

# ANNUAL REPORT 2010/2011



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“ I would like to say that without the support of EDV I may still be floundering – thank you.  
- Client of Family Support Officer ”

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



## 2010 / 2011 at a Glance

### Statement of Financial Performance for the Financial Year

	2010 - 2011	2009 - 2010
	\$	\$
Revenues from ordinary activities and special projects	601,551	513,847
Expenses	573,687	487,861
<b>TOTAL CHANGES IN EQUITY</b>	<b>26,386</b>	<b>25,986</b>

### Summary Statement of Financial Position

	2010 - 2011	2009 - 2010
	\$	\$
Total assets	364,820	286,426
Total liabilities	154,229	102,221
<b>NET ASSETS</b>	<b>210,591</b>	<b>184,205</b>
Reserves	184,205	158,219
Retained earnings	26,386	25,986
<b>TOTAL EQUITY</b>	<b>210,591</b>	<b>184,205</b>

### EDV Stats for 2010/2011

#### Service Users

	2010 - 2011
HELP CONTACTS - Total no. telephone, email and letter helpline contacts	4,548
HELP CONTACTS - Total no. individual face to face help contacts/support sessions	691
Total no. Chatroom users (Recovery & Care & Share)	1,130
Total no. people attending support groups (rural & metro)	533
Total no. education event attendees	5,815
Total no. Messageboard posts	632
<b>Total no. of service user contacts (excluding website users)</b>	<b>13,349</b>

#### Website and Information Delivery

<b>Total no. of website page requests</b>	<b>1.27 million</b>
Average number of website page requests per month	105,800

#### Education, Workshops and Support Groups

Total no. Internet Chatroom sessions	174
Total no. education sessions run (Education nights, seminars, professional development workshops)	134
Total no. support groups run (rural & metro)	142

Help Statistics (Helpline, face to face contacts)	
Contact Type	2010-2011
Telephone	3,701
Email	835
Face to face contact	12
Other (eg letter)	691
<b>Total</b>	<b>5,239</b>
User type	
Personal contact - person with eating disorder	1,742
Personal contact - family member, partner or friend of person with eating disorder	2,147
Professional	1,010
Unknown/ unstated	340
<b>Total</b>	<b>5,239</b>
Age group of person with an eating disorder	
Child	76
Adolescent	589
Adult	1,876
Elderly	129
Unknown/ not stated	2,569
<b>Total</b>	<b>5,239</b>
Gender of person with an eating disorder	
Males with an eating disorder	315
Females with an eating disorder	1,756
Unknown/ not stated	3,168
<b>Total</b>	<b>5,239</b>
Main topic of concern	
Anorexia Nervosa	939
Bulimia Nervosa	620
Binge Eating Disorder	351
EDNOS – Eating Disorders Not Otherwise Specified	150
Other (eg disordered eating, body dissatisfaction) /not stated	3,179
<b>Total</b>	<b>5,239</b>



## Highlights of 2010 / 2011

The 2010/2011 year was a busy one for EDV with a strong focus on maximising the range and quality of our information and support services. This year saw EDV enhance already strong partnerships with other organisations in an effort to reach even more people.

Below are just some of the highlights of the 2010/2011 year in what was a year of growth for EDV in terms of the range of services provided and the number of people accessed.

### **EDV joined social networking communities**

EDV joined the online social networking communities of Twitter and Facebook in an attempt to not only broaden our exposure within the community, but also to quickly provide updates about our services and events to our service users and to allow the public to easily communicate with us.

By engaging in social media EDV aims to reach those people that haven't previously accessed EDV's services because of a lack of knowledge of the organisation, or because of their physical distance from our premises. It is important to EDV to keep up, as far as resources allow, with trends in communications technology, to ensure we are reaching as many people as we can.

### **Beauty Mark - Body Image and Eating Disorder Awareness Week**

To celebrate Body Image and Eating Disorder Awareness Week from Sunday 5<sup>th</sup> September – Saturday 11<sup>th</sup> September 2010, EDV hosted a movie screening of *Beauty Mark – Body Image and the Race for Perfection*. The movie centred on the life of Diane Israel, a world class tri-athlete, and her body image battles and provided the audience with insights into the life of a professional athlete.

The event was opened by Nicole Livingstone OAM, an Olympic & Commonwealth Medallist and Channel 10 Sports Presenter, who provided her own story on life as a professional athlete. After the movie screening, a panel discussion and Q&A session was held on the area, with participants 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.

### **International Women's Day**

With Monday 7<sup>th</sup>–Sunday 13<sup>th</sup> March 2011 bringing 100 years of International Women's Day, EDV, in collaboration with WIRE Women's Information, held a Health At Every Size luncheon on 10<sup>th</sup> March to celebrate the momentous occasion.

The aim of the luncheon was to promote the key concepts of the *Health At Every Size* movement, which encourages an acceptance of a person's own natural body shape, and recognises that good health includes both physical and mental health.

Comedian Kelly Nash was MC for the event and provided a humorous but thought provoking routine linking to the beauty within all of us. The event was launched by the Honourable Mary Wooldridge MP, Minister for Mental Health, Women's Affairs and Community Services, who discussed the achievements of women in Australia over the last century. Julie Parker, a positive body-image campaigner, counsellor

and blogger, showed some of the digital and marketing tricks used to manipulate women into being dissatisfied with their bodies.

Finally, while guests were treated to an African lunch, EDV's Education Officer Naomi Crafti delivered a presentation promoting the growing understanding that size and appearance alone are not reliable indicators of health.

### Royal Melbourne Hospital Partnership

In 2010 EDV formed a partnership with the Royal Melbourne Hospital (RMH) in order to provide more support to family members and carers of eating disorder patients at the RMH. In the process of recovering from an eating disorder, family members and carers often play an integral role in helping their loved one but as such, can often require their own support.

Through EDV's partnership with the RMH, EDV's Family Support Officer, Rebecca Wickham, holds appointments for family members and carers on the RMH site one morning per month. In addition to the appointments, EDV and RMH will also be jointly facilitating EDV's successful skills-based workshop program, *Building Hope*, for families and carers at RMH. The program is based on evidence-based research

and carer experience, and aims to teach communication skills and motivational principles to family members and carers to enhance their capacity to support their loved one towards recovery.

"The workshops were very good and certainly helpful to me. Thank you and well done.

- 'Building Hope' Participant

Working with existing treatment facilities means that we can reach families at an important time in a person's recovery process. EDV is working towards partnering with other treatment services in this way.

### Ballarat Community Awareness Evening

In March 2011 EDV and Ballarat Health Services worked together to hold a free community awareness evening. While 12 people initially registered for the event, the organisers were thrilled when over 40 people attended. The attendees comprised of a mixture of teachers, social workers, dietitians, individuals and families of people with an eating disorder.

The event predominantly focused on busting myths associated with eating disorders and informing the

audience of the correct facts. The event, which was timed to coincide with the launch of a new Recovery Support Group in Ballarat, also included a question and answer session.

The feedback showed that, by the end, many attendees understood that eating disorders are complex mental illnesses and that no one treatment works for everyone, and the usefulness of the night was further demonstrated by the wide range of take-home messages reported.

### Kickstart Your Recovery

After a successful launch in early 2010, EDV ran a second *Kickstart Your Recovery* program in February 2011. Nine recovering individuals participated in the six week psycho-education program, which had different weekly topics including body image, self acceptance and mindful eating, discussions, and a range of activities including art and music therapy.

Participants were able to explore different aspects of recovery, acknowledge the barriers to recovery that can exist, and attempt to find ways to overcome those barriers. The program culminated with an open support group meeting held jointly with other EDV support group attendees, encouraging the

participants to access ongoing support through EDV once the program was completed.

## Caring – About Recovery Project Update

The Caring About Recovery Event (CARE) project funded by the Lord Mayor's Charitable Foundation began in 2010 and continued throughout the 2010/2011 financial year with a great response. This project has several important aims to help families who are at risk of, or suffering from eating disorders.

The first aim is increasing early identification of problems and help-seeking in parents and other people who are concerned about a loved one who may be showing signs of disordered eating, unusual and worrying behaviours or body image concerns.

CARE evenings are free informative sessions aimed at reaching these people throughout the community, with the evenings generally consisting of a one hour lecture style presentation by Dr. Naomi Crafti followed by a 30 minute question time. With 22 CARE evenings held during the year from Shepparton, Casey, Frankston to Melton, Glen Eira and the Yarra Ranges, generally held jointly with the local municipal council and publicised each time in the local community,

EDV is informing and educating many parents in the community who haven't accessed this sort of information before. Attendees have also included young people, school teachers and health professionals, with a very high satisfaction rate indicated in feedback from events.

The second project aim is to continue building solid support for families and carers who are currently supporting a loved one with an eating disorder, through the ongoing provision of family support services and our *Building Hope* program.

The family support services saw 146 families and friends of people with an eating disorder receive support, either face-to-face or via telephone through our Family Support Officer, Rebecca Wickham. The *Building Hope* program was ran in Malvern East, Coburg, Ringwood, Traralgon and the Royal Melbourne Hospital throughout the financial year with an average of ten participants.

The Lord Mayor's Charitable Foundation grant also assisted EDV in establishing a new Family and Friends support group in Ringwood after local residents complained of a lack of resources available to eating disorder sufferers. The attendance numbers for the group averaged six participants each session, with as many as 10 attending one session.

Finally, the grant allowed EDV to continue working on a revised and expanded version of our carers' information booklet, which will greatly assist carers of a loved one with an eating disorder. The new booklet will be available in 2012.

## Conferences and Education

EDV's Education Officer Naomi Crafti travelled to London at the end of March for the 10th London International Eating Disorders Conference with the aim of ensuring that EDV remains up to date on the treatment of eating disorders and theories about how they develop.

Naomi was pleased to report that not only is EDV up to date, but "the general consensus from people across Australia who work with eating disorders was that Australia is even more advanced than many other places in the world."

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

In October 2010, Naomi also attended the Australian and New Zealand Obesity Symposium (ANZOS) in Sydney, where she also presented on Mindful Eating. Naomi was particularly pleased that so many eating disorder specialists (psychiatrists, psychologists, dietitians etc.) were in attendance, with specific symposia on psychological interventions for obesity, an area sometimes neglected in this arena. Because of the interaction between eating disorder and obesity specialists, there was an emphasis on providing messages that are compatible across both sectors.

On a 'lighter' note, at the 2010 ANZAED (Australian and New Zealand Academy of Eating Disorders) conference in Auckland, New Zealand, Naomi ran a workshop on 'Changing Fashion: An Activist's Guide'. This workshop looked at current processes in the fashion industry; production of small size samples, overly thin catwalk and media models, non-standard and biased sizing, lack of size representation in fashion store staff etc. And how these elements could be changed to reduce the risk of them contributing to eating disorders and disordered eating.

EDV hopes to develop an ongoing relationship with people in the fashion, media and modelling industries and the consumers, to educate around these issues.

### **Donations in Memoriam**

EDV is fortunate to receive donations from many generous supporters of our organisation throughout the year, but we were overwhelmed when, despite their grief, EDV was inundated with donations from friends and family members in memory of two lovely young people, Rebekah Weston and Anna-Louise Bamford. Rebekah and Anna-Louise separately lost the fight with their eating disorder in late 2010.

Family and friends of Anna-Louise Bamford then decided to take part in a number of fundraising runs and other events, both in Australia and the UK, not just to raise money, but also to raise awareness about the need for help with eating disorders.

After discussions with Anna's family, EDV has agreed to establish a youth fund and to set aside the funds raised to use specifically to develop greater services and information aimed at youth (12-25), including sibling support services.





## 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 impact 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 in 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 at all levels in 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 through metropolitan and rural areas;
- Non-clinical support is available for all people with eating disorders and their carers, for as long as and whenever they need it; and
- People experiencing eating disorders and their carers are treated with respect, acceptance, understanding, empathy and hope throughout treatment and recovery.

“The session met my expectations more than I expected.  
I feel one step closer to fighting my ED and I never thought  
anyone could make me feel that recovery is possible.

- Client of Recovery Support Officer”

## EDV 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.

## Our Services

Our core services and activities include:

- The Eating Disorders Helpline – telephone and email help for anyone affected by an eating disorder.
- Free information service – service leaflets, fact sheets, and school news inserts.
- Eating Disorders Victoria website – **[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)**
- Support group network – metropolitan and regional; facilitated self-help groups, providing a confidential and safe environment for recovery and learning through shared experience. We offer separate support groups for sufferers and families/friends.
- Internet Chatroom and online Messageboard for people experiencing an eating disorder or for those caring for someone with an eating disorder – fully moderated for safety; reaching out to those who are isolated, or who require full anonymity.
- Recovery support – face-to-face and telephone support consultations for persons with an eating disorder.
- Family support – face-to-face and telephone support consultations for families and friends of persons with an eating disorder.
- Carer's support programs – *Building Hope* and *Finding Hope* programs provide assistance with understanding the complexities of eating disorders, communication and interpersonal relationships, coping skills, role modelling and meals support.
- School professional development programs.
- Fitness instructors and coaches professional development programs.
- Health and welfare and community workers professional development programs.
- Mindful eating workshops.
- Office and workplace consultations.
- Student workshops.
- Presentations and workshops at conferences and forums.
- Kickstart Your Recovery program.
- 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.
- Eating disorder resource manuals, booklet and DVDs of recovery experiences available for purchase.
- Community education program – increasing early identification of food, weight and body image issues and risk factors for eating disorders.
- Community awareness activities - 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.
- Representation on national and state government advisory committees and peak bodies.
- Community voice - engaging 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.
- Speakers, writers and artists bank.



## Grantors, Sponsors and Corporate Partners

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

### Major Grantors

#### Victorian State Government Department of Health



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.

#### Lord Mayor's Charitable Foundation



EDV is now into the second and final year of its project 'Caring About Recovery', which received funding through 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.

### Sponsor and Corporate Partner

#### Hairhouse Warehouse Pty Ltd



EDV acknowledges the ongoing generous financial support of Hairhouse Warehouse as we continue to help people affected by eating disorders and promote positive body image.

### Other Grantors and Sponsors:







## President's Report

*Gill Ryan*

This has been a year of great change for the EDV Board. Annabel Haslam, Mike Hamer, Kathrine D'Anna and Jane Hill left at the end of their term of office. All of these people brought their own strengths to our work and we were sorry to see them go. Sandy Chakravarty left in February after a change of job left her insufficient time to carry on doing an excellent work as Treasurer. Leah Brennan left in June 2011 as she found her growing commitments in her job meant she could no longer continue with the valuable work she was doing for us. Finally, my Vice President Rob Anderson left after over three years of service on the Board. Again, his job changed and expanded and he felt he could not devote the time he would have liked to EDV. He was the driving force behind the organisations first Strategic Plan and was a great support to me during my time as President.

On a more cheerful note, we have made gains. Tracey de Poi has joined the Board. She is the Chair of the Consumers and Carers subcommittee and brings to us a wealth of knowledge of eating disorders. Deb Goldfinch has also joined us. She comes from a business background and has a great deal of knowledge of the not for profit sector. She has already made her mark with her unbounding energy and enthusiasm. Matthew Tence joined us in February and also comes from a business background. After Sandy left, he took over the job of Treasurer and is doing fine job. Finally, we have welcomed a new legal advisor on the Board, Lesley Simons, her varied experience will be a great asset to us. I would like to thank all new and established Board members for their hard work and patience during this turbulent year.

I must once again thank all the staff who work so diligently to help those with eating disorders and their families. There has been much progress this year especially in the area of educating the population in general about these terrible illnesses. We appreciate your dedication, humanity and good humour.

I also have to thank all our volunteers who give their time freely to staff the Help Line, the Chat Rooms and the Message Board. Without these good-hearted people, we would not be able to continue with our work.

“It's great to have flexible individual support that can be tailored to what I needed at the time.

- Client of Recovery Support Officer”

Finally, it has become apparent that the organisation has reached a very important stage in its evolution. The new Board members have come in like a breath of fresh air and it has become obvious it is time now for a “great leap forward”. Kirsty our Executive Officer has as usual worked extremely hard this year. Over the past four years, EDV has increased in size and in the volume of work accomplished, in many ways this is due to the efforts of Kirsty and her staff. EDV now stands on a very firm and solid base from which we have to make progress. I have been the right person to support Kirsty through these first four years of growth but I feel it is now time for me to stand down and let the newcomers take over. They have the different skills and the vision needed to take EDV on to the next level. Therefore, I shall resign at the next AGM in October but will if elected stay on the Board for another year at least just to give continuity and stability

I have been proud to be President of EDV for the past three years. It has been a privilege to see the organisation change and develop to where we are now. However, I can see the future! This is going to involve growth and expansion, which also means more help for carers and sufferers and hopefully the public profile EDV deserves.

### **Gill Ryan**

*President  
EDV Board of Directors*



## Executive Officer's Report

*Kirsty Greenwood*

*BSc(hons) Anim Sci*

With many relatively new services and projects underway from the last few years' growth, in 2010-11 Eating Disorders Victoria focused its attention on how we can provide the maximum service impact possible with our current funding and resources. EDV is clearly seeing the results of its increased activity and visibility here in Victoria, with many people coming forward for support who have never sought help for their eating disorder before, press and media contacting us nearly every week for information for news items, and a growing number of donors and fundraisers. We know that what we are doing is making a key difference, as we continue to provide thousands of people in the community with the support, information, resources, links and encouragement that they need to move forward on their or their loved one's recovery journey.

### New Look, New Logo

A new sponsor, Butterfly Internet, generously provided pro-bono support to develop a new look for EDV, transforming our logo and updating the font and colours to give a fresh, modern appearance that we hope everyone will relate to, like and will soon recognise.



### New Support Groups

In response to demand and after meetings with state MP Christine Fyfe, we started up a family support group in Ringwood. Meetings with health professionals and community members together resulted in the formation of a new recovery support group in Ballarat.

### Support Services in Demand

All our current support services continued unabated through the year. For carers these included *Building Hope*, our six-part workshop program for carers of a loved one with an eating disorder; Care and Share, EDV's online community for carers; family support consultations and family and friends support groups. For sufferers Kickstart Your Recovery is now a regular EDV program, aiming to give people who are recovering from an eating disorder insights into learning to love their bodies, growing their self-esteem, and practising 'mindful' or intuitive eating. The Recovery Messageboard and Chatroom continue to be popular, with live Chat sessions three times per week; we are also providing an increased number of recovery support consultations and support groups. Most importantly, the Eating Disorders Helpline continues to provide vital information, advice and support service for anyone affected by an eating disorder.

This year EDV was approached by community members in Tasmania

“There was no judgement at all, just amazing support and knowledge. It surpassed my expectations and was so valuable.

- Client of Recovery Support Officer”

who were desperate to see support for people with eating disorders in their own state, to see if we could do anything. EDV responded. Tasmanian volunteers were mentored in how to start up their own state-based support association. EDV provided core governance information, guidelines for running support groups, best practice procedures for volunteer recruitment and management, and other vital information and support. EDV staff flew to Tasmania to train volunteers, with the expenses being covered by a Tasmanian donor and by funds from our corporate partner Hairhouse Warehouse. As a result, we are thrilled to say, a new incorporated eating disorders association, the first of its kind in Tasmania, will be starting up in Hobart in September 2012. EDV will continue to be a ‘big sister’ to its smaller Tasmanian sibling association.

## Information

Our website, [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au), has benefited from generous sponsorship. Over 2010-11, new sponsor Butterfly Internet worked with EDV to develop a wonderful

new format for our website. The refurbished website will enable us to structure information for even easier reach, upgrade our Messageboard and Chatroom, and plan a new Youth website for launch later in 2011.

## Health Promotion in Schools and in the Community

Throughout 2010-11 EDV reached out to parents and carers in the community, with information on how to identify loved ones who might be at risk of developing an eating disorder, and how to help those people, through our Caring –About Recovery (CARE) project, funded by the Lord Mayor’s Charitable Foundation. Through this project, many councils have now hosted one of our CARE events, and valuable new community connections have been formed, so that this work can continue.

EDV has also continued its highly valued professional development work with schools professionals and community workers, through the provision of workshops and presentations in a wide variety of settings. Our work assists in the

early identification of problems, encourages help-seeking behaviours, and introduces concepts and coping strategies which support healthy attitudes to food and eating, and which help to reduce the over-emphasis on weight and shape concerns.

## 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 2010-11, 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.



## Staffing

EDV employs a small and close-knit team of core staff, supplemented by project workers and sessional trainers.

Late in 2010 we sadly farewelled Helen Franks, Family Support Officer for the last five years. Helen was a multi-skilled and highly valued support officer, who really understood the impact of eating disorders on families and carers, and who was able to give many families both the hope and the practical skills they needed in order to cope. Fortunately, our other Family Support Officer Rebecca Wickham was able to increase her days with EDV to fill up much of the gap; and Eve Bowtell, a schools psychologist, joined the team to assist with rewriting information resources for carers and with the skills-based program *'Building Hope'*. Due to increasing demand for recovery support appointments, this year EDV employed a second part-time Recovery Support Officer, and welcomed Samantha Ratnam to the team once a week.

At the end of the financial year, after completing the new website development, Website Officer Erin Young decided to pursue her career in positive body image work with students. We are grateful to Erin for her stirring work, and remain in touch with her as a sessional trainer. In Erin's place providing website support we welcomed Caroline Golden.

## Advocacy and Advice In Victoria

At the beginning of the year I participated in the first meeting of the Department of Health's new Expert Advisory Group on Eating Disorders, to help inform the start-up of long-awaited work on a consistent Victorian strategy for the treatment and management of eating disorders. I also met personally with senior staff from the mental health department to put forward EDV's views in this regard. Sadly this important strategic work was halted by the state government elections in November 2010, with no definite resumption yet in sight.

2010 also saw the last meeting of the Department of Community Planning and Development's advisory committee on Positive Body Image, which is not being funded to continue. EDV will continue to highlight the need for urgent action in these areas.

EDV tries to keep across other developments in the mental health and community support sector in Victoria, participating this year in mental health department community consultations, VicServ meetings, briefings on the revisions to the Mental Health Act, and activities of the Victorian Mutual Support and Self Help Network including the development of a new Charter of Peer Support.

EDV has representatives on the advisory groups of the Centre of Excellence in Eating Disorders (CEED), the Body Image and Eating Disorders Treatment and Recovery Service (BETRS), the University of Melbourne Obesity Consortium, and is a partner in the development of the Victorian Centre of Excellence in Peer Support (CEPS).

## National Involvement

EDV has continued to be a significant contributor to the development of a new national schema, framework and communications strategy for the prevention, treatment and management of eating disorders in Australia, through the National Eating Disorders Collaboration (NEDC). Two EDV staff members are active members of the Steering Committee of the NEDC and co-chair Working Groups; others contribute their expertise through the NEDC working groups. The NEDC work is a substantial additional commitment, for which EDV receives no extra funding, but we nonetheless remain committed to being the consumers and carers chief voice in this important project.

## Kirsty Greenwood

*Executive Officer  
Mar 2007 to current date*



# Treasurer's Report 2010-2011

Matthew Tence

I am pleased to present the audited financial statements for the year ended 30 June 2011.

In April I took over the Treasurer's role from Sandhya Chakravarty who had previously undertaken the role at a high standard.

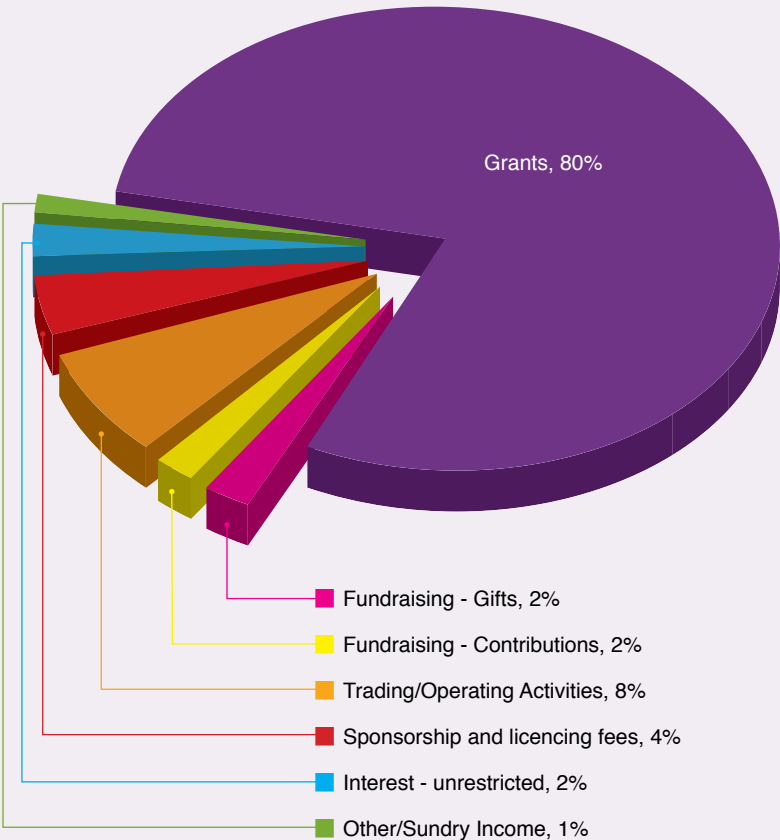
The Foundation has shown a surplus of \$26,000 approximately, which is very similar to the previous financial year. This is again a reflection of a healthy balance sheet and robust budgetary management.

Total income was \$601,000 approximately with the various grants continuing to dominate our funding source. Income over the last twelve months grew approximately \$90,000 or close to 17%.

Total expenditure was \$575,000 approximately, up \$90,000 or 18% up on the previous year. A majority of the increase in expenditure related to increased labour employment costs.

Employment costs (including supported employment and oncosts), occupancy and office costs accounted for 84% approximately of the total expenditure.

## Sources of Income





## Our Board Of Directors

Current as of 30 June 2011.

### **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 on all aspects of eating disorders from a long personal experience as well as her work with sufferers. She has volunteered for many years, initially with the Eating Disorders Association UK and EDV since 2003.

### **Vice-President: Tracey De Poi**

Tracey has a background in business running a successful specialist dental surgery for nearly a decade.

Tracey also brings with her a carer's perspective, having cared for a loved one with an eating disorder for many years. Tracey has volunteered with EDV for several years, during which time she has participated in several research studies on caring for someone with an eating disorder and is on the EDV Consumers and Carers Advisory Board.

Tracey is also on the Consumer and Carers Advisory Board for The Centre of Excellence in Eating Disorders (CEED) and runs the NeADS support group for carers.

### **Secretary: Renuka Somers (BEC, LLB, MCom (Acc))**

Renuka is a business lawyer with expertise in federal taxation and structuring. She is a Senior Associate at Harwood Andrews Lawyers.

She has over 10 years' experience in advising a range of entities (including large multi-national corporations, trusts, individuals and charities) on technical taxation matters. She is a Fellow of The Tax Institute, has written several articles for the 'Taxation in Australia' journal and has also contributed to publications of the Institute of Chartered Accountants of Australia and the 'Trust Structures Guide', a joint publication of The Tax Institute and Harwood Andrews Lawyers.

Renuka has a particular interest in women's health and wellbeing.

“Gave us a greater understanding of what we can do and how to get support when needed. I feel well supported.

- Client of Recovery Support Officer”

### Treasurer: Matthew Tence MAICD

Matthew has a strong background in business management. He is experienced in human resources, finance, management and business planning. Matthew is currently a Business Director at ASPECT Studios, a leading design consultancy where he sits on their management committee and is responsible for operations of the company.

### Debra Goldfinch (MBA)

Deb Goldfinch, CEO of the Australian College of Educators, has had an extensive career in the Not-for-Profit and Health Sectors with a focus on Change Management and working with people at risk. In Deb's 8 years in the Health industry she implemented business restructures and developed corporate strategies to take organisations to their next level. Deb also provides guidance as a Coach and Mentor and in addition to her Board position with EDV, also sits on the Board of Western Centre against Sexual Assault.

### Lesley Simons BA LLB

Lesley Simons has a Bachelor of Arts and Bachelor of Laws from Monash University. She has been practicing law for 28 years and is currently focusing on Property Law and Migration.

Lesley has always been interested in health and nutrition and with her ongoing commitment to community service she hopes to contribute to the work of EDV.

#### Board Member Attendance July 2010 – June 2011

	Number of meetings attended	Number of possible meetings
Annabel Haslam	3	4
Jane Hill	3	4
Mike Hamer	0	4
Kathryn D'Anna	1	4
Rob Anderson	5	7
Sandra Chakravarty	6	8
Gill Ryan	9	10
Jo Gibson	4	10
Leah Brennan	5	10
Renuka Somers	5	10
Tracey De Poi	4	5
Debra Goldfinch	4	4
Matthew Tence	4	4
Lesley Simons	2	3

Average board member meeting attendance: 63%





## Staff Profiles

Current as of 30 June 2011.

### Kirsty Greenwood Executive Officer

I have been the Executive Officer of Eating Disorders Victoria since March 2007. Prior to entering the eating disorders field, I had 12 years management experience in a variety of fields, including as a management consultant advising public sector organisations in the UK, and as a senior manager in Australia, firstly with the Australian Breastfeeding Association and then with the Australian Physiotherapy Association. My qualifications include a BSc (Hons) in Animal Science and postgraduate studies in Management Services, and I also trained and spent several years as a voluntary breastfeeding counsellor; but I think my most important qualification is my life experience gained as a working mother.

In my current position at EDV, I provide leadership, strategic planning and management for the organisation. I ensure that EDV has the stakeholder contacts, the knowledge, the resources and the influence to fulfil its mission and move towards its 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 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.

I'm passionate about the vision and mission of EDV. I feel privileged to work with a highly dedicated Board, team of staff and volunteers, making a difference in this important area of health promotion and disorder prevention.

### Naomi Crafti Community Development / Education Officer

I am a Counselling Psychologist with over 18 years experience working in the area of eating disorders and body image. I began working as the education officer at EDV in 2009. Prior to EDV I was a Lecturer at Swinburne University where I trained students in professional psychology, conducted research and developed and supervised the Mindful Moderate Eating Group at the Swinburne Psychology Clinic. At EDV I talk to teachers, the fitness industry, other health professionals, the community and really anyone who will listen about preventing, recognising, intervening and supporting people with eating problems and body image concerns. I also help run the *Building Hope* program for family and friends of people with eating disorders and the Kick Start program for people at the start of their recovery journey.

I have found the past 3 years at EDV to be both challenging and rewarding. On good days I am witness to minor victories in individual and public awareness of the factors that contribute to the development and

maintenance of eating disorders, and on not-so-good days I see rampant objectification of young men and women, the sexualisation of children and the promotion of fad dieting and the 'thin ideal'. My aim is to experience more good days.

## **Jo Macreadie**

### **Caring About Recovery Project Officer**

I joined EDV in April 2010. Previously I 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 work closely with Naomi, our Education Officer to help reach out to families to help them identify the early signs of eating, weight, body image and food issues in their loved ones and seek help early. In order to find and reach these carers I liaise with councils and organize free Community Awareness Events.

When not at work I enjoy spending time with my husband, 4 lovely adult children and their spouses and 3 grandchildren. My hobbies are reading, bush walking, motor bike riding, skiing, boogie boarding and fishing. 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.

## **Danielle Laurence**

### **Chatroom Coordinator**

I first started volunteering with EDV as a Helpline advisor 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 memorable. 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 Chatroom Moderator for over a year, I became the Chatroom Coordinator.

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. 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.

## **Megan O'Connor**

### **Communications and Grants Project 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. 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.

In early 2011, my role at EDV expanded to include a greater focus on gaining a larger slice of the philanthropic funding pie. While EDV has had some success in gaining significant funding through foundations and trusts in the past, there has been no dedicated staff resources allocated to what is a very time consuming and labour intensive task for not-for-profit organisations.

## Rebecca Wickham

### Family Support Officer

I joined the EDV team as a part-time Family Support Officer in 2010, having been involved with EDV in a voluntary capacity since 2005. I am passionate about people in our community feeling valued and having access to appropriate and timely support. It is rewarding to see people take steps toward feeling more in control of their lives and experiencing life more fully. Alongside the work at EDV, I am studying toward completion of a Professional Doctorate of Psychology at Swinburne University where I am learning a great deal, meeting lots of interesting people and enjoying the beginnings of a career in psychology.

I am currently researching the experience of the therapy process for women addressing binge eating problems, with a particular focus on mindfulness as a guiding framework. Working in the 'helping profession,' it is easy to see the interconnected nature of people, and I realise the value in fostering healthy relationships within friendship circles, families, organisations and the broader community.

I feel very privileged to be in a position where I can help, in some small way, empower people to find appropriate avenues of support and the resources and courage necessary to take the next step.

## Eve Bowtell

### Family Support Officer

I joined the EDV team in 2011 in a part-time capacity working with Naomi and Rebecca on the *Building Hope* workshops and putting the revised 'information for carers' book together. I feel very privileged to be involved with such a great team and working in area that assists families going through difficult times.

A psychologist and teacher by training, I am also currently working towards a PhD researching the interface between the health and education sectors. Specifically I have been interviewing parents and key informants about service provision for young people in high school who have one of three chronic conditions; cancer, anorexia nervosa and cystic fibrosis.

Working at EDV while undertaking this challenge in my life has allowed me to feel as if I am contributing in a minor way to recovery for people of all ages, something that I am passionate about.

## Leigh Hanham

### Office Administrator

I joined Eating Disorders Victoria in August 2007 and there is not a day goes by that I am not awe-struck by the commitment of our volunteers at EDV – people who eagerly give up hours of their busy week to help others – their dedication and commitment is inspirational!

My role here is to meet and greet those who visit our office; I oversee the library, manage memberships, send out our e-bulletins and perform other miscellaneous administrative duties. I am looking forward to another life changing year of service to the team at EDV.

## **Brooke Scantlebury**

### **PR & Publications Assistant**

I began work with EDV in February 2010 as a PR and Communications volunteer intern with the aim of assisting a not-for-profit organisation (something I'm passionate about) while I increased my PR/marketing degree related work experience. Now, more than a year on, I have recently finished my Bachelor of Arts/Bachelor of Commerce double degree majoring in Public Relations and Marketing and I am the PR & Publications Assistant. In this role I predominantly work on EDV's biannual newsletter Inside Out, the Annual Report and other PR tasks.

I thoroughly enjoy working at EDV and am proud to be a part of an organisation that makes a difference in the lives of so many people. Hopefully through my work at EDV, I can assist them in doing that, and knowing that there is a possibility of that, makes going to work very worthwhile and rewarding.

## **Natalie Wild**

### **Recovery Support Officer**

After completing my studies as a counsellor in September 2005, I joined Eating Disorders Victoria 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.

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.

## **Samantha Ratnam**

### **Recovery Support Officer**

I have been working with EDV since 2007 as a volunteer Support Group Convener, Helpline worker, and now as one of the Recovery Support Officers. I have a professional background in Social Work, both in the fields of drug and alcohol rehabilitation and international community development. I am passionate about talking to people about what recovery from an Eating Disorder means and supporting people to understanding and overcome them. I believe EDV offers a uniquely supportive service that provides people with a community of warm and empathic helpers on their journeys towards their own recovery or that of their loved ones. I am proud to be a part of this team that gives people hope every day.



## **Marilyn Amendola**

**Volunteer Services Coordinator &  
Information Officer**

With a Bachelor degree in Applied Science (Human Movement) and further studies in Science Nutrition, I bring my educational background, first hand experience of living with a mental illness and passion of helping others to EDV. I have been a part of the team since March 2005.

My role has changed over time with my current main responsibilities being to manage the volunteer services and assist with developing and maintaining EDV's information resources and collating our statistics.

Working at Eating Disorders Victoria 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 supporting our volunteers, 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.

## **Caroline Golden**

**Website Coordinator**

I joined EDV in June 2011 as the Website Coordinator. My background is in I.T and web development, and I've worked in a variety of areas including education, government and private industry. This is my first foray into the non-profit sector and I'm very much looking forward to being part of an enthusiastic organisation that helps people in such an important area.

“I came away knowing much more and having greater confidence about recovery.

*- Client of Recovery Support Officer*”



## Our Stories

From a Consumer & Carer Advisory Group Member

I'm not sure when I first connected with EDV, but it would have been in the early 2000's when my thirteen year old daughter became ill with anorexia. I didn't attend any support group meetings as I had a large family to care for and I found caring for my daughter and attending medical and psychiatric appointments very demanding of my time and physical and emotional energy. I appreciated any literature I could get my hands on and most of it came via EDV, as I felt it was an established organisation, which I could trust at a time when I didn't know who or what to trust.

Once my daughter's health started to improve I sought the help of EDV to establish a support group for parents, carers and families in my local area. With the support of EDV I facilitated the group for many years before handing it over to another parent who still runs it. I believed that affiliating the support group with EDV gave it more credibility in the eyes of participants and health professionals referring their clients to it.

My volunteer involvement with EDV has included giving talks as a carer, assisting in training events, becoming a member of the NEDC and advising the Board. In a paid capacity I was involved in the School's Talks project.

I have recently published a book titled 'You Cannot Take Our Love' about my experience as a mother and carer of a young person with an eating disorder. I requested the assistance of EDV in providing feedback on the manuscript and to launch the published book; this was given willingly, and received with appreciation. Although sales are not high, any proceeds from the book are shared between EDV and the Butterfly Foundation.

I enjoy using my professional skills as a teacher, writer and editor, and my personal skills as having been a carer, to directly and indirectly assist in small ways, at EDV, shaping policy and families who suffer the effects of eating disorders.

**Jacinta Agostinelli**

Carer & Consumer Advisory Group Member



## Our Stories

From a Helpline, Support Group and EDV Events Volunteer

My name is Fiona Kiriakidis and I began as a volunteer with EDV after my training in April 2010. I can honestly say that it is one of the most rewarding things I have done and I would highly recommend it to others.

I am a mother of two who had been out of the formal workforce for a few years and was eager to begin a new career path that was both interesting and meaningful and in which I could use my personal strengths of compassion and communication. I graduated with a degree in Psychology in the 1992 and completed a Diploma of Counselling in 2010 but felt I needed experience. Having observed close friends and family struggle with eating issues and feeling that eating disorders is one of the key issues of culture and times, my instincts brought me to volunteer with EDV.

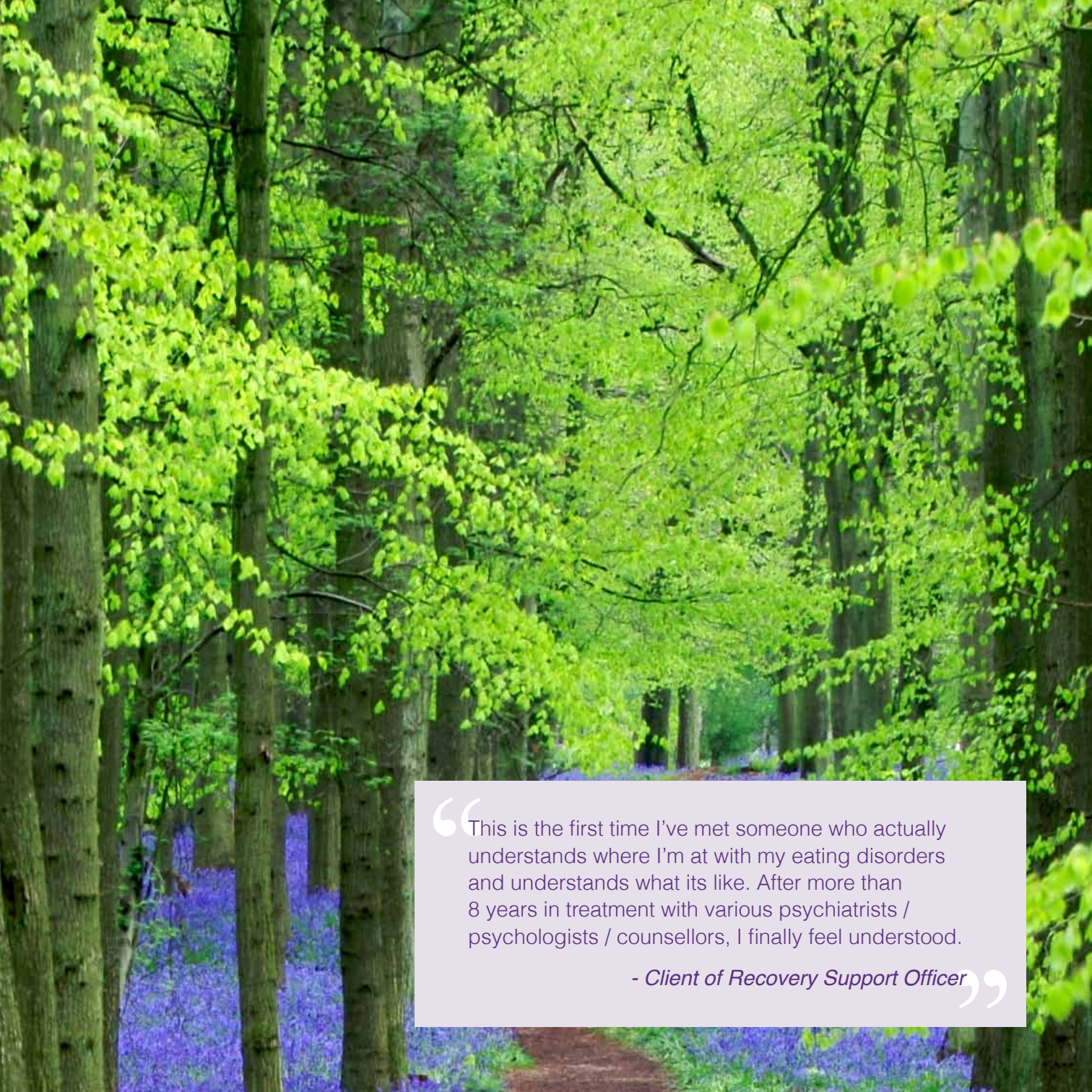
From the first interview, I feel that the team at EDV have been warm and supportive. Their kind and open attitude and availability has enabled me to get a lot from being a part of this organisation. I have grown personally from having the honour of hearing the stories of those in need, and I have grown professionally as I have been able to use EDV's resources to really help. I am fortunate to have been able to give my time to both the Helpline, Support Groups and to give presentations on EDV's behalf promoting positive body image and I am excited about what challenges lay ahead.

Volunteering at EDV has opened my eyes to the importance of this organisation to help fill the many gaps that other services leave gaping. I also feel that I have been educated about the myriad ways our society contributes to the prevalence of eating disorders and negative body image, but equally I am inspired by the work that EDV does. I believe that change is possible as long as there are people as passionate and learned as those in the EDV team working to bring hope and education to both sufferers of eating disorders and our society as a whole.

### **Fiona Kiriakidis**

Helpline, Support Group and EDV Event Volunteer





“This is the first time I’ve met someone who actually understands where I’m at with my eating disorders and understands what its like. After more than 8 years in treatment with various psychiatrists / psychologists / counsellors, I finally feel understood.

- *Client of Recovery 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**

24<sup>th</sup> September 2011

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 2010/2011.

Graeme J Bruce CPA  
24<sup>th</sup> September 2011

## 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

26<sup>th</sup> September 2011

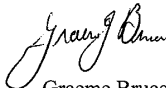
Ms Kirsty Greenwood  
Eating Disorders Foundation of Victoria Inc  
1513 High Street  
Glen Iris  
Victoria 3146

Dear Ms Greenwood

Re: **Audit of Financial Records 2010/2011**  
**Eating Disorders Foundation of Victoria Inc**

From 1 July 2010 EDV changed its Chart of Accounts to follow the Victorian Standard Chart of Accounts (SCOA). The Victorian SCOA is now mandatory for government departments and agencies, thereby standardising financial reporting processes across government. It is not mandatory for not-for-profit community organisations to adopt the Victorian SCOA, however it was recommended that these organisations choose to use this format in order to simplify financial reporting and reduce administrative and compliance burdens. EDV chose to follow this recommendation.\*

The 2010-11 financial statements are presented following the Victorian SCOA format. In order to provide a valid comparison between financial years, the 2009-10 financial statements have also been presented in the Victorian SCOA format, which is different to the way they were presented in the 2009-10 annual report. As auditor, I have inspected the figures presented for both 2010-11 and 2009-10, and am satisfied that the 2009-10 figures have been mapped accurately to the Victorian SCOA format and that the comparison between the two years is valid.



Graeme Bruce CPA





# Financial Statements

## Profit and Loss Statement for year 1 July, 2010 - 30 June, 2011

Income	2010-2011	2009-2010
	\$	\$
Grants	483,806	412,827
Fundraising – Gifts	13,865	5,875
Fundraising – Contributions	12,056	6,161
Trading/Operating Activities	45,633	56,684
Sponsorship & licencing fees	25,000	27,083
Interest – unrestricted	13,515	4,567
Other income	7,676	650
<b>Total Income</b>	<b>601,551</b>	<b>513,847</b>
Cost of goods sold	1,478	0
<b>Gross Profit</b>	<b>600,073</b>	<b>513,847</b>

Expenses		
	\$	\$
Advertising and promotion	2,480	6,037
Assets purchased under \$1,000	2,316	1,318
Audit fees	1,318	1,136
Bank charges	26	0
Board/Governance Expenses	3,752	3,293
Cleaning and pest control	3,502	3,315
Client Support Services	5,073	9,939
Client Support Consumables	2,996	0
Computer Expenses	13,351	9,642
Consultancy fees	1,727	37
Credit card fees	252	126
Depreciation - plant and equip	11,701	12,566
Employment support/supervision	2,205	2,040
Fees and permits	151	50
Fundraising expenses	674	922
Insurance – general	698	684
Meeting Expenses	136	0
Membership fees paid	1,801	1,121
Motor Vehicle Expenses	4,989	4,565
Postage, freight & courier	8,252	5,843
Printing and stationery	5,728	4,245
Publications & Info Resources	22,150	17,104
Rates and taxes	399	362
Rent	27,000	27,433
Repairs and maintenance	695	2,630
Salaries and Wages	423,381	346,758
Staff amenities	1,405	0
Sundry expenses	0	175
Telephone, Fax and Internet	9,950	9,031
Training and development-staff	1,920	5,149
Travel & Accommodation	6,310	1,274
Utilities (gas, elec, water)	4,786	4,018
Volunteer costs	2,564	5,305
Resource purchases - for resale	0	1,742
<b>Total Expenses</b>	<b>573,687</b>	<b>487,861</b>
<b>Net Profit/(Loss)</b>	<b>26,386</b>	<b>25,986</b>

## Balance Sheet as at 30 June 2011

Assets	As at 30-6-2011		As at 30-6-2010	
	\$	\$	\$	\$
Cash and cash equivalents		251,459		251,459
Receivables		13,996		13,996
Other current assets		1,500		1,500
Property, plant and equipment		19,471		19,471
<b>Total Assets</b>		<b>286,426</b>		<b>286,426</b>
<b>Liabilities</b>				
Payables	33,306		27,097	
Committed projects	22,550		22,600	
Grants in advance	77,818		36,815	
Annual leave/long term provisions	20,555		15,709	
<b>Total Liabilities</b>	<b>154,229</b>		<b>102,221</b>	
<b>NET ASSETS</b>		<b>210,591</b>		<b>184,205</b>
<b>Equity</b>				
Reserves	184,205		158,219	
Retained earnings	26,386		25,986	
<b>TOTAL EQUITY</b>		<b>210,591</b>		<b>184,205</b>



# The EDV Team

EDV is privileged to be managed by a dedicated and highly skilled Board of Directors and staff team.

## Members of the Board July 2010 – June 2011

<b>President:</b>	Gill Ryan	
<b>Vice-President:</b>	Rob Anderson, Tracey De Poi	
<b>Treasurer:</b>	Sandra Chakravarty, Matthew Tence	
<b>Secretary:</b>	Renuka Somers	
<b>Other:</b>	Leah Brennan	Annabel Haslam
	Kathryn D’Anna	Michael Hamer
	Jo Gibson	Jane Hill
	Debra Goldfinch	Lesley Simons

## Members of Staff

<b>Executive Officer:</b>	Kirsty Greenwood
<b>Recovery Support Officers:</b>	Natalie Wild, Samantha Ratnam
<b>Family Support Officers:</b>	Rebecca Wickham, Eve Bowtell
<b>Chatroom Coordinator:</b>	Danielle Laurence
<b>Community Development &amp; Education Officer:</b>	Dr Naomi Crafti
<b>Volunteer Services Coordinator &amp; Information Officer:</b>	Marilyn Amendola
<b>Caring - About Recovery Project Officer:</b>	Jo Macreadie
<b>Communications and Grants Officer:</b>	Megan O’Connor
<b>Office Administrator:</b>	Leigh Hanham
<b>PR &amp; Publications Assistant:</b>	Brooke Scantlebury
<b>Website Officers:</b>	Erin Young, Caroline Golden
<b>Sessional Trainers:</b>	Erin Young, Danielle Laurence

## 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 2010 to June 2011 period.

Leah Brennan  
Annabel Haslam  
Jane Hill  
Michael Hamer  
Kathryn D’Anna  
Sandra Chakravarty  
Rob Anderson



## Thank You

Eating Disorders Victoria's achievements are made possible through the generous contributions and ongoing commitment of many. Your support is highly valued and proves to us that our vision, mission, aims and objectives are shared and acknowledged as valuable in the community.

We extend our wholehearted thanks to the following:

### **Our Members**

for their contributions, feedback and fabulous ongoing support.

### **Our Grantors, Sponsors and Corporate Partners**

for their generous financial and/or in-kind support of our work (see listing on page 11).

### **Our Donors**

for their compassionate giving and magnificent fundraising efforts, providing vital extra financial support and keeping the memory of eating disorders sufferers past and present alive in the hearts of many.

### **Our Volunteers**

for their contribution of 5,000+ hours of service, skill and compassion. Many of our volunteers are listed in the Volunteer Team opposite but please note that not all names appear in this list due to privacy considerations.

### **Our Academic/Research Associates**

Dr Ross King and Genevieve Pippin, for their ongoing evaluation into the impact of the carers skills-based learning program '*Building Hope*'.

### **Other Organisations**

for in-kind support through the provision of venues, refreshments and publicity, we are grateful to the following metropolitan and rural councils and other organisations, all of whom have partnered with EDV in the provision of our Caring-About Recovery Program, providing information to help reduce eating disorders developing in the community.

- Banyule City Council
- Benalla Rural City
- Cardinia Shire Council
- City of Boroondara
- City of Casey
- City of Stonnington
- City of Whitehorse
- Darebin City Council
- Frankston City Council
- Glen Eira City Council
- Greater Shepparton City Council
- Hume City Council
- Kingston City Council
- Manningham City Council
- Maribyrnong City Council
- Maroondah City Council
- Melton Shire Council
- Mitchell Shire Council
- Moonee Valley City Council
- Nillumbik Shire Council
- Shire of Yarra Ranges
- WIRE Women's Information
- Wyndham City Council
- City of Yarra

“Everyone was amazing from the minute I walked in the door.  
- Client of Recovery Support Officer”

## THE VOLUNTEER TEAM

### Recovery Chat Room Moderators

Jacenta Abbott, Megan Holden, Stacey Bennet, Steffi Lau, Natalie Phillips, Karise Dell, Colleen D'Arcy, Shannon Geary, Angie Jaman, Amy Shah, Leena Amin, Siew (May) Ying Beh, Rachel Bartlett, Kathryn O'Brien, Amy Marin, Elly Rimmer

### Carer Chat Room Moderators

Beryl Chitiz, Marina Boyadjian

### Helpline Support Team

Deborah Constantinidis, 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, Felicity Martin, Gemma McKechnie, Yvonne Pilley, Elly Rimmer, Ly Tobias, Jane Truong, Adriana Ventura, Susan Whitehead, Zoe Gould, Leena Amin, Emma Hodges, Annemarie Hindle, Zoe Collins, Brittany Watson, Mary Strachan, Sarah Benson, Gabriella Luiz, Marissa Skovron, Melinda Rak, Kevin Gan

### Support Group Convenors – Metropolitan Melbourne

Carol Bull, Matthew Bisset. Eilene Hanan, Ilias Katis, Esther Mazzotta, Kylie Murphy, Tahlia Mynott, Jane Pitt, Katie Rogerson, Zoe Collins, Kristina Meskouska, Vanessa Makris, Emma Hodges, Tara Black, Matthew Vincent Smith, Mithzay De La Espriella, Annette Burd, Jacqui Bell, Krysta Kors, Tasha (Zahra) Wahid, Sarah McGuinness, Davina Lanzon, Marina Boyadjian, Heidi Bergmeier, Katie Rogerson, Tracey De Poi, Sabina Read, Margie Fry, Suzette Goldwasser, Smadar Shalev

### Support Group Convenors – Rural

Portland: Carol Boyadjian  
Geelong: Nicole Riddle, Lisa Alsopp  
Bendigo: Shonelle McMillan  
Ballarat: Nola Kervarec, Shannon McDevitt, Tara Fitzgerald, Marisha Jarecki, Marie Carter, Michelle Cowie-Scott

### Speakers Bank

Carol Bull, Gill Ryan, Maja Havrilova, Natalie Wild, Samantha Ratnam, Kellie Raymond, Jenny McLaughlin, Jacinta Agostinelli, Tara Black, Tracey De Poi

### Visiting Professionals

Draga Jevtic, Nola Rushford, Helen Shepherd





## 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 programs
- Support for the EDV volunteer training program
- Purchase of library resources
- Resources for improved community awareness
- Special projects

### Are donations tax deductible?

Yes (\$2.00 or more).

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

Yes, all donations of \$2.00 or more will be receipted.

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 EDV (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 a 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 [edv@eatingdisorders.org.au](mailto:edv@eatingdisorders.org.au) or download more information from our website.



## 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

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

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