

InsideOut

Value yourself from the InsideOut



Issue No. 2 Summer 2010

Merry Christmas
and Happy New
Year from Eating
Disorders Victoria

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

Open 9.30am-5.00pm Monday to Friday

Welcome

Welcome to the second issue of *InsideOut*, EDV's magazine for our members, friends and supporters.

The end of the year is fast approaching, along with the festive season of Christmas, celebrated secularly in our society. While most children and many adults look forward to Christmas with its traditions of feasting and presents, I know that this can also be a time of great tension and anxiety for many families, particularly where there is an eating disorder problem. It is a time of year when we seem to be particularly subject to unrealistic social and cultural pressures (to say nothing of marketing pressures) – demanding that we must join in with every event and be happy, and be seen to be happy, all the time. This demand of happiness at a pre-defined time and circumstance seems to me as unreal as anything we ever see in a magazine; a sort of air-brushed equivalent of real happiness.

This year, instead of giving in, why not give yourself permission to be a bit more 'real' at Christmas? Sounds good, I hear you say, but how? Well, EDV has been running seminars on mindful eating, helping people to break free from food rules and begin to enjoy healthy, flexible, relaxed eating practices. Perhaps we can apply some of the same principles to this season; relax some of the 'rules' about how or when we should celebrate, and choose to spend this Christmas in a more flexible way that suits our own particular family circumstances. There are also other tips for managing at Christmas in this newsletter, which we hope will help most of you negotiate your way safely past the pitfalls of the season.

We hope you enjoy this issue, and look forward to being in touch with you further in 2011.

Kirsty Greenwood

Executive Officer

EDV staff changes

Rebecca Wickham was recently appointed as EDV's second part-time Family Support Officer, as part of the *Caring – About Recovery (CARE)* project.

Rebecca Wickham is the latest staff member recruited from our volunteer workforce. Rebecca has been an EDV group convenor for five years, convening both Recovery and Family & Friends support groups. Rebecca is in the fourth year of her professional doctorate in Clinical Psychology at Swinburne University. She has experience in a variety of clinical placements, including the Eating Disorders Program at the Melbourne Clinic and the Mindful Moderate Eating Group at Swinburne University. Rebecca is currently at Frankston CAMHS 2 days per week, conducting single session assessments with children, adolescents, their families and carers.

In June EDV welcomed Erin Young, the director of Real Girl Productions to the team. At eighteen years of age Erin established *REAL Magazine*, a magazine promoting positive body image written by girls, so her passion for promoting body image is evident. Erin's role at EDV involves facilitating workshops in schools as well as the maintenance and development of the EDV website.

You can see Erin's work with *REAL Magazine* by visiting <http://www.realmagazine.net.au/>

EDV's well-known and much-loved principal Family Support Officer, Helen Franks has, at short notice, had to take a 12-month sabbatical from her employment with EDV. She goes on this period of leave with the good wishes of everyone at EDV and of a great many families and carers who have been helped on their journey by Helen in the last four years.

Fortunately for EDV, we have a tremendously flexible and capable staff team, and I'm glad to say that other members of staff, including Rebecca, have been able to extend their hours of work to pick up some aspects of Helen's work for the twelve month period. With a replacement part-time appointment to the family support role expected shortly, we are confident that EDV will continue to provide vital support to families of people with eating disorders as well as ever.

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

EDV Christmas closure dates

The EDV office, Helpline and Chatrooms will be closed from 1pm on Friday 24th December until Monday 3rd January inclusive. We will resume normal operations on Tuesday 4th 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

EDV on Facebook

This year EDV joined the social media network by creating an Eating Disorders Victoria *Facebook* page. The EDV page will allow us to keep everyone updated in between editions of our newsletter *InsideOut*. The page provides EDV news and links to interesting websites and media articles and has an area for discussion. We hope you will show your support of EDV and help spread the word by joining the Facebook page. The page can be found at <http://www.facebook.com/EatingDisordersVictoria>

Recent research

A recent study conducted by Victoria University (VU) has found that dangerous eating behaviour is now commonplace, with a growing number of women going to extreme measures to lose weight.

VU psychology lecturer Dr Lyndsey Nolan said that “extreme dieting had previously been the province of the young, but is now becoming more common among women in their 40s and 50s.” EDV’s Education Officer Dr Naomi Crafti believes this could partly be due to society’s focus on remaining thin and youthful.

Dr Nolan’s study, which included survey respondents aged 18 to 65, found women as old as 60 admitted to dangerous types of dieting because of body dissatisfaction. Dr Crafti said “the age range in this study is dispelling the myth that distorted eating is only a teenage girl issue, but rather shows it to be a population-wide problem”. Dr Crafti noted that the research “proves how extensive the problem of distorted eating really is. Clinical eating disorders are just the tip of the iceberg, while there’s a whole population engaging in unhealthy eating practices”.

Dr Nolan also found that more than 90 per cent of the women in the study ‘strongly agreed’ or ‘somewhat agreed’ that they had never measured up to the body image standards set for themselves. “It is worrying that the overall feedback from women about their body image was negative, self-defeating and derogative, which highlighted themes of passivity, helplessness, dependence on others, and abject failure”.

Dr Nolan, who also works at the Royal Melbourne Hospital Eating Disorders Unit, said many women remained silent about their eating disorders for too long. “I’ve worked with people who haven’t sought treatment for bulimia nervosa for ten years, and then decide they’ve got a problem and seek help. That’s ten years of serious destructive behaviour; emotionally, psychologically and physically”.

Dr Crafti noted that “in western society there is ‘normative discontent’ around eating behaviours and body image and there are severe mental and physical health consequences to disordered eating, even if someone is not specifically diagnosed with an eating disorder”.

Changes to eating disorder treatment options in Victoria

There have been some recent significant changes to the eating disorder treatment options in Melbourne.

Sadly, the Oak House, an excellent private eating disorder treatment facility in Melbourne’s Surrey Hills, closed its doors to patients and families at the end of September. The Oak House, which was established in 2000, commonly treated between 80–100 patients at any one time, meaning the gap left by their closure will be immense.

On a brighter note, Austin Health and St Vincent’s Hospital Mental Health Services have recently jointly launched a new public treatment service for severe body image and eating disorders patients in Melbourne’s north-east.

The Body Image and Eating Disorder Treatment and Recovery Service (BETRS), which will operate a day-patient program from 104 Studley Park Road Kew and an inpatient program at the Austin Hospital, commenced taking referrals in November.

BETRS is particularly aimed at people with anorexia nervosa, but will also treat people with bulimia nervosa, binge eating or body dysmorphic disorder who have not been able to access the private system because of cost or who need a second opinion or more intensive treatment.

BETRS is available to patients over the age of 16 years living in the local government areas of Darebin, Boroondara, Nillumbik, Banyule, Whittlesea and Yarra.

Further information about treatment options is available by contacting the Eating Disorders Helpline on 1300 550 236 or by visiting www.eatingdisorders.org.au

Sham magazine



In early 2010 EDV was approached by Boroondara City Council Youth Services to participate in a partnership for a grant application to *Go For Your*

Life, a Victorian Government positive body image initiative.

Being awarded the grant of \$5000 allowed the Youth Services team and students from local schools to develop a magazine called *Sham* that would be a parody of the traditional health, beauty and fitness magazines gracing the stands at newsagents.

EDV provided education to schools in the Boroondara area that were interested in gathering information on media and its impact on body image. EDV’s Education officer Naomi Crafti and Project Officer Erin Young visited The Rossbourne School and Kew High School for two-hour sessions to teach media literacy and provide information on positive body image.

Sham was sent to every school in the Boroondara area after the magazine launch in May which Naomi and EDV EO Kirsty Greenwood attended. It was a successful collaboration with a great final product.

About our services

Online Communities

Did you know that EDV has two online communities? The *Recovery Community*, for those recovering, or hoping to recover from an eating disorder, comprises a facilitated chatroom and a messageboard (discussion forum); the *Care and Share Community* is for people who are currently caring for someone with an eating disorder and provides a facilitated carers' chatroom, and a large number of resources and links to help carers.

Both the Recovery and the Care and Share Communities provide users with a safe and anonymous way to receive support and encouragement from others in a similar situation. Both communities are moderated by trained volunteers who ensure that the environment remains safe and supportive.

EDV has a set of Online Community Service Rules and Guidelines for users, regulating what can be said in the Chatrooms and the content of the forums, which moderators will enforce to ensure all content is positive and recovery-focused. During chat sessions, there is always a facilitator present to provide additional support and information. All participants in the communities must agree to abide by the rules and guidelines as part of their registration process.

The Recovery Community

The *Recovery Messageboard* (forum) is a place where people with an eating disorder, aged 16 years and over, can safely connect with other people with similar experiences, by posting their thoughts, questions and experiences under a relevant forum and topic heading. Posts are read firstly by EDV moderators, who will ensure that there is no harmful or unsuitable content and then make the posts visible; they are then read and answered by other members of the community. Anonymity is strongly encouraged.

Messageboard is accessible 24 hours a day, 7 days a week, although posts are not visible until approved by an EDV volunteer moderator.

The *Recovery Chatroom* is a place for people with lived experience of eating disorders to communicate in real time with others in a similar situation. All of those participating in the Chatroom must be 16 years of age or over. The *Recovery Chatroom* is intended purely as a means of support and communication, and does not provide any form of counselling; it is not intended to substitute for professional/medical advice.

Recovery Chatroom opening hours:
Tuesday 7.00pm–9.00pm EST
Thursday 7.00pm–9.00pm EST
Sunday 7.00pm–9.00pm EST
Except for Public Holidays

The Care & Share Community

The *Care and Share Community* enables families, friends and partners of people with eating disorders to share stories, experiences and knowledge, give and receive support, learn coping strategies and feel less isolated.

The *Care and Share Chatroom* operates once per week where participants can chat in real time. There is also a *Care and Share Forum* where members of the community can post questions and receive help from each other.

Care and Share Chatroom opening hours:
The *Care and Share Chatroom* is open Wednesdays 8.00pm–9.30pm

Care and Share will be closed during December and January and will re-open February 2011.

*How can I find out more?
How can I join?
To find out more or to join the relevant EDV online community please visit www.eatingdisorders.org.au and follow the links to Care and Share, the Recovery Chatroom or the Recovery Messageboard.*

Support groups 2011

Recovery Support Groups

GLEN IRIS

2nd Monday of every month
7.00pm–8.30pm
At Eating Disorders Victoria
1513 High Street
Glen Iris, Vic 3146

Contact

EDV Helpline 1300 550 236

Family & Friends Support Group

GLEN IRIS

1st Monday of every month
7.00pm–8.30pm
At Eating Disorders Victoria
1513 High Street
Glen Iris, Vic 3146

Contact

EDV Helpline 1300 550 236

Combined Support Group

EAST MELBOURNE

3rd Wednesday of every month
7.00pm–8.30pm
At Melbourne Psychology Centre
21 Lansdowne Street
East Melbourne 3002

Contact

EDV Helpline 1300 550 236

SUPPORT GROUPS WILL ALSO RUN IN THE FOLLOWING AREAS IN 2011.

Please check the EDV website in the New Year for dates and venues.

- Ringwood – Family & Friends group
- Watsonia – Family & Friends group
- Geelong – For people with an eating disorder
- Frankston – For people with an eating disorder
- Bendigo – Family & Friends group
- Ballarat – For people with an eating disorder and Families & Friends group

Support Groups begin in February and finish in December.

Rotary Community Service Awards

The EDV – Hairhouse Warehouse partnership was recently recognised by being awarded one of three major awards at the inaugural Rotary Community Service Awards held at the Crown Palladium in May.

The EDV – Hairhouse Warehouse partnership was awarded the overall second place, with a cash prize of \$7,500 for EDV. The prize acknowledged EDV's hard work in the community, and the difference Hairhouse Warehouse's support

of EDV and their sponsorship of the Eating Disorders Helpline has made.

"EDV is extremely grateful for the ongoing support of Hairhouse Warehouse as we continue to help people affected by eating disorders and promote positive body image.

"We feel humble to have been chosen from many outstanding nominees to receive such an award," said Kirsty Greenwood, EDV Executive Officer.

EDV would like to thank the Rotary Club of Southbank for initiating these awards, and also the Lord Mayor's Charitable Foundation who assisted with the Awards.



Margot White from Hairhouse Warehouse and Rob Anderson, EDV Vice President, at the Rotary Community Service Awards night.

Kickstart Your Recovery

EDV will once again run its six-week 'Kickstart Your Recovery' program in February 2011. Kickstart is a structured six-week program for people over the age of 16 with an eating disorder who are ready to work towards their recovery. The sessions focus on building self-esteem and positive body image, with the aim of helping the attendees to focus positively towards recovery. The 2010 program was a great success with most of the twelve participants later joining an EDV support group to aid their recovery.

'Kickstart Your Recovery' will start on Monday 21st February and run for six weeks.

The structure of the 6-week Kick Start program is:

WEEK ONE: The Journey to Recovery

WEEK TWO: Who am I? –

Finding the path to self-acceptance

WEEK THREE: Me and my body

WEEK FOUR: Life wasn't meant

to be perfect

WEEK FIVE: Mindful Eating

WEEK SIX: The road ahead

(open support group)

Registrations are now open by contacting the Eating Disorders Helpline 1300 550 236.

2011 Event calendar

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

We recommend that you regularly visit the events section on the EDV website for up to date event listings, as dates and details may change from those listed below, and more events will be added throughout the year.

January

Tuesday 4 Jan

EDV office and Helpline re-opens.

February

Thursday 17 February

CARE event – Body Positive

Inoculating against body dissatisfaction & eating problems. Shire of Melton. Open to anyone in the community.

Monday 21 February

Kickstart Your Recovery

A structured 6-week program for eating disorder sufferers ready to begin their road to recovery.

Thursday 24 February

EDV Schools Workshop 1 – Understanding Eating Disorders

A half-day workshop for school teachers, student counsellors and welfare workers, on how to recognise the signs of eating disorders, and what to do about them.

Thursday 24 February

CARE event – Body Positive

Inoculating against body dissatisfaction & eating problems. City of Whitehorse. Open to anyone in the community.

March

Thursday 10 March

International Women's Day

Community Awareness Evening – "Health at Every Size"

Thursday 17 March

Mindful Eating Workshop

April

Friday 29 April

Fitness Industry Workshop

May

Friday 6 May

International No Diet Day

Friday 13 May

EDV Schools Workshop 2 – Preventing Eating Disorders

A half-day workshop for school teachers, student counsellors and welfare workers, on what we can do in our schools to reduce the risk of eating disorders and body image problems.

June

Friday 16 June

EDV Schools Workshop 1 – Understanding Eating Disorders

(please see 24 February for details)

Book review

Cardboard. A Woman Left for Dead.

BY FIONA PLACE

*Reviewed by Natalie Wild,
EDV Recovery Support Officer*

In *Cardboard. A Woman Left for Dead*, Fiona Place has used a combination of poetry and prose to tell the story of Lucy, and her recovery from anorexia nervosa. The author has managed to clearly depict the true essence of what it can be like in the mind of a person with an eating disorder. Although fictionalised, the author has touched on thoughts, feelings and emotions that leave no doubt in my mind that this story has been written from personal experiences close to her heart.

Cardboard reflects on life with anorexic thought, including feelings of self-doubt, lack of self-worth, paranoia, depression, obsessive-compulsive behaviours and guilt; including how, as Lucy's perception of life alters, the eating disorder loosens its grip.

It also explores relationships with family, helping professionals and friendships, work issues, social skills and networks, hospital admissions and living outside the safety of hospital walls, when overwhelmed by an eating disorder, and how these things also change for Lucy as she discovers herself.

I feel this book is valuable reading for carers who are interested in gaining true insight into how the mind often works for people with an eating disorder. The book does

however, have a strong focus on weight throughout, as well as a few other potential triggers, that may not be beneficial for someone with, or in stages of recovery from anorexia nervosa. If suggesting this book to a person in recovery, I would emphasise the need to complete the book if they start reading it, as it is only in the later chapters, that the reader is shown how life situations appear differently as the eating disorder becomes less dominant.

This book is recommended reading for:

- Carers and the general public.
- Recommended with caution for people recovering from anorexia nervosa.

This book is not recommended for:

- A person still in the treatment stage of their eating disorder.

Book review

Shapesville

BY ANDY MILLS & BECKY OSBORN
ILLUSTRATED BY ERIC NEITZ

*Reviewed by Rebecca Wickham,
EDV Family Support Officer*

A colourful, imaginative and appealing book for children, the story of *Shapesville* is one that celebrates positive body image and diversity. The authors intended it as a tool for initiating discussion between adults and children about body image, self-esteem, colour differences, and the myth that an 'ideal' body brings happiness and success. The illustrations are fun, quirky and fitting, adding a light-hearted feel to a serious issue.

The story cleverly conveys the message that appearance isn't everything and challenges the simplistic view that there is such a thing as an 'ideal' body image.

The audience's attention is shifted to consider one's talents, triumphs, lived experiences, idiosyncrasies, and inner qualities as part of evaluating one's worth. The book also encourages health behaviours such as moderate eating and activity as an important and normal part of life. It prompts children to listen to their body's needs for movement and choose activities that bring enjoyment to their lives.

An additional feature of the book is a section at the end including suggestions for discussion, questions and a note to educators. This is important because it encourages children to be curious and critical thinkers. Of course, we wouldn't need to teach children to have a positive body image if our culture was one that embraced diversity and children were shown self-acceptance through role-modelling and care. Unfortunately,

however, the book is a much needed resource for reaching young children who are at risk of developing body image problems and eating disorders. It is one step closer to creating a culture that celebrates diversity and acceptance. I think that a resource like *Shapesville* may also provide encouragement and support to those adults who are faced with the overwhelming task of helping young people to make sense of contradictory and distracting messages in their environment. I can see *Shapesville* being a great resource for classrooms, counselling and health services, libraries and the home.

This book is recommended reading for:

- Children aged 3–12 and their parents.
- Primary school teachers and support staff, as a resource for children aged 3–12.

Tips for the festive season

For almost everyone celebrating Christmas, the holiday season is a stressful time with the organisation of gifts, parties, food and family visits. For someone with an eating disorder, it can all be compounded, resulting in an overwhelming feeling of stress and pressure. It doesn't have to be like that.

The Christmas period is supposed to be a joyous time and we hope the following tips will help you enjoy it. Remember, communication is the key. If you're feeling stressed and overwhelmed, let someone know.

Tips for the festive season:

- Prior to events, discuss with someone you trust about how to cope with family interaction by predicting and preparing for social activities.
- Predict likely questions from family and friends you haven't seen for a while and prepare some responses.
- Plan what you will do to give yourself 'time out' from the crowd. This might involve listen to your favourite music, going for a walk with a family member or friend or sitting in the garden soaking up the sunshine and silence.



- Give yourself permission to say 'No' to invitations if you are feeling overwhelmed.
- 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.
- Telephone the Eating Disorders Helpline to talk about your concerns. (Please do this in advance of the Christmas season, as the Helpline will be closed between Christmas and New Year).
- Most people overeat on Christmas Day and often comment on the quantity they have eaten. Remember their comments are not aimed at you.

Beauty Mark

On Sunday 5th September EDV celebrated the beginning of Body Image and Eating Disorder Awareness Week with a movie screening of *Beauty Mark – Body Image and the Race for Perfection*. The movie followed the life of Diane Israel, a world class triathlete, in her body image battles to become the number one triathlete and her struggles to find acceptance and love, not only with others, but within herself.

With an opening address by Nicole Livingstone OAM, Olympic & Commonwealth Medallist and Channel 10 Sports Presenter, and a lively panel discussion at the conclusion of the movie by

Erin Young – Director of Real Girl Productions, Rob Anderson – CEO Wheelchair Sports Victoria, Nicky Brown – A YMCA Centre Program Director and Naomi Crafti – EDV Education Officer, the audience were given real insight to the battles faced by people in their race to perfection and the damage it can do.



left-right Nicky Brown, Rob Anderson, Naomi Crafti and Erin Young.

Book launch

You Cannot Take Our Love

BY JACINTA SUTHERLAND

EDV's Executive Officer Kirsty Greenwood was honoured recently to help launch a new book of a mother's story of her daughter's struggle with an eating disorder. *You Cannot Take Our Love* by Jacinta Sutherland is a moving account of Jacinta's struggles when her middle child Tess was diagnosed with an eating disorder, as well as providing reflections, poems and diary extracts from Tess herself.

Speaking at the launch, Kirsty described the impact on families caring for a loved one with an eating disorder as largely hidden.

"Myths and stigma about eating disorders still abound, and effectively block families from talking about what they are going through, and from finding the help they need," she said.

*"It is because of this situation that books like *You Cannot Take Our Love* are needed – awareness."*

A percentage of any profits from the book sales will be donated to EDV.



Jacinta Sutherland

Tara's recovery story – How I found my way back to life

When I was in year eight, I remember that there was a girl at school who was struggling with an eating disorder. I could never understand how she could admit that she was hungry but not be able to eat lunch. So one day, I said to her: "Why don't you just eat?" At the time, I didn't think that there was anything wrong with this brazen remark. Now, after enduring an eating disorder for ten years, I feel so much remorse for blurting out such an insensitive statement.

Less than a year after this incident, the roles had shifted and it was me who wasn't able to eat at school, despite being so hungry that I could hardly make it through the day. And what I soon realised was that an eating disorder is not about the food and wanting to be thin for conceited reasons. For me, the illness began due to a combination of factors. In particular, it was the deadly mix of depression, perfectionism, fear of failure, lack of identity, guilt, anxiety, academic, peer and athletic pressure, a distorted body image and low self-esteem, which triggered a dramatic change in my eating patterns. I used food to cope and believed that if I could control my food, then I could control everything else in my life.

Unfortunately, it only took a few months for will power and self-discipline to escalate into a life-threatening disease that almost robbed me of adolescence. Having anorexia and bulimia was much more than going on a diet; both disorders led to hundreds of appointments with health professionals, dozens of admissions to hospital, intense psychiatric treatment, suicide attempts and a range of medication. Subsequently, I had to miss months of school (including VCE and tertiary studies), cancel nearly all of my co-curricular

activities, and lost what used to be solid relationships with family and friends.



So, how did I recover from my eating disorder? Honestly, with a lot of ongoing love and support ranging from my parents and brothers to my school counsellor.

Additionally, this included professional input, consisting of both inpatient and outpatient treatment from a multi-disciplinary team of health professionals. These clinicians equipped me with knowledge and skills that could not only help me overcome my illness but could also be utilised when encountering any difficult situation, which may have previously provoked me to resort to food.

The hardest part was actually being able to learn to use the coping mechanisms independently. It was easy for me to improve rapidly in hospital or during the session with the health professional. Yet, once I was back in reality, the eating disorder voices would quickly take over and become so dominating, that I would immediately forget everything I had been taught in treatment.

By using different strategies and trying to sustain a positive mindset, I have been able to progress into what I call 'recovery mode'. I should actually use present tense here because I still adhere to all of the

tools that I learnt and will try to do so whenever I come across a new challenge. Of course, I am only human and still have hard days, where I feel exhausted and can't be bothered debating the voices anymore.

My dream is to eat and not even think about it, although I recognise that, as someone who has been diagnosed with an eating disorder, I may never be able to eat like everyone else and completely eradicate the demonising voices surrounding food.

On the other hand, I can be confident that I will still have a great quality of life if I continue to separate myself ('Tara') from the devil ('ED'—the eating disorder) and always seek assistance when I can't do it on my own.

I could go on forever trying to encourage people to accept themselves in every shape and form. I wish I could prevent everyone from having to battle such an evil sickness. Obviously I can't but what I can do is recommend that if you or someone else is concerned that they are experiencing symptoms, then I strongly recommend that you contact Eating Disorders Victoria and visit your local GP for a referral to the appropriate eating disorder specialist.

And for the family and other loved ones who are confused by this complex ailment, please don't blame yourself or the sufferer. Instead, seek help and stick together. The fight is worth it!

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

EDV volunteering program

Volunteer Training & Recruitment

Volunteers are the lifeblood of our services, so EDV is always looking for volunteers who would like to assist the organisation. The benefit of volunteers to EDV is that we can help far more people than would otherwise be possible. But the benefits to the volunteers are many too. As well as the huge satisfaction received from putting something back into the community and helping others, volunteers make friends, gain valuable experience, learn new skills, and get new opportunities.

EDV recruits volunteers on a regular basis. All volunteers go through a comprehensive internal training program followed by a period of observation and supervised helpline/group sessions. Ongoing training and support is provided throughout the volunteers' time with us.

Interested in helping out?

There are lots of opportunities available for people from a variety of backgrounds, within locations around Victoria. Please note all volunteers are required to make a minimum 12 month commitment when volunteering with EDV.

Volunteers can assist in a variety of ways.

These include:

- **Helpline** – responding to telephone, email, face to face and message board enquiries. This role is based at our office in Glen Iris. Volunteers participate in a minimum of one 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.
- **Chatrooms** – moderating the online chatroom sessions for

people with an eating disorder or their families, partners and friends from the comfort of one's own home on a rotating basis.

- **Speakers, Writers and Artists Bank** – hearing, reading or seeing about the journey, challenges and experiences of another person who has recovered from an eating disorder can provide an incredible amount of comfort and inspiration to a person still struggling with an eating disorder, or at various stages of recovery. 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, for example preparing information packs and mailouts, updating library records, updating databases.
- Relevant project work on an ad hoc basis.
- Gardening/small maintenance jobs at our office on an ad hoc basis.

To apply as a volunteer please contact the Volunteer Services Coordinator, Marilyn Amendola on 9885 6563 ext: 804 or marilyn.amendola@eatingdisorders.org.au

Volunteer speaker



Kellie Tweeddale
Volunteer EDV speaker

WHAT DOES YOUR ROLE INVOLVE?

I work with the media doing interviews, talks and public speaking, trying to help spread awareness about eating disorders and to talk about my own journey through anorexia and bulimia in order to spread a little hope. I also do hospital visits to help both medical carers and patients talk through their concerns and try to give some tips about what helped in my own recovery.

WHAT WAS IT ABOUT VOLUNTEERING FOR EDV THAT INTERESTED YOU?

I'm now 37, and when I was 17 I first came into contact with the EDV as a sufferer, joining a support group and using their resources to get help for myself. It's satisfying to be able to now give some of that support back and help others as I was helped when I needed it. I'm very passionate about bringing eating disorders out into the open and helping the community realise that, although they are serious illnesses, there is hope to recover, and anyone can find happiness, no matter how sick they are.

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

It's difficult at times hearing others talk about their struggle, and I wish sometimes that there was more that I could do. I'd love to be able to wave a magic wand and help others to recover as I have myself, as I know how debilitating and frustrating having an eating disorder or caring for someone who has one is. At the same time, it's great to be able to spread a little hope, especially now I have my beautiful little boy Ben. I'm living proof that anyone can recover to have a fulfilling, rewarding and happy life – my husband and son are just a little sign of that.

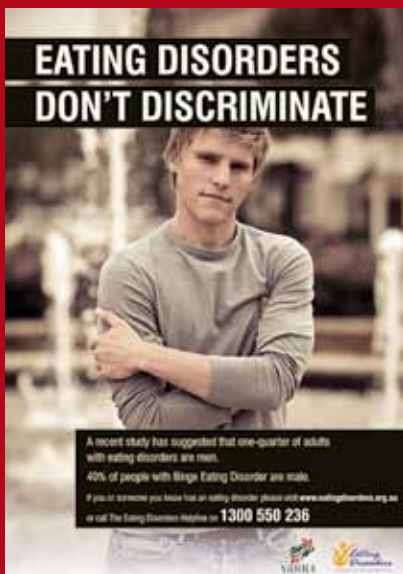
WOULD YOU ENCOURAGE OTHERS TO VOLUNTEER FOR EDV?

I'd encourage anyone to assist with EDV if they can. Eating disorders are real, they are big and they are a huge problem that still isn't understood fully in the community. It doesn't have to take a lot of time – just a little effort and a lot of passion.

Convenience advertising extended

In the Autumn edition of *InsideOut*, we announced that EDV would be using Convenience Advertising (advert placed in public toilets) to promote EDV's services to people in the community. This was only possible thanks to a generous grant from the City of Yarra and with extra support from Convenience Advertising.

Despite our funding only stretching to one month of advertising, in an incredible show of support for EDV, Convenience Advertising decided to top up the business cards and allow the posters to remain up in toilets at pubs, clubs, shopping centres and universities in the City of Yarra area, for a further four months until the end of September. This saw the posters remain up for the duration of Body Image and Eating Disorder Awareness Week in the first week of September. EDV would like to sincerely thank Convenience Advertising for their support in making this happen.



Caring – About Recovery

Rolling out across Victoria

The *Caring – About Recovery* (CARE) project, funded by the Lord Mayor's Charitable Foundation, has commenced rolling out across Melbourne and regional Victoria. EDV has been partnering with local municipal councils to run information sessions aimed at educating the community and in particular carers, about positive body image and eating disorders.

EDV's first CARE evening was held on 12 August in Moonee Ponds, and since then CARE has been run in a number of regions around Melbourne including Ringwood, Doncaster, Mentone, Melbourne (in conjunction with WIRE), Hawthorn, Richmond, Footscray and Narre Warren. CARE information sessions have also been held in the regional areas of Shepparton, Benalla and Seymour.

EDV has received very positive feedback both from those attending and from the Councils we have partnered with. EDV will use feedback provided to see if CARE is meeting its objective of reaching out to hidden carers and to determine what ongoing needs exist within the community and how EDV can help. So far it is looking very positive.

According to CARE Project Officer Jo Macreadie "the project itself has been a delight to work on and is providing EDV with valuable contacts for future projects". The CARE evenings themselves are aimed at reaching both carers of people with eating disorders, and people who are concerned about a loved one with body image or eating difficulties. The aim is to educate about and reduce modifiable risk factors, and thus to try to prevent further eating disorders develop. Our speaker, Dr. Naomi Crafti, provides a wealth of valuable and important information at each event, and has been very successful in reaching out to the community.

Thanks from the EDV Run Melbourne team

You may recall from the previous edition of *InsideOut* that three staff members from EDV entered the Run Melbourne fun run back in July, to fundraise for EDV.

The team of Megan O'Connor, Helen Franks and Natalie Wild were also joined on the day by a number of volunteers who also chose to enter Run Melbourne and fundraise on behalf of EDV. Over \$2,500 was raised for EDV.

A big thank you, both to those of you who donated, and to all the volunteers that entered the run on behalf of EDV. You are all champions!

Contact EDV if you have a fundraising idea that you would like to organise or perhaps we could organise with you.

Obituary

It is with sadness that EDV acknowledges the passing of long term EDV volunteer and supporter Helen Turner, who recently passed away after a long illness. Helen volunteered with EDV for many years in the 1990s, initially as a convenor and later as a visiting professional after she qualified as a psychologist. Earlier this year Helen donated her own personal library of books about eating disorders to the EDV library.

EDV simply couldn't function without the generosity of volunteers such as Helen. Our condolences to Helen's husband David and her family.

Acknowledgements

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

The Victorian Department of Human Services



The Lord Mayors Charitable Foundation



Hairhouse Warehouse



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
- Online communities 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.

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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 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

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 5.00pm 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

