everyone. *Why can't I look the way I want?* provides guidance to both sufferers and carers. Be prepared for a delicate insight into the world of recovery.



Book review

I love me

BY BEV AISBETT

Reviewed by Natalie Wild, EDV Recovery Support Officer

Following the same style as her previous series, the 'IT' books, *I love me* is an easy to read, descriptive book which addresses low self esteem/self worth issues. Bev Aisbett delivers a descriptive insight into what low self worth is, the effect it has on the self and others, how it happens, and how to work with it to improve yourself and the way you look at life.

I love me is a positive self help book using basic cognitive behavioural therapy (CBT) skills. Some of the topics it touches on are relationships with others, your relationship with yourself, learning to forgive, being responsible for your own thoughts, feelings and actions, and learning that you can't change another person but you can change how you feel or what you do with your own life.

This book is about developing your own sense of self-worth and self-belief. In terms of an eating disorder, low, or nonexistent self-esteem is one of the key traits that help keep the eating disorder alive and well. I love me helps to change the way you see yourself and teaches you how to like and be kinder to yourself.

Prior to *I love me*, Bev Aisbett co-wrote *Get Real*, beyond the body beautiful, which deals with body image and eating disorders, *Taming the Black Dog*, which is about depression, and the *Living with IT* series, which deals with anxiety and panic attacks.

For parents of a loved one with an eating disorder

Discovering that your child has an eating disorder can be an extremely confusing, frustrating and painful experience. It is an extremely difficult role for parents to play as they feel they need to maintain a strong demeanor in order to provide the support and love necessary in caring for a child with an eating disorder. Parents often feel distraught, helpless, guilty, defeated, confused and exhausted.

The following list provides recommendations to help parents manage their child's eating disorder in a way which promotes their recovery.

COMMUNICATE CLEARLY AND CALMLY.

Communication is essential both in promoting your child's recovery, as well as ensuring the eating disorder does not take over the lives and interactions of everybody in your family.

Calm, clear, concise communication is the best approach with everyone.

PURSUE KNOWLEDGE AND UNDERSTANDING OF EATING DISORDERS.

Becoming informed is a crucial step in best equipping yourself with the skills and strategies for supporting your child. If you are aware of the nature of eating disorders you will be more prepared to handle the changes and challenges that take place throughout a person's eating disorder and recovery experience.

Eating Disorders Victoria has an extensive range of resources for families and friends in their library.

ROLE MODEL HEALTHY BEHAVIOURS AND ATTITUDES TOWARDS FOOD, WEIGHT AND BODY IMAGE.

Talk to children about their self-image, offer reassurance that body shapes vary, teach them about the pitfalls of dieting and role model healthy eating behaviours.

IF YOU HAVE OTHER CHILDREN, SHARE WHAT YOU KNOW ABOUT EATING DISORDERS.

Include strategies on how to best support their brother or sister towards recovery.

TRY NOT TO LET THE NEEDS OF THE CHILD WITH THE EATING DISORDER OVSHADOW THE NEEDS OF SIBLINGS.

Try to give as much time and attention siblings as possible. Communication is key in ensuring other siblings understand the situation. Explain that this is an important time in their sibling's life and that, while you may be directing a lot of your time and energy to the child with the eating disorder, this situation will not be forever and your love for them is just as strong.

BE AWARE THAT THE DISTRESS OF SIBLINGS CAN BE VERY ACUTE AND IS OFTEN HIDDEN SO AS NOT TO BURDEN PARENTS.

Encourage siblings to take part in open communication with you and other people in their support network. Encourage them to express their range of feelings about how they are coping with the situation. In addition, try to ensure other siblings are provided with the opportunity to take part in social or leisure activities which will allow them to pursue their own interests outside of the home.

SEEK SUPPORT FOR YOURSELF WHENEVER YOU ARE FEELING OVERWHELMED.

You may consider going to see a counsellor or simply connecting with somebody in your own support network.

Eating Disorders Victoria provides a number of services to support people in a caring role, including face-to-face sessions with our Family Support Officer.

ACKNOWLEDGE THAT SETBACKS ARE A NORMAL PART OF RECOVERY.

Try to take every day as it comes. While relapses can seem devastating, it is best to view them as an opportunity for your child to learn how to better handle future situations. Each setback overcome will leave the person stronger and wiser and these are all building blocks in the recovery process. Recognition of the triggers or causes of setbacks can be the only way that a person learns about them and learns to anticipate and prepare for them.

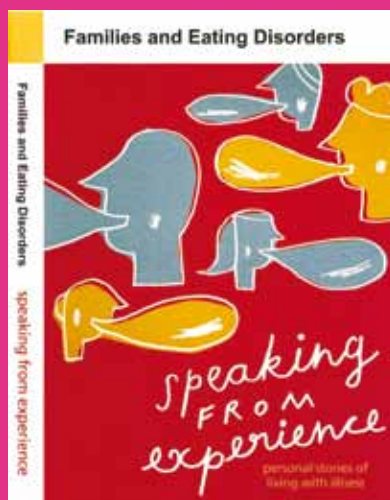
REMEMBER RECOVERY IS A PROCESS, NOT AN END POINT.

Consider recovery as the process of healing, rather than an outcome. Many people want to know when the person they love will be recovered and back to their old selves. For most people, there will be no particular day, event or marker that will indicate that they are 'recovered.' Recovery can involve personal discovery, re-learning, challenges, achievements and setbacks.

For many people, it is just the beginning of a life-long process of being more aware of who they are and what is important to them.

Often, people won't go back to being their old selves, because their recovery is a positive learning experience resulting in significant personal growth.

Families and eating disorders – A DVD for carers



In 2009 Eating Disorders Victoria joined forces with RealTime Health to produce a DVD for families living with someone with an eating disorder. Titled *Families and Eating Disorders*, the DVD is part of RealTime Health's Speaking From Experience series of DVDs, in which people who have been affected by real life illness share first-hand accounts of their day to day challenges, and give insights into the coping strategies they have used.

The DVD, which has been sold worldwide, includes personal stories from mothers, fathers and siblings of people suffering from an eating disorder, and covers a wide range of experiences such as recognising the signs, coping with a diagnosis, the impact on relationships, the recovery journey and life after recovering from an eating disorder.

Short clips of the *Families and Eating Disorders* DVD can be found at www.realtimedhealth.com. The DVD is available by mail order direct from EDV for personal use (please ring the Helpline to order) or can be purchased from RealTime Health for professional use.

Recovery story

When food is the only answer – a recovery story by Elise*

I existed in a world where food was my every breath, my every thought, my words, my feelings. It was the control centre of my life that arranged the minutes in each and every day. I planned my life around it and in return it stole all meaning from me and left a shell, lifeless and empty.

Facing feelings, any feelings, no matter how insignificant or intense, was just too difficult. What were feelings anyway? I was bought up not to show any! No love, affection, forgiveness, anger, sadness. So that's where it all began.

That's when I discovered food!

How marvellous it was to have food. Food took away all of those thoughts and feelings I could not endure. For the time it was leaving my hand and entering my mouth, it was my saviour. My one and only exit from a life I disliked so much and a body of which I felt such disgust. What I was doing was engaging in a form of self-punishment; making up for any past wrongs.

The beginning of the binge-purge-exercise cycle I created was marvellous! But soon the cycle had no exit. The tunnel grew dark and, after 5 years, life was a cloud of depression and anxiety. Each day had no meaning, nor did the people around me. I could not accept or give love as I had no love for myself. What was the use in going on?

I think that, when I was at my lowest level ever and did not know whether I wanted to go on, I had no other choice than to look within myself to question what was missing and discover what in life I could not face. It is when you start finding the answers to these difficult questions and learning to accept the fact that it is okay to feel a variety of

emotions that the energy starts to flow back into your body.

It is amazing what a little self love and nurturing can do for your confidence and self-esteem.

Being able to love yourself is, in my opinion, the key to recovery and in turn allows you to love others and life itself. Once you put aside the ridiculous belief that happiness comes from being thin, you will gain so much more from life and there will be a greater span of time available to focus on more enjoyable things.

Throw away the 'good/bad' list of foods and treat all foods with equality. The hardest stepping stone is allowing yourself what you desire to eat, not what and when you think you should be eating. Once you conquer this and love yourself all the way, you will take the control back from something that has engulfed you for so long.



When you are knee-high in food and out of control, it is hard to imagine that there is a life out there. Just stop, think for a moment, look at yourself, touch your own skin and remember that it does not have to be this way. You are the only one who can change your life and face up to your feelings. So what if you are knocked over a few times in the process! Pick yourself up, love yourself and try all over again.

Life can be what you want it to be.

It is all up to you!

**Names have been changed to protect anonymity*

EDV Volunteering Program

Volunteer Training & Recruitment

EDV recruits volunteers on a regular basis. Training intakes for 2010 are March, July & Oct. All volunteers go through a comprehensive training program followed by an observation period and supervised calls/sessions. Ongoing training and support is provided.

Interested in helping out?

Volunteers are an invaluable support and EDV is always looking for volunteers who would like to assist the organisation in carrying out its important work in the community. There are lots of opportunities available for a diverse group of people from a variety of backgrounds and locations around Victoria. Please note all volunteers are required to make a 12 month commitment when volunteering with EDV.

VOLUNTEERS CAN ASSIST IN A VARIETY OF WAYS.

These include:

- **Helpline** – responding to a variety of telephone, email, face to face and message board enquiries. This role is located at the EDV office in Glen Iris. Volunteers participate in a minimum 4 hour shift per week.
- **Support Groups** – Facilitating existing support groups for people with an eating disorder and/or their families, partners and friends across the state. There is also the opportunity to set up new support groups.
- **Chat rooms** – moderating the online chat room sessions for people with an eating disorder or their families, partners & friends from the comfort of your own home on a rotating basis.
- **Speakers bank** – Share your experience as someone who has recovered from an eating disorder or supported a loved one with an eating disorder.
- **Administration working group** – Assist with a variety of administrative tasks.

- Relevant project work on an ad hoc basis.

For further information about volunteering please contact the Volunteer Services Coordinator, Marilyn Amendola on 9885 6563 ext: 804 or marilyn.amendola@eatingdisorders.org.au

National Volunteer Week

National Volunteer Week (NVW) is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 5 million Australians who volunteer.

Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports.

NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others.

At EDV we have approximately 100 volunteers and are always looking for more. In celebration of NVW we said thank you to all our volunteers by holding a social function and providing each volunteer with a certificate of appreciation.

Volunteer profile



Felicity Martin
Helpline
Volunteer

WHAT DOES YOUR ROLE INVOLVE?

As a helpline volunteer, my main role is to respond to phone calls and emails to the helpline. This includes providing emotional support, information about treatment options and EDV support services

and referrals to people with eating disorders, or to their family and friends. The helpline role also involves monitoring the online message board, making sure posts adhere to the guidelines (e.g. are supportive and do not contain triggering information).

WHAT WAS IT ABOUT VOLUNTEERING FOR EDV THAT INTERESTED YOU?

I think that eating disorders are misunderstood by a lot of people. I also believe that many people do not know much about them until it touches them personally. I loved the idea of being part of an organisation which provides support and information for people who might not know where to go or how to get help, but which is also involved in educating the wider community about how to recognise and hopefully prevent eating disorders.

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

The biggest reward for me is hearing the relief in people's voices when you tell them there is hope for an eating-disorder-free future, when they understand that they have options and that there are people there to support them through the difficult times. There certainly are challenges; for example when someone wants to get better but doesn't feel ready to seek professional help, or when talking to people who feel like they are running out of treatment options. However if I can go home at the end of a shift feeling like I have helped give hope to even one person, it well and truly makes up for any challenges.

WOULD YOU ENCOURAGE OTHERS TO VOLUNTEER FOR EDV?

Absolutely. EDV is an amazing organisation – the staff are wonderfully supportive and the EDV mission is certainly very worthwhile.

Caring about recovery update

EDV is putting the major grant funding from the Lord Mayors Charitable Foundation to good use, having recently employed Jo Macreadie as our new Caring about Recovery Project Officer. With the creation of this position, and building upon the initial work completed by our Family Support Officer, which too has been supported by the Lord Mayor's Charitable Foundation by a grant given in 2008, EDV is establishing a program called Caring – About Recovery.

EDV has identified that there are a great number of 'hidden' carers in the Melbourne area that are struggling to find the practical strategies to assist their loved one in their recovery from an eating disorder. The Caring About Recovery program is a concerted effort to reach out to these families and hidden carers, provide families and carers with vital information, equip families with practical skills in order to give the sufferers the best possible chance of recovery and enable the carers in the community to 'give back' when they are ready, through ongoing support networks.

Jo is currently in the process of communicating with local councils in and around the Melbourne area to establish a pilot program involving carers of those with an eating disorder. Under the pilot program, three local municipalities will run with different contact strategies which will allow EDV to monitor and then determine which is the most successful strategy in reaching out and making contact with the family carers. This program will then be fully implemented across all metropolitan council regions.

Caring – About Recovery is a two year program in which EDV hopes to reach as many as 3,600 families affected by eating disorders in the Greater Melbourne area.

Finding EDV in unexpected places

Through a generous grant from the City of Yarra and with extra support from Convenience Advertising, EDV recently decided to try a new way of seeking out those suffering from an eating disorder – advertising on toilet doors!

From the end of April until the end of May, 60 A4 advertisements were placed at toilets in pubs, clubs, shopping centres and universities in the City of Yarra area. Each ad dispelled the myths relating to eating disorders, including anorexia, bulimia and binge eating. The advertisements also housed small business cards that the reader could take with them to serve as a reminder when they see the card in their handbag, pocket or drawer later down the track.

The three different advertisements depict women, men and people of diverse ages and cultures, and focus on the theme that "eating disorders don't discriminate".

The goal of this new avenue is to reach out to those who may not have yet realised they or someone they know is suffering from an eating disorder and to set the record straight regarding myths often associated with eating disorders.



Get behind our team

Three of EDV's staff team will use foot power to raise funds for EDV by entering in the Run Melbourne charity event in July. While admitting it will probably be more of a walk and chat rather than a run, Family Support Officer Helen Franks, Recovery Support Officer Natalie Wild and Communications Officer Megan O'Connor look forward to tackling the 5km route to raise much needed funds for EDV.

"All of the EDV staff have so many grand ideas as to what sorts of projects we would love to implement given half the chance, but we always seem to have the constant issue of not enough funding to get some of ideas off the ground," said Megan O'Connor.

"So, we all agreed that we would simply nag all of our family and friends for sponsorship – so they had better dig deep!!"

You can help in one of two ways. Firstly you can sponsor the team by donating online. http://runmelbourne.everydayhero.com.au/megan_oconnor. Or, if you would like to join Megan, Helen and Nat in Run Melbourne, why not set up your own page linked to EDV and encourage your friends to sponsor you? Just go to <http://www.runmelbourne.com.au/home.php> and nominate Eating Disorders Victoria as your charity of choice

All donations over \$2 are tax deductible



Acknowledgements

Eating Disorders Victoria gratefully acknowledges the ongoing generous support of the Lord Mayors Charitable Foundation and Hairhouse Warehouse.



Thank you

Eating Disorders Victoria would like to thank Helen Turner for her generous support and donations to the EDV library. Having previously been an EDV volunteer for 9 years, Helen became a psychologist who treated people with eating disorders. Recently retired, Helen donated her extensive range of books which will be of great benefit to EDV staff and clients.

Thank you also to the generous donors Beverley Byfield, James and Carolyn Marrs and Robyn and Neil Isles who recently made significant donations to EDV.

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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 message board

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 message board

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

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 NON 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 continued support and generosity of the community through donations. To continue to provide our free support services for people with eating disorders and their families, we need your financial support.

All money received goes directly toward supporting our work such as:

- Helpline costs
- Chatroom and Messageboard maintenance
- Eating disorders and body image education programs
- Funding the EDV volunteer training program
- Purchase of library resources
- Resources for improved community awareness

The Eating Disorders Foundation of Victoria is a registered charity (DGR 900224708) and all donations \$2 or over 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 and contact details (if you require a receipt) into an envelope and post it to:

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

Eating Disorders Victoria contact details



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

Phone 03 9885 6563

Fax 03 9885 1153

Email edv@eatingdisorders.org.au

www.eatingdisorders.org.au

EATING DISORDERS HELPLINE

Phone 1300 550 236

Phone (Melbourne metro):

03 9885 0318

Email help@eatingdisorders.org.au

The Eating Disorders Helpline operates from 9.30am to 5.00 pm 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

