



FOUNDATION OF VICTORIA Inc.

*Your first step to recovery*

**Annual Report 2009/2010**



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“The course is the most important lifesaver  
for any family travelling with this.

- Building Hope Workshop Attendee”

*\* Feedback in this report is real but names have been changed to protect anonymity.*

# 2009/2010 AT A GLANCE

## Statement of Financial Performance for the Financial Year

	2009 - 2010	2008 - 2009
	\$	\$
Revenues from ordinary activities and special projects	513,847	497,495
Expenses	487,861	527,931
<b>TOTAL CHANGES IN EQUITY</b>	<b>25,986</b>	<b>(30,436)</b>

## Summary Statement of Financial Position

	2009 - 2010	2008 - 2009
	\$	\$
Total assets	286,426	208,287
Total liabilities	102,221	50,068
<b>NET ASSETS</b>	<b>184,205</b>	<b>158,219</b>
Reserves	158,219	188,655
Retained earnings	25,986	(30,436)
<b>TOTAL EQUITY</b>	<b>184,205</b>	<b>158,219</b>

## EDFV STATS FOR 2009/2010

<b>Service Users</b>	2009 - 2010
Total no. of Help users (telephone, email, face to face, other)	4,657
Total no. Chatroom users	1,205
Total no. people attending support groups (rural & metro)	462
Total no. education event attendees	4,343
Total no. Messageboard posts	966
<b>Total no. of service user contacts (not counting website)</b>	<b>11,633</b>

<b>Website and Information Delivery</b>	
<b>Total no. of website hits</b>	<b>1.48 million</b>
Average number of website hits per month	181,348
Total no. of information mailouts (including info packs, newsletters & resource materials)	1,439

<b>Education, Workshops and Support Groups</b>	
Total no. Internet Chatroom sessions	152
Total no. education sessions run (Education Nights, Seminars & Professional Development Workshops)	118
Total no. support groups run (rural & metro)	106

## Help Statistics (Helpline, face to face contacts)

Contact Type	2009 - 2010
Telephone	3,268
Email	898
Face to face contact	471
Other (eg letter)	20
<b>Total</b>	<b>4,657</b>

User type	
Personal contacts – person with eating disorder	1,589
Personal – family member, partner or friend of person with eating disorder	1,713
Professional	900
Unknown/ unstated	455
<b>Total</b>	<b>4,657</b>

Age group of person with an eating disorder	
Child	250
Adolescent	829
Adult	1,876
Elderly	224
Unknown/ not stated	1,478
<b>Total</b>	<b>4,657</b>

Gender of person with an eating disorder	
Males with an eating disorder	616
Females with an eating disorder	3,102
Unknown/Unstated	939
<b>Total</b>	<b>4,657</b>

Main topic of concern	
Anorexia Nervosa	1,116
Bulimia Nervosa	797
Binge Eating Disorder	465
EDNOS – Eating Disorders Not Otherwise Specified	172
Other/unknown (eg disordered eating, body dissatisfaction)	2,107
<b>Total</b>	<b>4,657</b>





# HIGHLIGHTS OF 2009 / 2010

The year 2009/10 has once again been a busy year as demand for EDV information, support and services has continued to grow.

In response to the ever changing needs for support, EDV has launched a number of different programs and services to help those in the community in need of eating disorder or body image related support services. Below is a summary of some of the highlights of EDV's achievements for the year.

## EDV Receives Major Grant from Lord Mayor's Charitable Foundation

In 2009, EDV received a major grant from the Lord Mayor's Charitable Foundation to help roll out a support program aimed at educating and supporting families and friends caring for someone with an eating disorder. EDV has long identified that families and friends are often the key drivers of their loved one's recovery, and felt that more education, support and resources need to be directed towards them.

The funding resulted in EDV establishing *Caring – About Recovery*, a program designed to reach out to families struggling to find strategies to assist their loved ones in recovery and to reach hidden carers.

## Launch of New DVD

In 2009 EDV partnered with RealTime Health to produce *Families and Eating Disorders*, a DVD to assist carers of those suffering from an eating disorder. The DVD is part of RealTime Health's *Speaking from Experience* line of DVDs in which people who have been affected by serious illnesses share first-hand accounts of their daily challenges and provide strategies that they used to help them.

*The Families and Eating Disorders* DVD, which has been sold worldwide, features personal stories from mothers, fathers and siblings of people suffering from an eating disorder. The DVD covers topics such as recognising the signs, coping with diagnosis, the impact on relationships, the recovery journey and life after recovering from an eating disorder.

## Mindful Eating and International No Diet Day

To help celebrate International No Diet Day on Thursday 6th May, a Mindful Eating community awareness evening was held at the Melbourne Town Hall.

Hosted by EDV's Education Officer Naomi Crafti and well attended, the evening aimed to make people more aware of how practising mindful eating techniques can help them develop a more satisfying and healthy relationship with food and avoid the trap of excessive dieting.

In the past 12 months, EDV has successfully rolled out a series of Mindful Eating workshops utilising Naomi's background from Swinburne University, where she pioneered the Moderate Mindful Eating education program. Naomi says that she "always enjoys running the Mindful Eating Workshops, particularly watching people's faces during the Mindful Chocolate Eating activity. People tell me that they have never enjoyed eating chocolate so much. I think we should be getting royalties from Lindt!"



## Building Partnerships

In 2009/2010, EDV focused on developing partnerships with other organisations in order to collaborate on programs or to share EDV's expertise in the area of eating disorders and positive body image.

EDV's partnership with the William Road Family Therapy Clinic (WRFTC) enabled the formation of a support group in Frankston. Under the partnership, in which EDV trained and worked closely with WRFTC, a support group was developed for men and women who are currently being treated for an eating disorder or for those who have recently been treated.

Under EDV's collaboration with the L'Oreal Melbourne Fashion Festival and Victorian State Government Office of Youth Affairs, a Body Image Forum was held for the Australian Fashion Industry on 31st May 2010. The *Fashion that Fits* forum was opened by the Minister for Sport, Recreation and Youth Affairs James Merlino with a panel of fashion industry leaders and included EDV's Education Officer Naomi Crafti.

## Convenience Advertising

With the help of a generous grant from The City of Yarra and further support from Convenience Advertising, EDV was able to try a new method of advertising EDV services. Running from the end of April until the end of May, 60 A4 advertisements were placed on toilet doors in pubs, clubs, shopping centres and universities in the City of Yarra region. The advertisements also held small business cards which members of the public could take with them. Focusing on the slogan that 'Eating Disorders Don't Discriminate', three different versions of the advertisement were developed covering different genders, ages and nationalities.

## Professional Development for Teachers and School Counsellors

EDV added to its range of professional development programs this year. As well as running one-day programs at individual schools, tailored to that school's needs, EDV launched its Workshops for Schools, two half-day workshops run at venues in central Melbourne, which could be attended by individual teachers or student welfare staff from any school. The first workshop focused on understanding and identifying disordered eating and eating disorders; the risk factors, and warning signs, and how to seek help. The second workshop focused on prevention of eating disorders by making changes in school culture, policies and practice.

## EDV Recognised with Rotary Community Service Award

The partnership between EDV and Hairhouse Warehouse was recognised at the inaugural Rotary Community Service Award, held at the Crown Palladium in May. The \$7,500 second place prize acknowledged EDV's hard work in the community, as well as the difference Hairhouse Warehouse's support of EDV and their sponsorship of the Eating Disorders Helpline and promotion of Positive Body Image has made.



## Building Hope Expands

In the 2009 – 2010 financial year EDV successfully ran Building Hope workshop programs in Frankston, Malvern East, Mulgrave, and Greensborough, as well as expanding into the regional areas of Ballarat and Warrnambool. EDV reached over 90 people caring for a loved one with an eating disorder, many of whom would have previously been isolated from assistance due to their remote location from major hospitals and support groups.

EDV hopes to continue the regional expansion of the Building Hope workshop programs in order to effectively service more communities in need and to continue to build hope for those caring for a loved one with an eating disorder. With EDV receiving such positive feedback from attendees including “I see light where before there was darkness. You guys have been lifesavers. I can’t begin to thank you. I don’t know where I would be without this training. My daughter was getting the help and support she needed but I was flying blind!!”, Building Hope workshops really are living up to their name.

## Kickstart your Recovery

In early 2010 EDV ran its first Kickstart Your Recovery program for people with an eating disorder who were ready to recover. The six-session program over six weeks focused on building self-esteem and positive body image, with the aim of helping the attendees to focus positively towards recovery. At the end of the program, most of the participants joined an EDV support group to continue providing each other with support during recovery. The program will be repeated at the start of 2011.

“Amazing, uplifting, supportive and a great sense of relief to have someone to talk to that *really* understands.

– Client of Recovery Support Officer”





# ABOUT EDV

## Mission Statement

Eating Disorders Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

We connect those whose lives are affected by eating disorders with the people, services and hope they need for recovery.

## Values Statement

Eating Disorders Victoria values:

- Respect
- Acceptance
- Understanding
- Empathy, and
- Hope

## Vision Statement

**We envisage a future where the incidence, duration and impacts of all eating disorders are reduced and ultimately eradicated.**

## This is a future where:

- Our culture supports and promotes people engaging in healthy lifestyles without dieting;
- Diversity of size, shape and body image is celebrated among men and women;
- People live in a society which values, protects and enhances their self-esteem at all ages;
- The causes, prevention and treatment of eating disorders are well researched, better understood, and the resulting knowledge is available;
- Eating disorders are recognised in all levels of the community as serious illnesses which require professional treatment and early intervention;
- GPs, community health workers, fitness professionals and school staff are able to recognise the early warning signs of an eating disorder and are equipped to intervene or refer as appropriate;
- People with eating disorders can access age-appropriate, publicly funded, evidence-based treatment at the earliest possible time;
- There is consistent clinical service provision across Victoria, with equitable access throughout metropolitan and rural areas;
- Non-clinical support is available for all people with eating disorders and their carers, for as long as and wherever they need it; and
- People experiencing eating disorders and their carers are treated with respect, acceptance, understanding, empathy and hope throughout treatment and recovery.



## EDFV Aims

### 1. Support

To expand our capacity to support all Victorians whose lives are affected by eating disorders, ensuring support is of the highest quality.

### 2. Information

To be the most comprehensive source of reliable, factual and easily accessible information on all non-clinical aspects of eating disorders and on how to seek help for these disorders.

### 3. Health Promotion in the Community

To reduce the myths and misunderstanding about eating disorders within the community, educate about the societal causes, and promote protective behaviours to reduce their incidence.

### 4. Health Promotion in Schools

To enable schools to develop and sustain a culture which assists with the prevention of eating disorders.

### 5. Advocacy

To influence health, youth and public policy in order to improve the understanding and awareness of issues surrounding, and the availability, funding and quality of services for people affected by eating disorders.

### 6. Visibility

To increase public awareness of our organisation, the Eating Disorders Helpline and our other services so that Victorians affected by eating disorders know where to go for help.

### 7. Organisational Resources and Growth

To ensure the organisation is sufficiently resourced, so that it can grow to meet its aims and objectives; and to be a model of best practice.

“ I am sure everyone there today left with a very positive feeling that they would be able to make changes that would improve their lives and health and also a sense of empowerment.

– Mindful Eating Workshop Attendee”



## Our Services

Our core services and activities include:

- Providing the only specialised eating disorders helpline for consumers and carers in Victoria, and the only 1300 Eating Disorders Helpline in Australia Telephone. The Helpline is available 9.30am-5.00pm, Monday to Friday, or the email helpline can be contacted 24 hours a day, 7 days a week.
- Care & Share online community for family and friends of a person with an eating disorder.
- Support group network – metropolitan and regional; support groups are facilitated self-help groups, providing a confidential and safe environment for recovery and learning through shared experience.
- Internet Chatroom and online Messageboard for people experiencing an eating disorder – fully moderated for safety; reaching out to those who are isolated, or who require full anonymity.
- Recovery support – face-to-face support and information for persons with an eating disorder.
- Family support – face-to-face support and information for families and friends of persons with an eating disorder.
- Carer's support programs – our 'Building Hope' program provides assistance with understanding the complexities of eating disorders, communication and interpersonal relationships, coping skills, role modelling and meals support.
- School professional development program
- Fitness instructors and coaches professional development programs.
- Health and welfare and community workers professional development programs.
- Specialist lending library of books and DVDs on eating disorders, self-esteem, self-help and related areas.
- Helpfinder database of health professionals and treatment facilities in Victoria.
- Free information service – service leaflets, information sheets, highly informative website, and school news inserts.
- Eating disorder resource manuals, booklet and DVDs of recovery experiences available for purchase.
- Outreach work via our community education program – changing the way people think about eating disorders.
- Helpfinder service – database of health professionals and treatment facilities specialising in helping people with eating disorders.
- Newsletters – email and hard copy newsletters to keep our members and supporters networks up to date.
- Consumer and carer representation on local and state government advisory committees and peak bodies.
- Advocacy and lobbying. We engage with key policy makers to ensure that people with an eating disorder and their carers have a voice in the community and their views and experiences are taken into account.

\*\*We offer three types of support groups; those for people with eating disorders; those for their families and friends; and combined groups for all these people.

# BENEFACTORS AND SUPPORTERS

EDV thanks the following organisations for their generous financial assistance and/or in-kind support in the past financial year:

## Major Grantors



## Other Grantors and Partners



## Sponsor and Corporate Partner



# PRESIDENT'S REPORT



*Gill Ryan*

It's a very good feeling at the end of year 2009-2010 to be able to look back on all the excellent work the Board has been able to complete. Still keeping the Strategic Plan as our template we have worked through setting up more policies and protocols for the Board in line with our job of good Governance. We have formed three advisory sub-committees each headed by a member of the Board, covering the areas of business development, clinical and research technology and consumers and carers. These groups will when required co-opt specialists and gather detailed information and advice which will enable the Board to make informed decisions more quickly.

My special thanks go to Jane Hill, Leah Brennan, Jo Gibson, Mike Hamer and Rob Anderson for their efforts in the formation of these sub-committees. I would like to give my heartfelt thanks to all the Board members who have worked their way tirelessly and with good humour through endless paperwork this year. Without exception the members have worked both as a group and individually giving freely the benefit of their individual strengths and knowledge.

I would particularly like to thank Rob Anderson our Vice-President for his unfailing support and advice to me throughout the year.

Sadly two members of the Board have left this year. Luisa Capasso completed her studies and has gone on to full time work in the Social Services. We were sad to see her go and wish her all the best in her new career. Sarah Harry left in February due to ill health. We wish her well and hope she will be back to full health soon. Our thanks go to both Luisa and Sarah for all the valuable work they have done whilst they were on the Board and are pleased that they are both willing to participate on the advisory sub-committees when we need them.

I am very happy to report that we have gained two important new members to the Board. After a period when Jo Gibson was acting as Treasurer we welcomed a new Treasurer, Sandy Chakravarty, an accountant who comes from an extensive business background. Already her generous and cheerful help has been of great assistance to our Executive Officer Kirsty. We now also have a Board Secretary, Renuka Somers, who is a lawyer and also comes from a business background. The post of Secretary to the Board has remained vacant for many years and Renuka has made an impressive start.



Kirsty Greenwood our Executive Officer has continued to lead EDV with growing confidence. She has certainly had a huge workload this year but hopefully she will get some relief now with the help of our new Secretary and Treasurer. We never have enough money to cover all the projects we would like to undertake but Kirsty is constantly searching for more ways to win grants and awards. This, together with her excellent budgeting skills, has enabled us to use to the fullest advantage all the money we have received. Our generous-hearted staff continue to work harder than we could ever expect and as a result have achieved a great deal of note this year. Once more we give them our thanks and appreciation.

Finally our thanks go to our entire company of volunteers without whom EDV could not exist. These workers man the Helpline, convene support groups, moderate our Chatroom, reply to posts on the Messageboard and contribute through our speakers bank. Thank you to all of these compassionate, enthusiastic, hardworking people.

Every year as a result of the hard work of all our staff and volunteers we seem to be able to increase and improve our services. I am sure next year will be no exception and so once more I have to say that it is a privilege to be part of such an outstanding organisation as EDV.

**Gill Ryan**  
*President*

I can't wait to put the suggestions into practice and follow up on further help/support out there. I've felt so alone for years. Not anymore. Thank you.

- Client of Recovery Support Officer

# EXECUTIVE OFFICER'S REPORT



*Kirsty Greenwood*  
*BSc(hons) Anim Sci*

Eating Disorders Victoria (EDV) started and finished 2009-10 in great shape. The quality, reach and range of EDV's services is greater than ever before, likewise our energy and vision for the future.

In Victoria, EDV has continued its work in supporting and providing skills-based learning for carers, and has placed an increased focus on preventive education in schools and in the community, while never losing sight of our core work of support - in many forms - for people who are themselves experiencing an eating disorder.

Nationally, EDV has been a significant contributor to the development of a new national framework for the prevention, treatment and management of eating disorders in Australia, through the National Eating Disorders Collaboration.

## State Funding

Although EDV is a community-managed non-government organisation, EDV's major recurrent funding is provided by the Victorian State Government Department of Health, for which we remain very appreciative. EDV is contracted to provide statewide specialist support, information and referral services for people with eating disorders and their families in Victoria, as well as community education and training.

## Our Partners and Grantors

This year EDV has been fortunate enough to be the recipient of a major grant from the Lord Mayor's Charitable Foundation, one of the premier philanthropic organisations in Victoria. The Lord Mayor's Charitable Foundation (LMCF) has recognised the immense value of EDV's work to support families and carers, and has committed to providing over \$200,000 over two years to help us reach out further to hidden carers in every region of metropolitan Melbourne and beyond. *Caring - About Recovery* aims to provide information and support that will help parents and carers to identify and reduce risk factors for eating disorders in their own families, and to provide them with a network of peer support and help.

EDV also acknowledges the ongoing support of Hairhouse Warehouse as we continue to help people affected by eating disorders and promote positive body image. In May, EDV was thrilled when the Hairhouse Warehouse - Eating Disorders Victoria partnership won one of three major awards in the inaugural Rotary Community Service Awards. The Rotary award acknowledged the amazing work done by Eating Disorders Victoria in the community, and the difference that Hairhouse Warehouse's support of Eating



Disorders Victoria and sponsorship of the Eating Disorders Helpline has made. We feel humble to have been chosen from many outstanding nominees to receive such an award.

The City of Yarra is providing funding, not just for a local support group for people with an eating disorder and their carers, but also for a local area campaign of ads placed in public conveniences, informing people that 'Eating Disorders Do Not Discriminate' and providing details of how to access help.

We are immensely grateful to each and every provider of funding, big and small.

## Staffing

The EDV staff team has grown again, thanks to the support of the LMCF. We welcome Jo Macreadie, Project Officer for our *Caring – About Recovery* project; and Rebecca Wickham, our second Family Support Officer. Both Jo and Rebecca have brought new skills, expertise and enthusiasm to EDV to keep us moving forward.

At Christmas we farewelled Amanda Ridd, part-time administrative assistant and website officer, who left to study full time to become a counsellor. In her place we have welcomed Erin Young. Erin is the founder of 'REAL', a positive body image magazine for girls, and is also one of our training team, providing workshops in positive body image for young people in schools. Erin Young's position is funded by the Rotary Prize Award, and by Hairhouse Warehouse's sponsorship.

## Volunteers

Volunteers have always formed a vital part of our service team at EDV, and part of EDV's government funding provides for volunteer training and management. All our volunteer applicants are carefully screened for suitability, receive several days of intensive training and carry out service observations before being put onto the 'active' roster. Volunteers are supervised and supported throughout their time with EDV, and attend group supervision and continuing education sessions.

Over 2009-10, our volunteers put in an estimated 5,000 hours of unpaid support to assist people with eating disorders and their families and carers. This is an incredible testament to their dedication and generosity, and I thank them all.

## Developments In Service Delivery

Building Hope, our six-part workshop program for carers of a loved one with an eating disorder, was rolled out throughout 2009-10, in locations all around Victoria, supported by the grant from the LMCF. The impact of the program on family and carer wellbeing is being formally evaluated; in the meantime, feedback forms show us that the program is making a huge difference to the lives of many families and carers around the state.

Care and Share, EDV's online community for carers, came online late in 2009. The online resources have been greatly praised.





At the start of 2010, EDV began a new Kickstart Your Recovery program for people who were ready to begin the journey to recovery: The six-part program aims to give participants insights into learning to love their bodies, growing their self-esteem, and practising 'mindful' or intuitive eating. This program will be repeated at the start of 2011.

New on the calendar for the community has been the half-day Mindful Eating workshop, which helps people to rethink their attitudes to food and eating, and to develop healthy, relaxed, flexible eating practices. Naomi Crafti, EDV Education Officer, is extremely skilled and interested in this area of health promotion. This workshop has received many plaudits.

Throughout 2009-10, EDV has been reaching out into schools, running professional development for teachers and school counsellors. Workshops educate staff about how to identify and assist students with warning signs for eating disorders, and how to make changes in the culture of the school to make it body-image friendly. Our approach to prevention emphasises 'whole of community' change, so, in addition to staff education, it has been great to see a number of schools engaging EDV to run talks for parents.

Our website, [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au), has seen a 35% growth in website traffic in the last year, giving nearly 1.5 million page requests over the twelve month period. Keep watching the website, as the next round of developments will be launched in early 2011.

A revitalisation of our newsletter has resulted in a fresh new magazine, *InsideOut*, promulgating the slogan 'Value Yourself from the *Inside Out*'. *InsideOut* will be distributed twice a year, supplemented by a fortnightly e-bulletin.

Last but not least, our LMCF-funded *Caring – About Recovery* project commenced in March 2010, and we are delighted at the response. City councils all over Melbourne are partnering with us to provide information evenings targeting families with a loved one at risk of developing an eating disorder. Many of these 'CARE' events will be forthcoming in the 2010-11 financial year.

**Kirsty Greenwood**  
*Executive Officer*

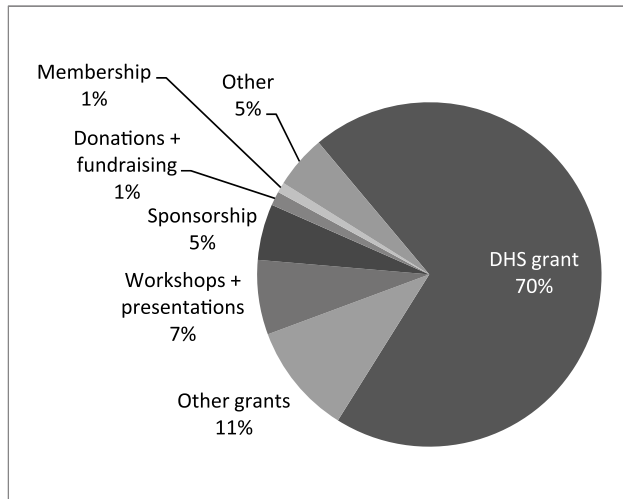
# TREASURER'S REPORT

I am pleased to present the audited financial statements for the year ended 30 June 2010.

The Foundation has shown a surplus of \$25,986 despite the financial crisis. This is a reflection of a healthy balance sheet and careful budgetary management.

Total income was \$513,847 with the DHS/DoH grant continuing to dominate our funding source. Growth over prior year was limited to 3% (CPI).

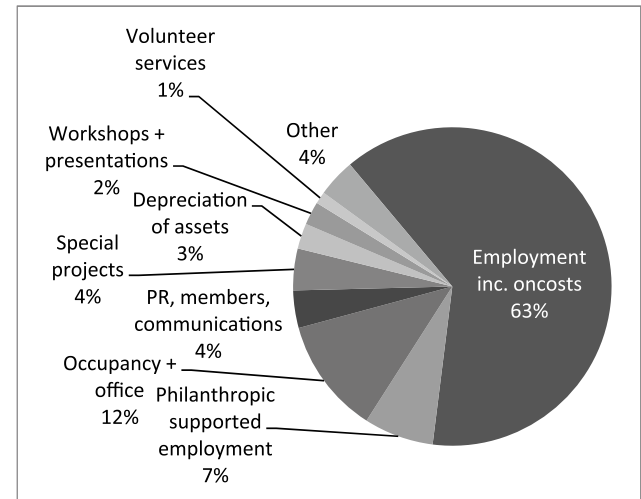
## Sources of Income



Total expenditure was \$487,861, a decline of 7.5% compared with 2008/2009 mainly due to reduced spending on non-operating costs (facilities improvements).

Employment costs (including supported employment and oncosts), occupancy and office costs account for 82% of the total expenditure.

## Breakdown of Expenditure





# OUR BOARD OF DIRECTORS

## **President: Gill Ryan**

Gill comes from a management background, having run her own business and then a GP surgery for many years in the UK. She brings to the board a broad knowledge of all aspects of Eating Disorders from long personal experience and her work with sufferers. She has volunteered for many years, initially with the Eating Disorders Association UK and with EDV since 2003.

## **Vice-President: Rob Anderson**

### **Human Resources Management**

Rob is the immediate past president of the EDV Board. He is the Chief Executive Officer of Wheelchair Sports Victoria, the state's leading provider of sport and recreational opportunities to Victorians with a physical disability. Rob has previously held consultancy and management positions in a number of community, government and professional sporting organisations. He has experience in the leadership of not-for-profit organisations, strategic planning, welfare program design and delivery, human resource management, as well as fundraising, marketing, and community development initiatives. His work in the past led him to experience eating disorder health issues amongst elite athletes and employees in the entertainment industry. He has a particular interest in community health promotion and development strategies.

## **Treasurer: Sandhya (Sandy) Chakravarty**

### **MA (Economics), MBA, CPA, MAICD**

Sandy is a CPA and MBA with over 20 years of experience in a financial capacity with large multinationals. Her roles include Asia-Pac Finance Head with a premium management consultancy firm, Boston Consulting Group, Asia-Pac Vice President for Ingersoll Rand and Finance Director with Bristol-Myers Squibb Pharmaceuticals. She is passionate about women's issues especially around maintaining a healthy lifestyle and work life balance including a positive body image.

## **Secretary: Renuka Somers**

### **BEC, LLB, MCom (Acc)**

Renuka is a business lawyer with expertise in federal taxation and structuring. She is an Associate at Harwood Andrews Lawyers, a leading law firm which provides specialist legal services to high-net-worth family groups and individuals. Renuka has previously worked as a taxation advisor in large accounting firms and in-house at a large law firm. She has 10 years experience in advising a range of entities (including large multi-national corporations, trusts, individuals and charities) on technical taxation matters. She has written several articles for the "Taxation in Australia" journal and has contributed to publications of the Institute of Chartered Accountants of Australia as well as the "Trust Structures Guide 2010", a joint publication of the Taxation Institute of Australia and Harwood Andrews Lawyers. Renuka has a particular interest in women's health and wellbeing.



### **Dr Leah Brennan**

**B.App.Sci.(Hons) PhD**

Dr Leah Brennan is a clinical and health psychologist with a particular interest in the application of psychological approaches to understand, prevent and treat obesity, disordered eating and eating disorders in children, adolescents and adults. She is passionate about the development, evaluation and dissemination of evidence-based interventions suitable for 'real-world' application. Leah has worked in a range of clinical, research, policy and educational roles.

### **Annabel Haslam**

**BA, LLB**

Annabel is a lawyer currently working in-house for local government as a Senior Associate on behalf of Maddocks. In previous roles, she has worked for the Department of Treasury and Finance, the Victorian Institute of Teaching, the OECD and DLA Phillips Fox. Annabel also has experience working in the Victorian community legal sector and is completing a Master of Public and International Law. She is interested in ways to promote community health and positive body image, particularly amongst young women.

### **Michael Hamer**

Michael has extensive, international senior management experience in the marketing and advertising industry. For over 20 years, Michael held a series of senior executive roles in advertising agencies for an American multinational communications company, McCann Erickson, with clients including Coca-Cola, General Motors, Nestle, Unilever, L'Oreal and Motorola, amongst others. He was C.E.O of advertising agencies in Nairobi, Dublin, Brisbane and Melbourne.

In early 2000, Michael set up The Next Level – a strategy and communications consultancy. In 2007 Michael joined leading business coaching organisation The Stephenson Mansell Group as an executive coach. Michael was educated in the UK and has an honours degree in English literature. He has served on the boards of the Alzheimer's Association and Lifeworks.

### **Jane Hill**

**B.App Sci, B.Ed**

Jane Hill graduated from Deakin University in 1998 with a Bachelor of Applied Science (Health Promotion) and Bachelor of Education (Secondary). After four years of teaching in Melbourne, Jane headed to London to teach before returning home to work and volunteer for the EDV newsletter committee. Until recently, Jane worked for Home Economics Victoria, managing their Fruit & Veg Program – a healthy eating program for all Victorian primary schools. She is now the SunSmart Youth and Advocacy Coordinator at the Cancer Council Victoria.



## Josephine Gibson

BND, MDAA, APD, AN

Josephine joined the EDV Board in 2008 but is well known to EDV, having previously held the position of Education Officer in 2005. Josephine is an Accredited Practising Dietitian and specialises in eating disorder and mental health clients. Following on from her period as Education Officer for EDV, Josephine spent three years for the eating disorders unit at the Royal Melbourne Hospital before starting in private practice.

## Kathryn D'Anna

BBSc, PGDipPsych

Kathryn joined the EDV Board in 2008 and is a registered Psychologist currently working in private practice predominately treating eating disorder clients. Kathryn previously worked in a private eating disorder facility and other areas of psychology including organisation psychology and general mental health. She brings to EDV an expertise and interest in treating adults with eating disorders, particularly Binge Eating Disorder and Bulimia Nervosa. She also works with some families using the Maudsley family based treatment approach.

## Former Board Members

EDV wishes to acknowledge the contributions provided by our former board members, who either completed their term of office or resigned from the Board in the July 2009 – June 2010 period.

Sarah Harry

Luisa Capasso

“Just continue to be there for girls like me who may, at times feel alone and vulnerable because it means the world to have someone other than family to reach out to and help you work through your problem.

- Client of Recovery Support Officer”



## STAFF PROFILES

### **Kirsty Greenwood**

*Executive Officer*

I've now been with Eating Disorders Victoria for over three years, and have greatly enjoyed the time here. I am privileged to work with such a dedicated team of staff and volunteers, making a difference in this important area of health promotion and disorder prevention.

I'm English in origin, but have lived in Australia for 20 years. My family here consists of myself, my husband, my 14-year-old daughter and my 11-year-old son, and one daft dog. After completing a science-based degree at Nottingham University, I found myself working in the corporate world in management and financial consultancy for some years. I moved across to the not-for-profit, community-managed sector after the birth of my first child, and found it immensely rewarding. I have stayed in this sector ever since, and firmly intend to remain here.

I'm passionate about the vision and mission of EDV. My role here at EDV is essentially to ensure that EDV has the stake-holder contacts, the knowledge, the resources and the influence to fulfil that mission and move towards the vision. I sit on a number of committees and advisory panels at national, state and regional level, representing not just EDV's expert opinion, but also the distilled expertise and views of our service users, the people who live through the experience of an eating disorder, and their carers. I provide support and advice to the EDV Board of Directors; coordinate and support the EDV staff team; liaise with our volunteers; manage our financial and non-financial resources; and do my best to ensure that all EDV services are of the highest quality and meet the needs of people with eating disorders and their families.

### **Marilyn Amendola**

*Volunteer Services Coordinator*

With a degree in Applied Science (Human Movement) and further studies in Science Nutrition, I bring my educational background, firsthand experience of living with a mental illness and passion of helping others.

I have been a part of the team since March 2005. My role has changed over time with my current main responsibilities being to coordinate and support a large team of volunteers who directly respond to telephone, email, face to face & message board enquiries, website management & looking after our information resources & statistics.

Working at EDV has been a learning experience where I have gained further understanding, knowledge and insight into the lives of those affected by eating disorders. This is also a rewarding experience when we make a positive difference in someone's day. I am passionate about helping people and contributing to the growth and development of an important non-profit organisation such as EDV, so that it can continue to make a difference in the lives of those affected by eating disorders.



## Danielle Laurence

*Chatroom Coordinator*

I first started volunteering with EDV as a Helpline Support Worker in 2004. I had always been interested in the area of eating disorders and was studying psychology at university and thought it would be a good opportunity to gain some experience.

My first shift on the Helpline, when I actually took a call was a memorable one. I was very nervous, but the feeling I experienced when the person on the other end thanked me and said I was a great help was overwhelming. It felt extremely rewarding to help someone who was going through a difficult time.

After volunteering as a Chat Room Moderator for over a year, I am now the Chat Room Coordinator.

Although the forum is very different I still enjoy it. The ChatRoom can at times be quite light hearted compared to the helpline as the regular users have become friends. The thing I love the most about the ChatRoom is that the regular users not only log in when they need support, but they come even when they are going strong to support the other users, and I feel privileged to be able to witness such acts of support and compassion among those who use the service.

The essence of EDV is to support those experiencing an eating disorder, whether they are a sufferer or a carer. I love being a part of the organisation, and will continue to be for as long as possible.

## Helen Franks

*Family Support Officer*

I am now in my fourth year as the Family Support Officer and what changes there have been in my role! In addition to providing a listening ear, discussing alternative approaches and ensuring support people - mums, dads, siblings, grandparents, partners, aunts, uncles and friends - are taking care of themselves I have been presenting the Building Hope workshop programs for support people. I'm finding the work in creating networks across the state is starting to reap benefits to EDV and the people we support.

I'm constantly inspired at the level of support and care people coping with extra ordinary situations are able to give to each other. I see this regularly amongst support people but am aware the same exists amongst people struggling with an eating disorder.

My colleagues at EDV are a wonderful bunch with diversity in skills and they are always up for a challenge and thinking outside the square, I am blessed to work with such a crew.

I am moved when I receive the evaluation forms people complete after an appointment as they regularly comment they have gone away with a renewed level of hope and understanding from the support received. This provides me with a sense of purpose in my work, delivers enormous satisfaction for myself and the rest of the team -we all contribute to the renewed feelings of hope for support people.

I now have the pleasure in sharing the Family Support Officer role with our new member of staff, Rebecca Wickham, who brings significant experience which will enhance what this role offers. Welcome to our team Rebecca!



## **Leigh Hanham**

*Administrative Support Officer*

I have been with EDV for just over three years, serving my time here as Office Administrator. It's been quite a learning experience for me, not having had any exposure to eating disorders or mental health in the past. But it's a journey I have loved and from which I've learned so much.

I enjoy my work at EDV. I work with some of the most gracious people I've ever had the privilege to know. And daily I meet people whose paths it is my pleasure to cross.

My favourite part of my job is to be with clients before they see a support officer. We have such a short time for a chat, but I love that time most. They provide the small threads that tie me to my job!

## **Dr Naomi Crafti**

*Community Development Officer/Education Officer*

It is now over 18 months since I began working as the Community Development/Education officer at EDV. And I can't imagine doing anything else. My new role has been challenging, eye opening, touching, mind expanding, at times amusing, and above all, rewarding. My role as an educator, which has taken me all over Victoria, has allowed me the privilege of meeting a large number of interesting and committed students, professionals, carers and concerned community members. In addition, the title of Community Development Officer has enabled me to represent EDV on a number of committees and in meetings with a range of public servants, health practitioners and educators, all of whom are interested to learn about the work of EDV and how together we might promote an increased understanding of eating disorders, body image problems and their eradication.

Funding from the Lord Mayor's Charitable Foundation has enabled me to increase my working hours to 4 days a week, which has given me the opportunity to implement a range of initiatives including; providing more in-house workshops for school staff, running a popular series of mindful eating workshops and rolling out a series of community events, targeting 'hidden carers' in the community. The next 12 months look particularly exciting and slightly scary!

I am particularly thankful for the opportunity to work with such a dedicated and competent team of colleagues and volunteers who have welcomed me and taught me so much over the past 18 months. With the appointment of new staff (and having celebrated a milestone birthday) I have now officially become a 'mid life' EDV staff member and have begun to take on a mentoring role in the organisation, which I relish. Conversations over cake and coffee are always welcome.





## **Megan O'Connor**

*Communications and Public Relations Officer*

I joined Eating Disorders Victoria in November 2007 and love being part of such a dedicated and passionate team. Before joining EDV, I spent 12 years in a variety of corporate communications roles spanning a wide range of industries such as telecommunications, beverage, insurance and IT.

Turning my focus to the not-for-profit sector has been extremely rewarding as well as equally challenging. I was struck by the passion of the people at EDV from the moment I walked through the door and find the 'vibe' of a volunteer based organisation so contagious. I love being part of such a dedicated and professional team and relish my role of raising the profile of EDV, eating disorders and positive body image throughout the community.

I have a young family and feel really passionate about promoting positive body image amongst school aged children so they can grow into confident young adults with a healthy body image.

## **Natalie Wild**

*Recovery Support Officer*

After completing my studies as a counsellor in September 2005, I joined EDV as a volunteer on the Helpline and as an active member of speakers bank. During my 2 years as a volunteer I had so many invaluable experiences, both personally and professionally. In this time and since, I have extensively broadened my knowledge, not only on eating disorders, but on the importance and growing need for support and resources, relationship dynamics and its effects on recovery, related mental health issues, and the need for awareness in our community.

The role of Recovery Support Officer was developed in October 2007. I was fortunate enough to obtain this role and feel a great passion for what I do at EDV. My role is to assist and support people recovering from an eating disorder. This includes individual appointments, either face to face or by phone, hospital visiting programs and maintaining and expanding our support groups throughout Victoria. I am also heavily involved in promoting recovery from eating disorders to the wider community. I am actively involved with EDV's Community Awareness Evenings; ED services visits and representing EDV in the media. I think a huge percentage of what I do outside clients is about promotion of our foundation and its services.

The greatest reward is watching restoration of hope and determination in a person's eyes when they decide for themselves that recovery is worth fighting for.



## **Erin Young**

*Project Officer*

I am a passionate advocate for healthy bodies and healthy minds. I began work with EDV in June 2010 and it has been wonderful to learn from the staff and volunteers whose knowledge and insight into eating disorders, family support, community awareness building and communication is truly amazing. My role at EDV includes the facilitation of workshops in schools, and the maintenance and development of the EDV website. I enjoy working with young people in an effort to expand and challenge their ideas around body image. I hope that in my lifetime I am able to contribute to a global society that respects and appreciates diversity.

## **Jo Macreadie**

*Caring – About Recovery Project Officer*

I joined EDV in April 2010 as the Project Officer for the new project Caring -About Recovery. This is a unique project to provide families and carers of people with eating disorders, or those who suspect their loved one could have disordered eating with information, strong practical skills and a network of support throughout greater Melbourne. I work closely with Naomi, our Education Officer to get the message across to families that help for their role as eating disorder carers is available through EDV. In order to find and reach these carers I liaise with councils and organise free Community Awareness Events.

When not at work I enjoy spending time with my husband, 4 lovely adult children and their spouses and 2 grandchildren. My hobbies are reading, bush walking, motor bike riding, skiing , bogie boarding and fishing.

Previously I have worked for 10 years in the area of domestic violence and 5 years as an editorial assistant for the journal Microbiology Australia. Prior to that my life consisted of rearing children and being involved in numerous volunteer positions from working with the terminally ill to abused women.

I am passionate about women's issues and eating disorders so it has been an absolute privilege to work at Eating Disorders Victoria on such an exciting topic and with such wonderful people.



## FROM A HELPLINE VOLUNTEER

I have been volunteering as a Helpline Volunteer at EDV since April 2010 – so am still relatively new to the position! Being a fourth year psychology student, I initially wanted to join the team in order to gain some experience in the field. But I soon found that the experience was incredibly rewarding and I am continuing to enjoy making a difference and helping those suffering from eating disorders. The pressure to be thin within today's society is something many people can relate to – including myself – and I wanted to use that knowledge to make someone else's experience easier.

Admittedly, I was a little nervous before starting as I lacked previous experience in volunteering. But the team at EDV runs a very comprehensive training program, during which I learnt about eating disorders and the common issues surrounding them. The staff provided a lot of support and by the end of the program, my worries had been put to rest.

Providing hope and delivering information to individuals and families struggling with eating disorders is a central part of being a Helpline Volunteer. While this process is extremely gratifying, it is also challenging. It pushes your skills, requires intense listening and sometimes forces you to work outside your comfort zone. But as a volunteer you have the opportunity to deliver the most important message to those who need it most. Reminding people that 'Recovery is possible' is the most rewarding part of this experience.

Despite only being part of the EDV team for six months, I have come to see my role as a privilege as I have seen how important this organisation is to families and individuals with eating disorders. The staff at EDV are so passionate about their work and this is an inspiration to be around. I would encourage anyone interested in joining the team to do so. The experience is so wonderful and the feeling of helping someone in this way is irreplaceable.

**Elly Rimmer**  
EDV Helpline Volunteer

I now feel a sense of empowerment. I feel that in a small way I can play an active role in encouraging my daughter to acknowledge her eating disorder, just by changing the way I speak with her.

– Client of Family Support Officer



## FROM A VOLUNTEER

I began volunteering one day a week at EDV in February 2010, assisting Megan with EDV's public relations and communications work. I approached EDV because, with my uni graduation for my double degree majoring in Public Relations and Marketing now within sight, I wanted to gain some practical experience to increase my job prospects in the future. EDV seemed like the perfect place, not only to learn skills to benefit my future career, but also to support an organisation that does so much positive work and could use the assistance.

While I've always been passionate about helping out those that are in need and have done other volunteer jobs in the past, nothing prepared me for being a part of EDV's family of staff and volunteers. Everyone I've met through EDV is so hardworking, friendly and their passion for helping those suffering from an eating disorder and their family and friends is inspiring.

I've been lucky enough to be involved in writing pieces for EDV's newsletter *InsideOut*, the Annual Report, pieces for the website, media releases, organising events for BIEDAW as well as being able to attend a Mindful Eating Workshop amongst other things.

Since beginning my volunteer work at EDV I've learnt so much that will be an asset when I begin my graduate career, but most importantly and most rewardingly, I feel I may have had a positive impact on someone who really needed it by helping to get the EDV message out there. As I try to live by the motto "be the change you want to see in the world", I am so thankful to EDV for giving me this opportunity and when the day comes that I one day depart EDV, I will leave with an appreciation beyond words for all the volunteers, staff and community members involved in trying to make a difference in the world.

**Brooke Scantlebury**

*PR and Communications Volunteer*

I walked in feeling devastated; I left feeling like there was hope, care and love in the world. Thank you so much!

– Client of Family Support Officer



# AUDITOR'S REPORT

## **SANDRINGHAM FINANCIAL SERVICES**

**CERTIFIED PRACTISING ACCOUNTANTS**

**3/6 STANLEY STREET BRIGHTON 3186**

**TEL: 9592 3828. FAX: 9592 3846. Email: gekbruce1@bigpond.com**

**ABN 87 006 130 187**

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14<sup>th</sup> September 2010

Ms Kirsty Greenwood  
Eating Disorders Foundation of Victoria Inc  
1513 High Street  
Glen Iris  
Victoria 3146

Dear Ms Greenwood

**Re: Eating Disorders Foundation of Victoria.**

I certify that I have audited the attached Income and Expenditure Statement and Balance Sheet of the Eating Disorders Foundation of Victoria Inc, and report that they present a true and fair view of the Foundation's operations for 2009/2010.



Graeme J Bruce CPA  
14<sup>th</sup> September 2010

# FINANCIAL STATEMENTS

## Profit and Loss Statement for year ended 30 June 2010

Income	Jul 2009 – Jun 2010	Jul 2008 – Jun 2009
	\$	\$
Grants received for operating purposes	359,762	350,412
Donations and fundraising	6,791	14,533
Sponsorship	27,083	18,750
Membership fees	4,945	4,600
Interest income	4,566	7,199
Community workshops	13,626	10,035
Schools /education sector workshops	12,511	n/a
Hope family workshops	8,817	10,920
Kickstart recovery workshops	990	n/a
Support group meetings	301	220
Resource sales (literature, videos, dvds)	6,653	5,850
Other fees and charges	14,087	7,296
<b>Total Operating Income</b>	<b>460,132</b>	<b>429,815</b>
Special project grant income	53,715	67,680
<b>TOTAL INCOME</b>	<b>513,847</b>	<b>497,495</b>
<b>Expenses</b>		
Fees and charges	4,533	4,777
Depreciation	12,566	16,352
Occupancy and office expense	57,295	52,684
Car expenses	4,700	4,760
Resource purchases for resale	1,742	2,463
Support group costs	655	1,221
Volunteer management	5,305	3,685
Community workshops	7,065	9,788
Schools /education sector workshops	4,534	N/A
PR/communications	18,503	6,595
Membership expenses	4,555	3,724
Employment expenses	307,777	295,320
Fundraising expenses	501	708
Other operating expenses	2,854	2,565
<b>Total operating expenses</b>	<b>432,585</b>	<b>404,642</b>
Special project expenses	55,276	123,289
<b>TOTAL EXPENSES</b>	<b>487,861</b>	<b>527,931</b>
<b>NET PROFIT (LOSS)</b>	<b>25,986</b>	<b>(30,436)</b>

## Balance Sheet as at 30 June 2010

Assets	As at 30-6-2010		As at 30-6-2009	
	\$	\$	\$	\$
Cash and cash equivalents		251,459		171,450
Receivables		13,996		5,389
Other current assets		1,500		2,300
Property, plant and equipment		19,471		29,148
<b>Total Assets</b>		<b>286,426</b>		<b>208,287</b>
<b>Liabilities</b>				
Payables	27,097		24,321	
Committed projects	22,600		n/a	
Grants in advance	36,815		16,380	
Annual leave/long term provisions	15,709		9,367	
<b>Total Liabilities</b>	<b>102,221</b>		<b>50,068</b>	
<b>NET ASSETS</b>		<b>184,205</b>		<b>158,219</b>
<b>Equity</b>				
Reserves	158,219		188,655	
Retained earnings	25,986		(30,436)	
<b>TOTAL EQUITY</b>		<b>184,205</b>		<b>158,219</b>

“ Since the first phone call, the [helpline] volunteer was outstanding – she took her time to listen and give me the support that I needed, and I felt we were not alone! ”





# THE EDV TEAM

## Staff

<b>Executive Officer:</b>	Kirsty Greenwood
<b>Volunteer Services Coordinator:</b>	Marilyn Amendola
<b>Family Support Officer:</b>	Helen Franks
<b>Recovery Support Officer:</b>	Natalie Wild
<b>Administrative Support Officer:</b>	Leigh Hanham
<b>Communications and PR Officer:</b>	Megan O'Connor
<b>Community Development Officer and Education Officer:</b>	Dr Naomi Crafti
<b>Chatroom Coordinator:</b>	Danielle Laurence
<b>Project Officer:</b>	Erin Young
<b>Caring - About Recovery Project Officer:</b>	Jo Macreadie

## Former Staff Members

EDV farewelled the following staff members during 2009-2010, who made significant contributions to EDV during their time with the organisation.

Amanda Ridd: *former Information Officer*

## Members of the Board July 2009 – June 2010

<b>President:</b>	Gill Ryan
<b>Vice President:</b>	Rob Anderson
<b>Treasurer:</b>	Sandhya (Sandy) Chakravarty
<b>Secretary:</b>	Renuka Somers
<b>Other:</b>	Dr Leah Brennan Annabel Haslam Michael Hamer Jane Hill Josephine Gibson Kathryn D'Anna Luisa Capasso Sarah Harry



## Volunteer Team

### Helpline Support Team

Deborah Constantinidis  
Erryn Arbuthnott  
Alex Atkins  
Heidi Bergmeier  
Jenna Berto  
Tanya Bonaventure  
Marina Boyadjian  
Michelle Brindley  
Lucy Carne  
Beryl Chitiz  
Julie Donegan  
Patricia Gallagher  
Zoe Gould  
Ruth Hutchin  
Fiona Kiriakidis  
Naomi Lawson  
Felicity Martin  
Gemma McKechnie  
Yvonne Pilley  
Melissa Reidy  
Elly Rimmer  
Amy Shah  
Ly Tobias  
Jane Truong  
Adriana Ventura  
Susan Whitehead  
Zoe Gould  
Leena Amin  
Neira Borcic  
Marita Smith  
Maureen Ryan

Kristina Collin  
Skye McPhle  
Samantha Ratnam  
Emma Hodges  
Annemarie Hindle  
Zoe Collins  
Hannah Porteous

### Support Group Convenors – Metro

Carol Bull  
Karen Abraham  
Matthew Bisset  
Katherine Elliott  
Ruth Green  
Eilene Hannan  
Ilias Katis  
Margaret Kotlarz  
Vanessa Makris  
Esther Mazzotta  
Kylie Murphy  
Tahlia Mynott  
Jane Pitt  
Katie Toon  
Ana Torres  
Rebecca Wickham  
Tania Kenna  
Zoe Collins  
Emily Berger  
Kristina Meskovska  
Emma Hodges  
Lyndon Medina

### Support Group Convenors – Rural

Watsonia	Tracey De Poi
Portland	Carol Boyadjian
Geelong	Nicole Riddle Lisa Allsopp
Frankston	Sabina Read Margie Fry Jenny Forbes
Bendigo	Shonelle McMillan
Ballarat	Nola Kervaree

### Speakers

Carol Bull  
Gill Ryan  
Maja Havrilova  
Natalie Wild  
Helen Franks  
Samantha Ratnam  
Kellie Raymond  
Jenny McLaughlin  
Jacinta Agostinelli  
Tara Black



### **Recovery Chatroom Moderators**

Jacenta Abbott  
Megan Holden  
Stacey Bennet  
Steffi Lau  
Natalie Phillips  
Karise Dell  
Colleen D'Arcy  
Shannon Geary  
Angie Jaman  
Danielle Laurence  
Monique Scott  
Amy Shah  
Leena Amin  
Erin Mullane

### **Carer Chatroom Moderators**

Beryl Chitiz  
Marina Boyadjian

### **PR and Communication**

Brooke Scantlebury  
Catherine Jones

### **Visiting Professionals**

Draga Jevtic  
Nola Rushford  
Helen Shepherd

### **Student Placements / Project Workers**

Nani Ram Aryal  
Angie Jaman  
Alicia Matthews  
Angie Jaman  
Danielle Laurence  
Monique Scott  
Amy Shah

### **Academic / Research Associates**

Dr Ross King  
Genevieve Pippin

### **EDV Contract Service Providers 2009-10**

Techware	Information technology support and maintenance
David O'Brien	Web hosting and EDV website developer
Arvin Coloma	Graphic design
Carmel Reilly	Newsletter design and production
Acuvent	Online event management services



# HOW YOU CAN HELP

EDV is a Public Benevolent Institution, and a Deductible Gift Recipient.

All donations, major gifts and bequests will be used to support the direct services of Eating Disorders Victoria (EDV).

## Key areas of expenditure for funds donated:

- Helpline costs
- Chatroom and Messageboard costs
- Eating disorder community education program
- Support for the EDV volunteer training program
- Purchase of library resources
- Resources for improved community awareness
- Special projects

### Are donations tax deductible?

Yes (\$2 or more).

### Will I receive a receipt for my donation?

Yes, all donations of \$2 or more will be receipted. Donations of \$1,000 or more will be acknowledged in our newsletter and on our website (unless otherwise requested).

There are many ways to donate - select your donation method below.

## Donate Online

Donate through the "OurCommunity" secure online donations service. Donating online ensures 100% of your donation reaches the EDFV (less normal bank fees). OurCommunity takes no commission or fee for this service.

Follow the link at [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

## Donate by Phone

Call **(03) 9885 0318 / 1300 550 236** with your credit card details.

## Donate by Fax

Download printable donation form from the website and fax to **(03) 9885 1153**.

## Donate by Mail

Download a printable donation form from the website and send through the post to:

**Eating Disorders Victoria (EDV)  
1513 High Street,  
GLEN IRIS, VIC 3146**

## Leave a Bequest

Leave a Bequest to Eating Disorders Victoria in your will. For more information call **(03) 9885 6563**, email [edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au) or download more information from our website.



The sense of satisfaction I got out of the session was remarkable because never have I been able to open up to someone, or to talk freely to someone about all that I am going through. With Natalie, I now know that there is nothing wrong with reaching out for help. Thanks.

- Client of Recovery Support Officer

## Vision

We envisage a future where the incidence, duration and impacts of all eating disorders are reduced and ultimately eradicated.



### **Eating Disorders Foundation of Victoria**

1513 High Street, Glen Iris, VIC 3146

Helpline (03) 9885 0318

1300 550 236 (Non-Metro)

Admin (03) 9885 6563

Fax (03) 9885 1153

[edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au)

[help@eatingdisorders.org.au](mailto:help@eatingdisorders.org.au)

[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

