



Annual Report  
2018

**BODYWHYS**  
The Eating Disorders Association of Ireland

# Our Vision

“our vision is that people affected by eating disorders will have their needs met through the provision of appropriate integrated, quality service being delivered by a range of statutory, private and voluntary agencies”

# Contents

Page No.

Chairman & CEO's Report .....	2
Overview of Services.....	4
Helpline.....	5
Support Groups .....	7
Online Groups .....	9
Email Support.....	10
Training & Development.....	12
SeeMySelf Psychoeducation Programme .....	17
Communications.....	18
Youth Development .....	21
Other Activities .....	23
Partnership Projects.....	25
Statement of Financial Activities.....	27
Balance Sheet.....	28
Acknowledgements.....	29
Company Information.....	30
Mission Statement .....	31
Organisation Chart .....	32

# Chairman & CEO's Report



Parvez Butt  
Chairman

Welcome to the 2018 Annual Report for Bodywhys, which is a snap-shot of activities undertaken during the year. This has been another busy and productive year for the organisation, as we continue to support people affected by eating disorders. Our vision is that people affected by eating disorders will have their needs met through the provision of appropriate, integrated, quality services being delivered by a range of statutory, private and voluntary agencies. We firmly believe, with current developments, that our vision is being realised. In January, the HSE National Clinical Programme for Eating Disorders (NCP-ED) model of care was launched by Minister of State, Jim Daly. The Model of Care is the road map for a five year implementation plan for eating disorder service development in Ireland, by the HSE.

In 2018 the numbers availing of the Bodywhys support services increased by 8% over the previous year. There is also a shift towards utilising our online services for support with over 70% of contact through these service options. Our online support groups show an increase of 25% in the 13-15 age group compared with the previous year. This increase can be interpreted in many ways, but it may reflect a general trend of a lowering age of presentation with an eating disorder. It may also indicate an increased preference amongst young people to access support through online mediums. 2018 also saw an increase in the email service by 1% and indicates an ongoing stability of this service. Bodywhys provides support to service users who are both engaged in treatment and not engaged in treatment. In 2018, 29% of people who were in treatment were also using Bodywhys services for their ongoing support.

As we know, eating disorders are not just a female issue, and continuing the trend from previous years, the breakdown in the gender of people with an eating disorder calling the helpline reflects what is generally accepted as the male to female ratio of 1 : 10. The increase in male attendance was first reflected in our statistics in 2017 and has continued in 2018. This offers a more stable reflection of changing gender breakdown attendance. In 2018, for the first time, we recorded people who did not identify as either male or female and saw 2% of helpline callers identifying as either Transgender or Non-Binary.

In continuing with our strategic aim to support young people, in 2018 over 15,500 young people nationwide were addressed, reaching 6,650 through our 'Be Body Positive' programme in schools and a further 8,927 through presentations at youth events. A pilot research was carried out on the #MoreThanASelfie programme in collaboration with the Centre for Mental Health and Community Research at NUI Maynooth. This programme will be available to schools in 2019. The 'Happy to Be Me' programme for Primary Schools, will also be available nationwide in Autumn, 2019.

Recent research has indicated that widespread use of social media presents new challenges to youth mental health and body image. In September, Bodywhys responded to a request for guidance from Facebook's Safety Team in Dublin, in relation to harmful content, including pro-anorexia material. Under Facebook's community standards, content that promotes eating disorders, suicide and self-harm is prohibited.

Similar to previous years, in February, during Eating Disorders Awareness Week (EDAW), the third National Irish Eating Disorders Conference took place in TCD School of Nursing and Midwifery, organised by Gerard Butcher and supported by Bodywhys. National and international experts addressed the 140 delegates who attended. An afternoon session was organised specifically for parents and carers.

# Chairman & CEO's Report *(cont.)*

The growth in Bodywhys supports for parents and families continued throughout the year by providing a more focused psycho-education approach, emphasising how working with family members is key to recovery and resilience. 2018 was our busiest year to date in delivering the PiLaR programme. As a first step in this cycle of continuous quality improvement, the NCP-ED tasked and funded UCD Professor Fiona McNicholas and Dr. Ingrid Holme with carrying out an evaluation of the PiLaR programme. This evaluation will be completed in early 2019.

During the year, Bodywhys also delivered a New Maudsley Training for Carers workshop, facilitated by Gillian Todd RMN, MSc., in Galway. Gillian brought a wealth of experience and knowledge to the workshop attended by 30 carers. Gillian will return in 2019 to facilitate further workshops.

In ensuring the availability of the most up-to-date information on eating disorders, the Bodywhys website [www.bodywhys.ie](http://www.bodywhys.ie) continued to develop as an active resource with traffic growing throughout 2018. During the year materials were developed for a new section on the website to promote positive body image. This information will be presented in 4 key sections and will go live in 2019. In conjunction with the Irish Dental Association, and Dublin Dental University Hospital, Bodywhys published a new resource *Eating Disorders: Guidelines for Dentists* which is freely available.

An important aspect of our work is our ability to communicate our messages effectively and we do so by utilising our media outlets particularly at dedicated times such as Eating Disorders Awareness Week and World Eating Disorders Action Day. In this regard, we are extremely appreciative of our media panel members who shared their personal experiences of eating disorders with the media throughout the year. Our work has developed considerably over the years and now more actively includes the experience of people who are affected by eating disorders, their family members and other people who support them in their recovery.

To continue our work, resources are essential. In this regard, particular thanks are extended to our funders the Health Service Executive (HSE); and to the CEO and Order of St. John of God Hospital for their ongoing generous support. And, also sincere thanks to those who raised funds for our work during the year including our volunteers who took part in the VHI Women's Mini-Marathon on Monday 3<sup>rd</sup> June.

I would like to thank our Board of Directors for their continued commitment and guidance, and all of our volunteers, for their contribution to our work. Our impact has rested upon each of your efforts. As an organisation, we are very fortunate to have the support of a very dynamic and committed team of volunteers and staff.



Jacinta Hastings  
CEO

Finally, I would like to acknowledge the commitment, professionalism and achievements of Bodywhys small but hard-working and dedicated team. It has been a hugely productive year. During the year the team composition changed as we said goodbye to Helen McSherry and welcomed Niamh Clarke.

At this stage our capacity to achieve our mission, strengthening our ability to fulfil our governance responsibilities, as well as continue to engage effectively in communicating our message through the general public, the media and other key stakeholders, will be an ongoing challenge for us as an organisation into 2019.

# Overview of Services



Kathy Downes  
Support Officer

2018 was a very active year for the support services in Bodywhys. This year, similar to last, saw an increase in numbers of people using our services overall. Each day throughout the year, with 2018 being no exception, we encounter the differing needs of service users. Support needs range from information seeking to a need for understanding in the unique experience of an eating disorder. This requires our support volunteers to acknowledge the integrity of each individual and their particular experience. In 2018, the volunteers continued to provide support in a way that reflects the Bodywhys ethos: to meet the person where they are at. We endeavour to provide a place that can relieve anxiety and also, where a person can receive information and tools to perhaps take a tentative next step towards recovery.

During 2018, new volunteers were trained to deliver support across all of our services, and joined our already committed and caring volunteer group. It must be acknowledged that volunteers form the bedrock of all services and enable all the supports to run throughout the year. It is with much gratitude that Bodywhys recognises the immense work and commitment that our volunteers provide on our support services. Our volunteers continue to ensure that the support and information we provide is done so in a respectful, non-judgemental and open way, and we would like to thank each and every one of them for the support they have given to the organisation in 2018.

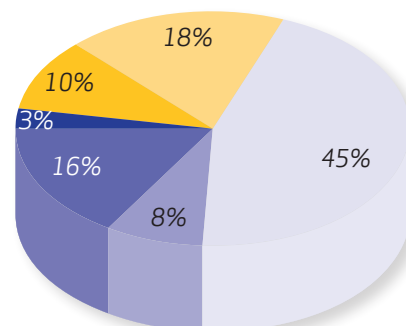
To contact a support service can take courage. Expressing thoughts and fears takes trust, and sometimes this can be difficult when it comes to eating disorders. We are challenged with providing a containing and reflective service, that feels both safe, non judgemental and informative to the user. The support services endeavour to be a place that a person can feel they can return to, whenever and as often, as they wish.

All of our support services are based on the ethos that we recognise that an eating disorder is not about food or weight, but underlying issues and feelings of the person. Our focus is not on food or weight; it is not on what a person is specifically doing, but rather on how they are feeling about what they are doing.

Taking a quick look at the overall numbers using our support services in 2018, we can see there has been an 8% increase in people using our support services compared to 2017. Looking also at the breakdown of services, *Figure 1* tells us that the support email service numbers show a shift from the traditional telephone helpline to using online services (email and online support groups) for support, with over 70% of contact through online services. This perhaps reflects that the online environment has become the preferred means of connecting.

**Figure 1: Breakdown of how people contacted Bodywhys for support**

- Admin Line: 3%
- Admin Email: 10%
- Helpline: 18%
- Support Email: 45%
- Support Groups: 8%
- Online Groups: 16%



# Helpline – 1890 200 444

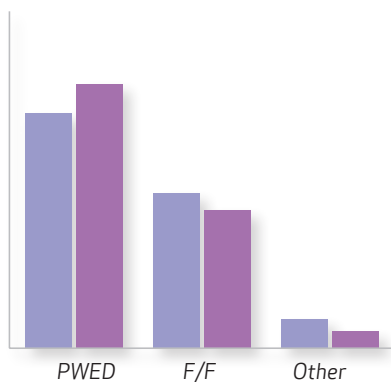
## Helpline – 1890 200 444

The Bodywhys helpline is a ‘listening ear’ service and all our volunteers are trained to deliver a safe, non-judgemental, non-directive, listening, support and information service to people affected by eating disorders. During 2018 our helpline has operated for 2 hours per day, 6 days per week.

Looking at how people used the helpline in 2018, we can see that, 51 % of callers were calling for the first time, and 49% were repeat callers, this sees an increase on 2017 where just 31% were repeat callers. This perhaps tells us that the experience of making a call and talking to a person perhaps encourages the person to experience a sense of continuity and consistency to help them to make that call again.

**Figure 2: Who contacted the helpline?**

	2017	2018
PWED:	56%	63%
Family / Friend:	37%	33%
Other:	7%	4%

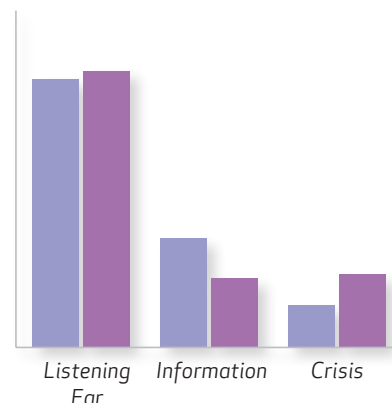


In 2018, we can see (Figure 2) that the numbers of people themselves with an eating disorder contacting the helpline, are higher than family/ friends contacting and has risen from 2017. This breakdown again may reflect that growth in repeat callers, where a person with an eating disorder uses the helpline as a means to receive ongoing support.

We have noticed a trend on our helpline over previous years of an increase in ‘listening ear’ type calls and a decrease in ‘information’ type calls (Figure 3). This means that increasingly service users are not calling the helpline for just information, which can be accessed through either our email services or our website. Rather people are calling the helpline to talk, and to be listened to. Also of note in 2018 there was an increase in crisis type calls, perhaps reflecting the need for immediate connection with a calm voice, to feel heard and contained at these times.

**Figure 3: Why did people call?**

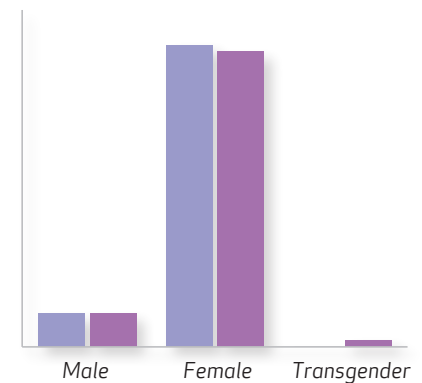
	2017	2018
Listening Ear:	64%	66%
Information:	26%	16.5%
Crisis:	10%	17.5%



Eating disorders are not just a female issue, and continuing the trend from previous years the breakdown in gender of people with an eating disorder calling the helpline reflects what is generally accepted as the male to female ratio of 1:10 (Figure 4). This year we recorded people who did not identify as male and female and saw 2% of helpline callers identifying as either Transgender or Non-Binary.

**Figure 4: Gender of person with an eating disorder**

	2017	2018
Gender of PWED (Male):	10%	10%
Gender of PWED (Female):	90%	88%
Transgender, Non-Binary	-	2%

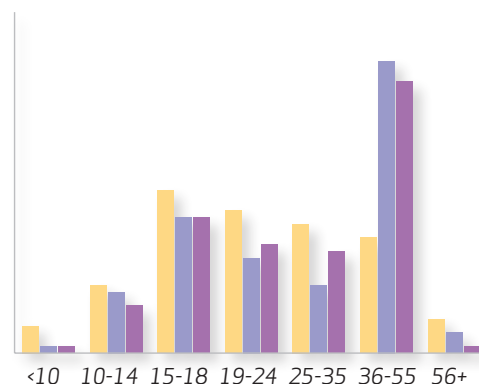


# Helpline (continued)

Figure 5 shows us the age of the person with an eating disorder, where we know it, of those who have contacted through the helpline from 2016-2018. Figures in 2018 remain similar to 2017 within the age breakdowns, with a majority of callers in the over 36 years bracket. Looking more closely at the data underneath these statistics, this number reflects again repeat callers. It is also important to note that adolescent to young adult makes up 43% of callers with an eating disorder. Where we know the type of eating disorder a person has Figure 6 shows the breakdown in percentages. As in 2017, in 2018 the majority of callers (where we know the duration of the eating disorder) have had an eating disorder for over 10 years (Figure 7). We do not always know from callers whether or not they are in treatment at the time of their call, but where information is given, 40% are not in any form of treatment. In 2018 we endeavoured to look more closely at how service users engaged in treatment. We noted also that in 2018, 38% of callers who had been in treatment in the past, but were no longer, were now using Bodywhys for ongoing support. In terms of the treatment breakdown (Figure 8), where the information was provided, 6% of callers have been to their GP only. Nearly 24% of people are engaged in public services at secondary level. These figures indicate that in 2018, of those that engage with private services, there is a growing percentage of people who are using a multi-disciplinary approach, attending clinicians of different disciplines at the same time to address various aspects of the eating disorder. This may reflect the increasing understanding around the complexities and multi-faceted nature of the illness.

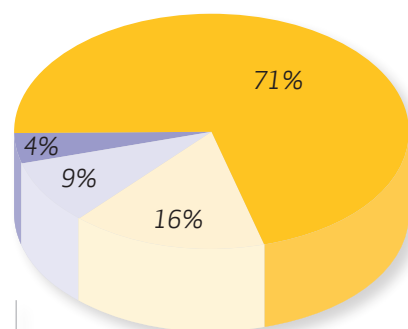
**Figure 5: What age is the person with the eating disorder?**

	2016	2017	2018
Under 10 years	4%	1%	1%
10-14 years	10%	9%	7%
15-18 years	24%	20%	20%
19-24 years	21%	14%	16%
25-35 years	19%	10%	15%
36-55 years	17%	43%	40%
56+ years	5%	3%	1%



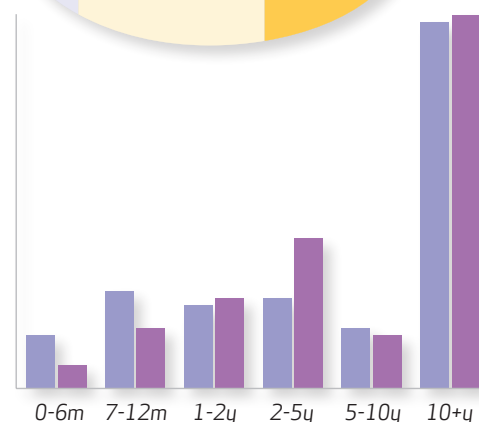
**Figure 6: What type of eating disorder?**

- Anorexia: 71%
- Bulimia: 16%
- Binge Eating Disorder (BED): 9%
- EDNOS/OSFED: 4%



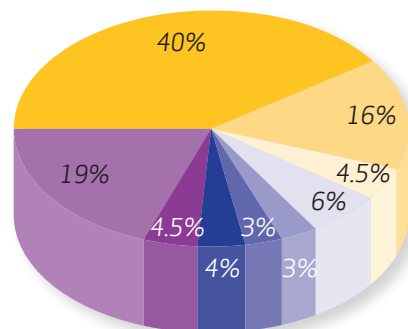
**Figure 7: How long has the person had an eating disorder?**

	2017	2018
0-6 months	7%	3%
7-12 months	13%	8%
1-2 years	11%	12%
2-5 years	12%	20%
5-10 years	8%	7%
10+ years	49%	50%



**Figure 8: Type of current treatment?**

- None: 40%
- Unknown: 16%
- Bodywhys only: 4.5%
- GP only: 6%
- Psychotherapy: 3%
- GP + Psychotherapy + Dietician: 3%
- Hospital: 4%
- CAMHS\*: 4.5%
- AMHS\*\*: 19%



\* CAMHS – Child and Adolescent Mental Health Services (Public HSE Service)  
 \*\* AMHS – Adult Mental Health Services (Public HSE Service)



# Support Groups

## Support Groups

Bodywhys offers two types of ‘face-to-face’ support groups, one for people with eating disorders, and one for family and friends. In 2018 these groups ran in Dublin only. The Dublin group runs for both People with and Eating Disorder (PWED) and for Family and Friends (FF).

Looking at who attends our groups, *Figure 9* shows that in 2018 the number of people attending the FF group was down a little on 2017. This change in attendance may reflect the strong growth in other Bodywhys supports for parents and families throughout 2018.

The PiLaR Programme and the New Maudsley training, were rolled out country-wide by Bodywhys in 2018 providing more focused support and psycho-education.

When we look at the gender breakdown of those attending groups, we see that in 2018 36% of people going to the support groups were male (*Figure 10.1*). When we break this down further, looking at the gender for each type of support group, we can see in *Figure 10.2* that 34% of people attending our PWED support groups were male, and 66% were female.

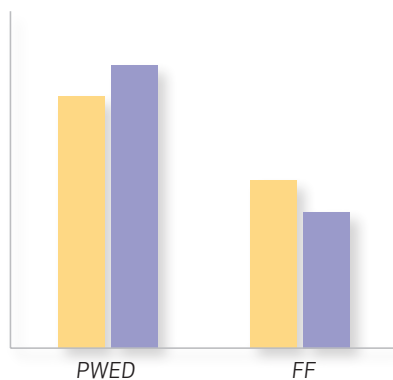
It is important to note that the increase in male attendance was first reflected in our statistics in 2017 and has continued in 2018. This offers us a more stable reflection of changing gender breakdown attendance.

This increased male presence in groups may reflect male incidences of eating disorders are increasing, or perhaps that the misconception that an eating disorder is a female only illness is no longer seen as true, allowing men to feel more comfortable in accessing support.

For those attending our FF group, in *Figure 10.3* (see overleaf) 40% were male, and 60% were female, and reflect a similar break down to 2017.

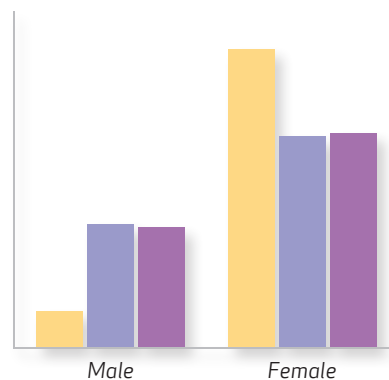
**Figure 9: Who attended groups?**

	2017	2018
Overall PWED:	60%	67.5%
Overall FF:	40%	32.5%



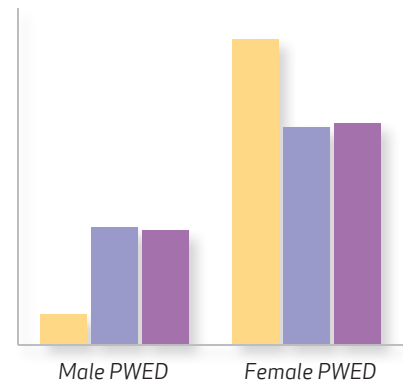
**Figure 10.1: Overall Gender Breakdown**

	2016	2017	2018
Male:	11%	37%	36%
Female:	89%	63%	64%



**Figure 10.2: Eating Disorder Group**

	2016	2017	2018
Male PWED:	9%	35%	34%
Female PWED:	91%	65%	66%



# Support Groups (continued)

**Figure 10.3: Family & Friends Group**

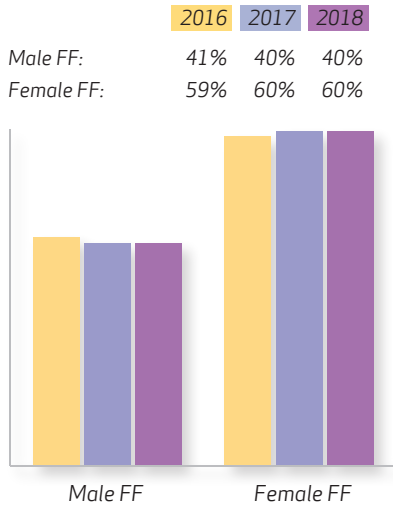


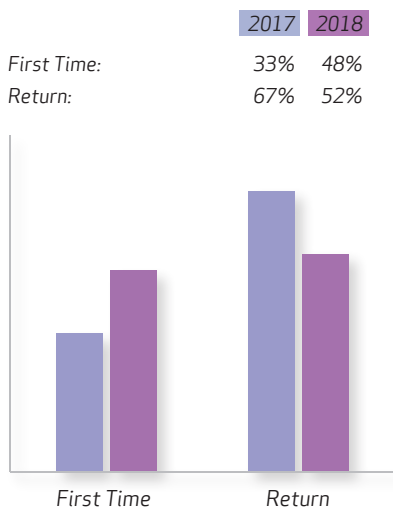
Figure 11 shows us that 48% of people attending our support groups were doing so for the first time, and 52% were returning or regular attendees. There was an increase in the percentage of newcomers in 2018 when compared to 2017. This perhaps indicates the growing awareness by the public of the supports Bodywhys has to offer.

We do not diagnose people, and people attending our support groups do not have to have a formal diagnosis to attend. But, where we know the type of eating disorder the person has Figure 12 shows us the breakdown according to eating disorder type.

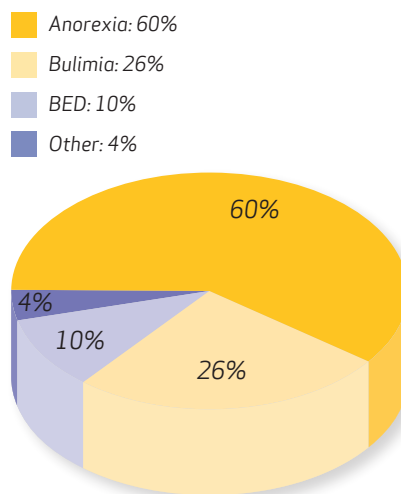
The groups follow the Bodywhys support ethos, and focus on how the person is feeling rather than on specific ED behaviours. This means that, regardless of the type of eating disorder, people can come together and find common ground in how they are affected by the illness. Figure 12 outlines how people with various eating disorders can feel supported and understood.

Our face-to-face support groups are for people over 18. We do not ask people's ages in the group, but rather note whether a person is over or under 25 yrs old. Although people over 25 do populate the groups more, we can see looking back on 2017 that there is a small growth of under 25s attending (Figure 13).

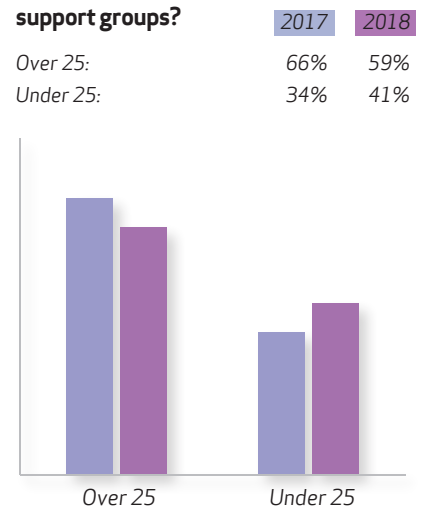
**Figure 11: First time or return?**



**Figure 12: What type of eating disorder?**



**Figure 13: What age are those attending support groups?**



# Online Groups

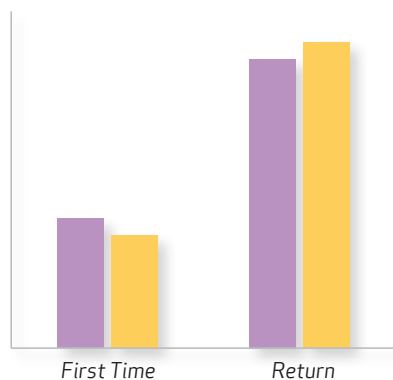
## Online Support Groups

Bodywhys runs an online support group for adults (BodywhysConnect) and for teens (YouthConnect). Both groups run once a week. In 2018, YouthConnect grew significantly with a 47% increase in attendance on this service. 102 online support groups were delivered across both adult and teens services. BodywhysConnect was busiest during February, April, and Sept, whilst January, February, March and July were the busiest period on YouthConnect.

Figure 14 shows the breakdown in those attending for the first time and those who are returning to the group, both in our adult group and our teen group; we saw an increase in newcomers. When we look at the breakdown in the groups there was an increase of 35% in the adult group and 57% in the teen group.

**Figure 14: First time or return?**

	Adult	Teen
First time:	31%	27%
Return:	69%	73%

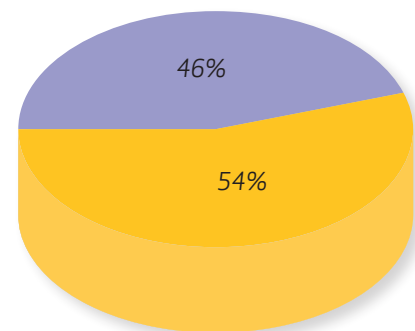


Looking at the adult group, again users are asked to choose an age category when they register for the group; again the majority of users are over 25 yrs old (Figure 15).

Figure 16 shows the breakdown in age on our teen group. There is an increase of up by 25% in the 13-15 age group compared with 2017. This increase can be interpreted in many ways, but it may reflect a general trend of a lowering age of presentation with an eating disorder. It may also indicate an increased preference amongst young people to access support through online mediums.

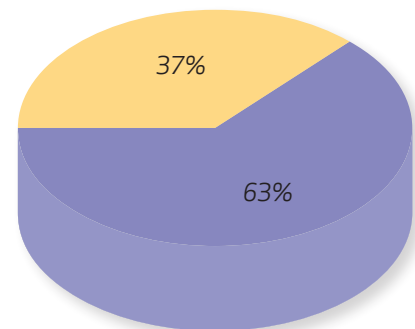
**Figure 15: What age are the adult users?**

- Age 18-25: 46%
- Age 25+: 54%



**Figure 16: What age are the teen users?**

- Age 13-15: 37%
- Age 16-18: 63%



# Email Support

## Email Support Service

'Alex' is a group of volunteers who respond to our emails. "Like a helpline call in an email", is one way of describing our email support service. Sometimes a person who contacts us needs specific information; other times the person needs to explore all that's happening for them in words, and have another person listen and respond. All replies are reflective, non-directive, and written specifically for the person who has emailed.

The email service grew again this year by 1%. This is a small increase when compared to earlier years, but indicates an ongoing stability of the service.

Notably 2018 sees a 10% increase in family and friends who contacted the service, this may reflect a growing awareness that friends and family also need support and that Bodywhys can provide that support (Figure 17).

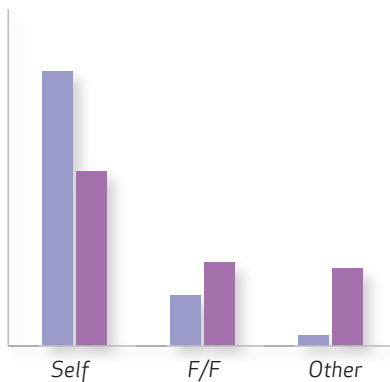
Looking at Figure 18 we can see that in 2018 there was a higher percentage of people using the email for information. This differs from the helpline where most who called needed a listening ear. The % of crisis emails also reflects a need for a listening ear and when we look at listening ear, together with crisis emails, we see 47% of people who emailed needed more than just information or signposting.

Looking at the gender breakdown of emails from a person with an eating disorder, we can see there was a significant increase in male contact, shown in Figure 19.

Looking at the age of those with an eating disorder presenting on the email service in 2018, Figure 20 (overleaf) shows us that 52% were aged in the 15-24yrs old bracket. There has been also an increase in both persons under 10 years old, and persons aged 10- 14. So overall we see in 2018, child and adolescent emails regarding a person with an eating disorder under 18 is 33%.

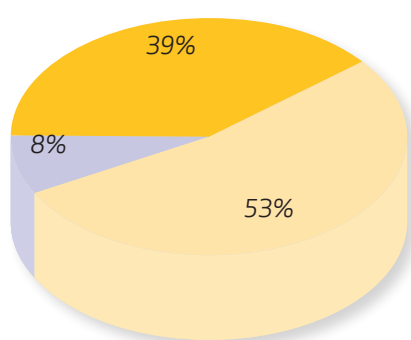
**Figure 17: Who contacted the email service?**

	2017	2018
Self:	82%	52%
Family / Friend:	15%	25%
Other:	3%	23%



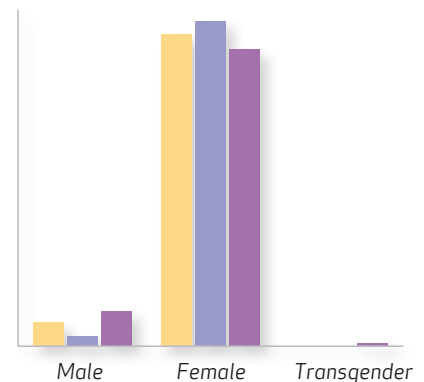
**Figure 18: Why did people email Bodywhys?**

Listening Ear:	39%
Information:	53%
Crisis:	8%



**Figure 19: Gender of person with an eating disorder**

	2016	2017	2018
Male:	7%	3%	10.5%
Female:	93%	97%	88.5%
Transgender. Non-Binary			1%



# Email Support *(continued)*

Where we know the type of eating disorder a person has, *Figure 21* shows the breakdown in percentages for those who emailed us. In 2018 we can see a significant increase in both Binge Eating Disorder and EDNOS/OSFED/ARFID category.

There is a significant increase in those with a duration of under 1 year seeking support. This may indicate that people are recognising Eating Disorder behaviours more readily and looking for support at earlier points in the disorder (*Figure 22*).

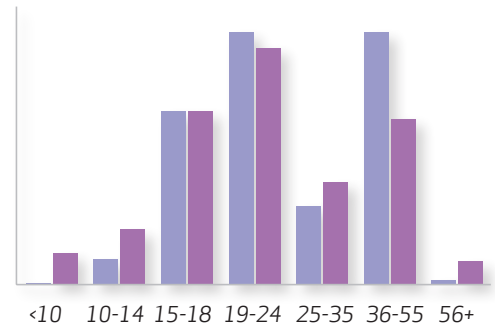
We do not always know from those who email whether they are in treatment, but where we do know this, 39% are not in any form of treatment. 5% of those who emailed had been to their GP, 5% are attending a psychotherapist/counsellor privately. With regards to treatment accessed this year, we have broken down services to get a more accurate picture of treatment engagement (*Figure 24*).

Bodywhys provides support to service users both engaged in treatment and not engaged in treatment. Looking at 2018, we can see that 29% of people currently in treatment were also using Bodywhys for ongoing support. We also see that 36% of people who emailed in 2018 were using Bodywhys only for support.

These figures demonstrate that Bodywhys is in a position to provide ongoing support to people around their treatment, but also offer support to those who don't or cannot access treatment.

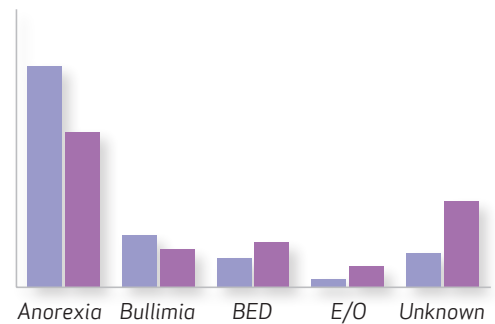
**Figure 20: What age is the person with the eating disorder?**

	2017	2018
Under 10	0.2%	4%
10-14	3.2%	7%
15-18	22%	22%
19-24	32%	30%
25-35	10%	13%
36-55	32%	21%
56+	0.6%	3%



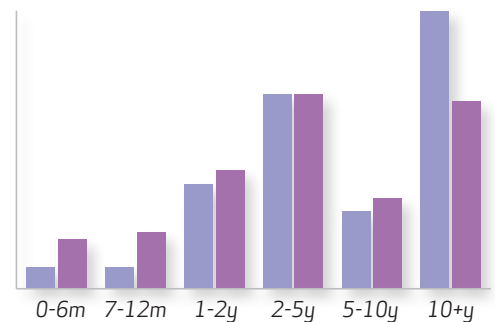
**Figure 21: What type of eating disorder?**

	2017	2018
Anorexia	64%	45%
Bulimia	15%	11%
BED	8.5%	13%
EDNOS / OSFED / AFRID	2.5%	6%
Unknown	10%	25%



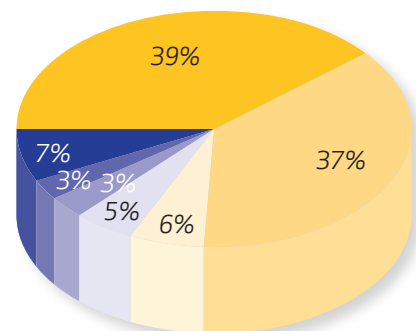
**Figure 22: How long has the person had an eating disorder?**

	2017	2018
0-6 months	3%	7%
7-12 months	3%	8%
1-2 years	15%	17%
2-5 years	28%	28%
5-10 years	11%	13%
10+ years	40%	27%



**Figure 23: Type of treatment?**

- None: 39%
- Unknown: 37%
- GP only: 6%
- Psychotherapy: 5%
- Hospital: 3%
- CAMHS: 3%
- AMHS: 7%



# Training & Development



Harriet Parsons  
Training and Development Manager

## OVERVIEW

Bodywhys Training and Development Manager is tasked with developing and delivering Bodywhys services to support mental health services nationally, who provide treatment for those diagnosed with an eating disorder. Having a Training and Development Manager, dedicated to the development of this collaborative and complementary relationship, in particular with the HSE National Clinical Programme for Eating Disorders (NCP-ED), has meant that in 2018, for the first time Bodywhys has actively co-ordinated delivery of support in various forms to HSE mental health teams, patients and patient families. In addition to the public mental health services, the Training and Development Manager

has worked with private providers ensuring that support is offered to those affected by eating disorders no matter which treatment pathway they are engaged in.

Working nationally with mental health teams (C/AMHS) has benefitted both the implementation and development of the NCP-ED and Bodywhys service development, endeavouring to support people affected by eating disorders in Ireland in the most helpful way. Reflecting on 2018 there have been a number of key areas of development and training to note:

### Launch of HSE Model of Care

The NCP-ED Model of Care was launched in January 2018 by Minister of State Jim Daly. The Model of Care is the road map for service delivery by the HSE and its launch began the first year of a five year implementation plan for eating disorder service development in Ireland. The patient's voice is central to the Model of Care and Bodywhys has worked with the NCP-ED working group to ensure and help bring the patient's voice to the development. While on the working group Bodywhys focused on three aims for the national eating disorders services: expertise and consistency; appropriate and individualised treatment and support; time to enable recovery. That these aims became central values of the Model of Care illustrates the benefits of this collaborative approach.

Below is a reflection of both the training delivered and developments undertaken in 2018 to enhance and support the NCP-ED service provision and to continue the development of Bodywhys support services for those affected by eating disorders in Ireland.

## DEVELOPMENT

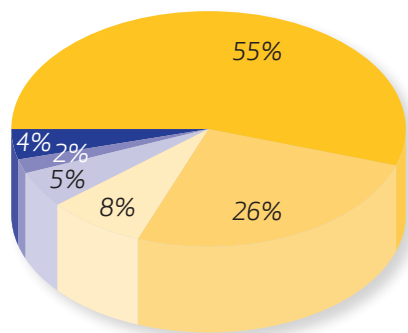
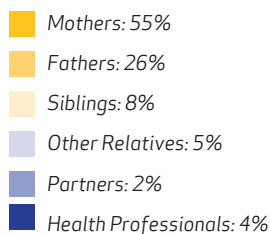
### 1. PiLaR Programme: 2018

2018 has been our busiest year to date running our PiLaR family support programme. The programme has been delivered by two facilitators to families supporting a loved one with an eating disorder. Listed in the table overleaf are the locations, dates and numbers who attended the programme in 2018. Also listed are the mental health services that Bodywhys delivered as part of the collaborative approach supporting services who are treating people with eating disorders. The programme is open to all and free to attend, while also specifically supporting those families engaged in mental health services. The benefit of this approach is in building participant's confidence to seek out treatment, support and help as they need it and not to feel they are supporting alone.

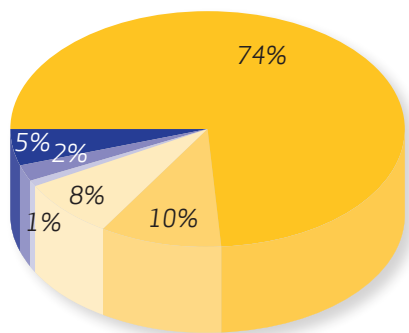
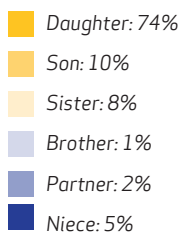
# Training & Development *(continued)*

LOCATION	MENTAL HEALTH SERVICE	DATES	NUMBERS ATTENDED
Cabra	HSE Cabra Community Mental health Team	January – February	22
Limerick	HSE Limerick Mental Health Services	March	23
Tipperary	HSE South Tipperary Mental Health Services	March	23
Dublin (Stillorgan)	St. John Of God Eating Disorder Recovery Programme	April – May	59
Cavan/Monaghan	HSE Cavan/Monaghan Mental Health Services	May – June	20
Galway	HSE Galway CAMHS Team	May – June	16
Dublin (SVUH)	St. Vincent’s University Hospital	September	56
Cork	HSE Cork Mental Health Services	October	40
Antrim	StampED / Northern Trust	November	31
<b>TOTAL</b>	<b>10 SITES</b>		<b>290</b>

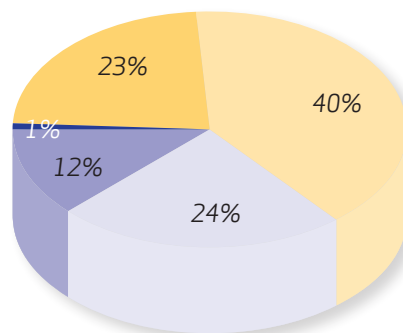
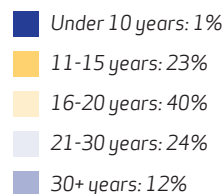
## Who have attended PiLaR?



## Who are people supporting?



## Age of PWED



# Training & Development *(continued)*

Where we know whether the person being supported is in treatment currently, 82% of people were in treatment and 18% were not in treatment.

23% of people attending were a 'couple' meaning both parents or a family unit e.g. parents and siblings, parents and other relatives. This is important to reflect because ideally the programme aims to support families, helping key family members to be on the same page with regard to how they support their person with an eating disorder and how to approach challenges. It is also beneficial for the family unit to be supported together so that they may be strengthened and build resilience to keep going through the treatment process. Anecdotally, having run the programme for four years, at this stage we are seeing

people return to the PiLaR programme with their partner to achieve these aims. Further, we hear from people attending that often only one parent can attend the programme because the other parent is needed at home with the person with an eating disorder.

By the end of 2018, 613 people in 15 locations had attended 23 PiLaR programmes since 2014. As part of the joint commitment to service quality, the NCP-ED and Bodywhys, wanted to explore and understand the impact of the programme. As a first step in this cycle of continuous quality improvement the NCP-ED tasked and funded UCD Professor Fiona McNicholas and Dr. Ingrid Holme with carrying out an evaluation of the programme. This evaluation will be completed in early 2019.

At the end of 2018 we had 200 people signed up to be notified when a PiLaR programme comes to a location near them. Word is spreading about the programme and demand nationally is increasing.

## **2. Establishing and developing resource networks with Mental Health Services nationwide.**

In the table below you can see the links that have been made with mental health services in 2018, meaning that these services are availing of Bodywhys' resources to help inform and support their service users. The Training and Development Manager has established links with these services and set up processes of ensuring that they are resourced with Bodywhys materials on a continual basis.

### **MENTAL HEALTH SERVICE / TREATMENT PROVIDER**

- St. Dymphna's Hospital
- CAMHS Alvernia
- CAMHS Woodvale
- Curam Mental Health Services
- HSE Dublin North East
- CAMHS Midland Regional Hospital
- Community Mental Health Centre, Portlaoise Day Hospital
- Community Mental Health Centre, St. Josephs Hospital
- Community Health Unit, Department of Dietetics UL Hospitals
- Sligo/Leitrim Mental Health Service
- Park House Rossan College Complex
- Tully Health Centre
- Linn Dara CAMHS West Kildare
- Clara Ward St. Patricks Mental Health Service, Dept. of Child Psychiatry
- Inchicore Primary Care Centre
- Disability Office, Market Street
- CAMHS Longford/Westmeath
- CAMHS Laois
- Louth Meath Community Rehab Service,
- CIPC HSE Dublin North East
- Midlands Louth Meath Community Health Organisation
- Kerry CAMHS



# Training & Development *(continued)*

### 3. Developing working partnerships with HSE NCP-ED & Mental Health Services.

In 2018, the Training and Development Manager joined the NCP-ED monthly oversight meetings. These are meetings with Rhona Jennings, Programme Manager for HSE National Clinical Programmes, Dr. Sara McDevitt Clinical Lead for NCP-ED and other key clinicians in the establishment of the national service. The Training and Development Manager also attends the ED Hub meetings with the Carlow/Kilkenny/South Tipperary teams and the Longford/Westmeath teams ensuring that both Bodywhys and the HSE teams are aware of each other's work plans and developments.

With the launch of the NCP-ED Model of Care, delivering training has become a crucial and central part of the work Bodywhys does to support the NCP-ED. Having a clear understanding of treatment pathways and treatment approaches used by NCP-ED, as well as establishing a network and working relationship with the HSE NCP-ED mental health teams, ensures that the training Bodywhys offers is consistent with the messaging and approach the NCP-ED takes and vice-versa. Working as partners benefits and enhances service development for both partners and ensures that messaging and information on how to access services and support is accurate and consistent.

For example during the 2018 Bodywhys Volunteer Training Programme included a new section on the NCP-ED, the Model of Care and treatment pathways. This ensures that the volunteers working on the support services are clear and up to date with developments within the public services so that they can give accurate information to service users.

The Training and Development Manager delivered a variety of training seminars and workshops throughout 2018. Looking at table A and B, you can see the variety and different locations.

## TRAINING

Bodywhys has always offered training workshops of various types to interested groups who make requests. Different types of training are delivered on an ongoing basis: information talks, psychoeducation and information workshops, 'working with people with eating disorders' training seminars, 'supporting a person with an eating disorder' seminars, communication skills workshops. For the most part, all these trainings involve outlining information on all treatment and support options.

**Table A: Understanding Eating Disorders' Seminar / Lecture**

TO WHOM?	WHERE?	WHEN?
UCC OT Students	Cork	January
Limerick NL Network	Limerick	February
UCD Lecture (health module)	Dublin	April
Galway Parent Group, Merlin Park, CAMHS Inpatient Unit	Galway	May
Wexford Library Public Talk	Wexford	May
Aiseiri Addiction centre staff	Tipperary & Kilkenny	August
Tralee Public Talk	Tralee	October
Depaul Addiction and Homeless Service staff	Dublin	November
Ringsend Addiction Service, Staff and Service users	Dublin	November

# Training & Development *(continued)*

**Table B: Additional Training Seminars**

TYPE OF TRAINING	FOR WHOM?	WHERE?	WHEN?
The Support Organisation's Perspective	Linn Dara, Cherry Orchard Hospital – all staff	Dublin	February
PiLaR Programme - Supporting Families: Combining education, experience, skills and support: What we have learned.	3rd Irish National ED Conference	Dublin	February
Working therapeutically with people with Eating Disorders	TCD Nurses Post Grad Diploma in MH Nursing	Dublin	February
Understanding Eating disorders, Supporting Someone, Communication Skills, Treatment Pathways	Guidance Counsellors	Wexford & Kerry	March & April
The Support Organisation's Perspective & helpful ideas when working with people with EDs	Lucena CAMHS Staff	Dublin	June
Understanding Eating Disorders For Oral Health Practitioners and Dentists: How to approach the issue!	Oral Health Conference	Dublin	September
Psychotherapeutic approaches to Eating Disorders	HSE Lecture, Longford Westmeath, ED study day	Mullingar	September
Combining education, experience and evidence to support families: the PiLaR Programme.	St. Patrick's Hospital, Founder's Day presented with Prof. Fiona McNicholas and Dr. Ingrid Holme (UCD)	Dublin	November
Psychotherapeutic approaches to Eating Disorders	CAMHS SIG Swords	Dublin	November
The Support Organisation's Perspective & helpful ideas when working with people with EDs	CAMHS Corduff	Dublin	November

## New Maudsley Training

In 2018, Bodywhys delivered a New Maudsley Training for carers workshop, facilitated by Gillian Todd RMN, MSc., in Galway. Gillian Todd brought a wealth of experience and knowledge to the workshop attended by 30 carers. Gillian will return in 2019 to facilitate further workshops.

## IN SUMMARY

The Training and Development Manager is a relatively new role within Bodywhys. 2018 has seen this role develop and thrive, supporting families, establishing links with mental health teams nationally, training professionals regularly and spreading awareness, knowledge and support nationwide.



# SeeMySelf Psycho-education Programme

Free online psycho-education programme for people aged 15-24.



**SeeMySelf** - is an online psycho-education programme designed for young people aged 15-24 focusing on self-esteem, body image and media, and cultural effects on self image.

SeeMySelf is an 8 week programme running alongside its other online supports.

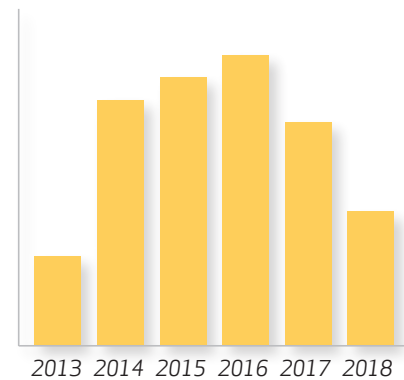
As well as providing education and background to these topics, it asks the young person to think about how they themselves view these issues. The programme is not specifically aimed at people who have an eating disorder but rather at young people who may face challenges to their self image and self worth. It is focused based and directive in nature, with positive active goals and feedback.

Popular expectations were, to 'feel better about my body', to be 'healthy' and 'not to judge the way I look so much'. And in this area the programme offers much in terms of practicalities. In 2018, 6 new participants signed up to this service.

Bodywhys has offered the programme since 2013 and over this time 56 people have participated in the programme.

## Programme Participants

	Participants
2013	4
2014	11
2015	12
2016	13
2017	10
2018	6



# Communications



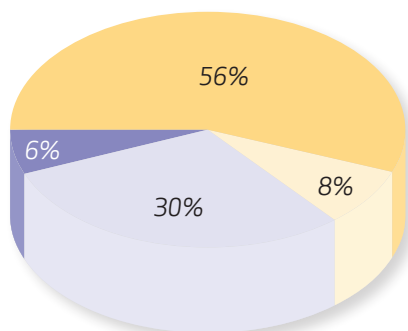
Barry Murphy  
Communications Officer

## MEDIA QUERIES AND REQUESTS

January, February, October and December were the busiest periods for mainstream media queries. In keeping with the pattern of previous years, most originated from radio and print media outlets.

### Media Queries for 2018

- Radio: 56%
- Television: 8%
- Print: 30%
- Online: 6%



Requests ranged from local to national media, often wishing to focus on a particular perspective – local and national statistics, a local voice, but also daytime shows, current affairs programmes, community shows or health segments. Topics included diabulimia, gyms, steroids and men, the role of social media influencers, food addiction and food guilt, personal stories, treatment options and supports, eating disorders amongst people aged over 35, positive body image, body image and self-esteem, body image amongst men, body image messages from the mainstream media, body dysmorphia, obsessive exercise, orthorexia, athletes and eating disorders and Christmas and eating disorders. Bodywhys remains grateful to the members of the organisation's Media Panel who shared their personal experiences of eating disorders with journalists throughout the year.

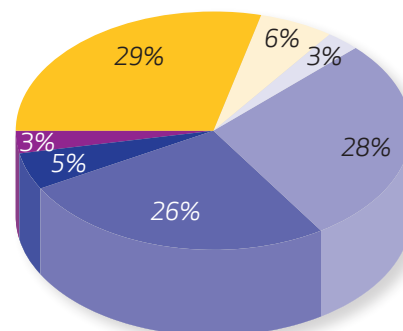
### Media Discussion of Eating Disorders

In January and February, the print media reported on the HSE's model of care for eating disorders, body image and football, spouses/partners with eating disorders, recovery from anorexia, the role of self-compassion, clean eating and social media and Eating Disorders Awareness Week. In March and April, the media focused on college stress and eating disorders, struggling with bulimia, children and mental health, recognition and treatment of eating disorders and weight and body related bullying.

Over the Summer, the media discussed orthorexia, genetics, behaviours noticed by parents, diet pills, pressure from social media and the death of Professor Gerald Russell who was the first clinician to focus on bulimia. Through the Autumn and Winter months, the media published articles about steroid use, online safety and harmful content, help-seeking amongst pre-teens, *Perfect Imperfections* - a short film about body image and mental health by Fingal Comhairle na nÓg, increased support requests by men accessing Bodywhys services, how dealing with an eating disorder takes time and steroid use.

### Articles by Keyword (print & online)

- Anorexia: 29%
- Bulimia: 6%
- Binge Eating Disorder: 3%
- General Eating Disorders: 28%
- Body Image: 26%
- Bodywhys: 5%
- Other\*: 3%



\* ARFID, orthorexia, muscle dysmorphia, body dysmorphia

# Communications (continued)

The majority of print media articles related to eating disorders were published in the *Irish Examiner*, followed by the *Irish Independent*, *Irish Times*, *Irish Daily Mail*, *The Times* (Ireland edition) and *Sunday Independent*. Bodywhys was most commonly mentioned in the *Sligo Weekender*, *Irish Examiner*, *Irish Daily Mail* and *Irish Medical Times*.

With online publications, most eating disorders related coverage was published by the *Irish Sun*, *Irish Independent*, *Irish Examiner*, *Irish Mirror*, *TV3 Ireland (Virgin Media)*, *The Irish Times* and *KildareStreet.com*. Bodywhys was most frequently referenced by online sources including the *Irish Independent*, *Irish Examiner*, *Her.ie*, *Evening Echo* and *RSVP*.

Across all media, the references ranged from a mention of the Bodywhys website, support services (PiLaR, helpline, email), an event, or an interview with a staff member. An article promoting the Bodywhys resource for pharmacists featured in the *Irish Pharmacy Union (IPU)* featured in the *IPU* magazine *IPU Review* in May. An article promoting the Bodywhys resource for dentists featured in the *Irish Dentistry* magazine in June.

## Eating Disorders Awareness Week 2018

The media coverage of EDAW 2018 was driven by a press release that focused on supporting families, in particular the PiLaR programme. In particular, how working with family members is key to recovery and resilience. Bodywhys received media requests from: *Community Radio Castlebar*, *Dublin City FM*, *Kildare FM* and *Phoenix FM*.

A three part report about eating disorders aired on *RTE Radio 1's Drivetime* during EDAW. Jacinta Hastings and Harriet Parsons contributed to the piece, along with clinicians, people with eating disorders and family members. A 20 second ad featuring key Bodywhys messages and support details aired on *RTE Radio 1*, *2FM* and *Lyric FM* during EDAW.

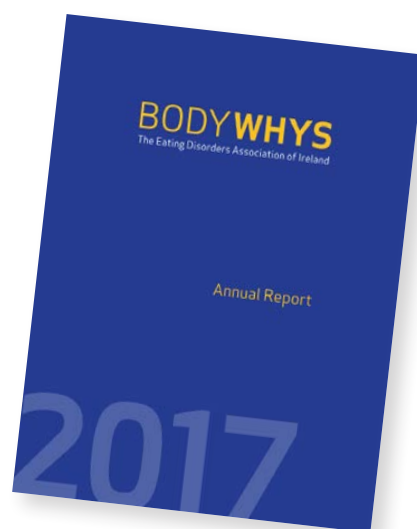
## Annual Report 2017 coverage

In October, Bodywhys issued a press release focusing on its 2017 support service figures. Increased support seeking by family members and men in particular generated significant interest. Requests included: *Clare FM*, *Connemara Community Radio*, *CRY104FM*, *East Coast FM*, *Flirt FM*, *FM104*, *Kildare FM*, *Irish Daily Mail* (x 2), *Irish Examiner*, *Irish Independent*, *Irish Mirror*, *Irish Times*, *LMFM*, *Near FM*, *Newstalk FM*, *Phoenix FM* and *RTE News (radio)*.

## ONLINE ACTIVITIES

### Bodywhys Website

The Bodywhys website [www.bodywhys.ie](http://www.bodywhys.ie) continued to develop as an active resource, with traffic growing throughout 2018. 74% of all visitors accessed the site from Ireland. February, March, October and November were the busiest months of activity on the website. Approximately 70% of users came via organic search. There were over 264,000 page views, reflecting a 20% increase compared to 2017. 54% of traffic to the website came through mobile phones, 40% through desktop computers and 6% through tablet devices. The most accessed sections of the site, in order, were: the treatment guide, support groups, support services, statistics, understanding eating disorders, binge eating disorder, events and our contact page.



# Communications (continued)

## Social Media

We are grateful to all those who set up birthday fundraisers through Facebook, with the proceeds going to Bodywhys.

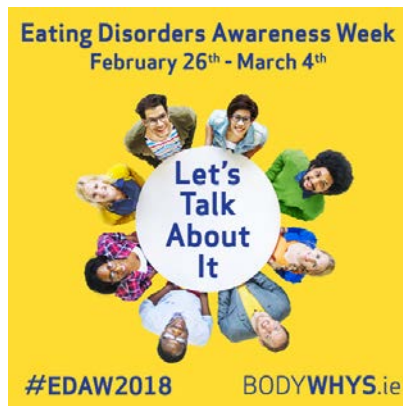
Popular posts on Facebook included:

- Posters for PiLaR & Maudsley programmes
- EDAW messages
- Personal stories – articles and videos
- A body image talk with Wicklow Mental Health Association
- HSE Model of Care launch – Irish Times coverage
- Findings from SeeChange’s poll on derogatory language about mental health
- Research study (Cardi et al 2018) on social difficulties in anorexia

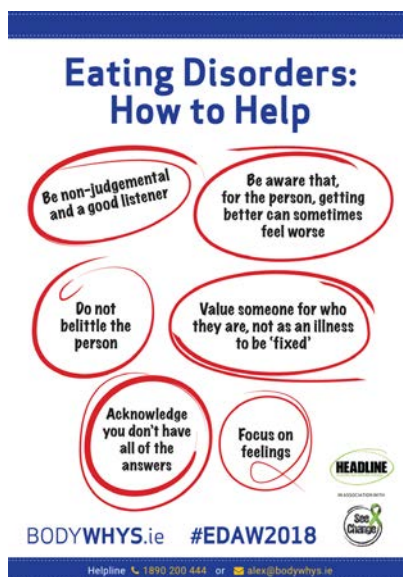


On Twitter, Bodywhys generated over 205,000 impressions through the year, and in March, the account received the official verification icon. Bodywhys used Twitter actively at events such as the eating disorders conference in February and at the St Patrick’s Mental Health Services Founder’s Day in November. Popular tweets through the year included reference to media interviews, facts about eating disorders, supports for parents, research opportunities and highlighting risk factors and stigma.

For EDAW, Bodywhys posted a number of new images on social media. The focus included messages about



recovery, feelings, the role of support networks and how to help someone. These messages were supported by SeeChange and Headline. In September, Bodywhys responded to a request for guidance from Facebook’s Safety Team in Dublin, in relation to harmful content, including pro-anorexia material. Under Facebook’s community standards, content that promotes eating disorders, suicide and self-harm is prohibited.



## Supporting Researchers

Bodywhys posted calls for participants for research studies by postgraduate, full-time researchers and trainee psychologists including:

- Reflection on eating disorder experiences in Ireland, stage 1
- Men’s experiences of eating disorders
- The role of online group identity in recovery
- Social group membership during recovery
- Underlying feelings in eating disorders
- Online help seeking in young adults and online self-help mental health programmes
- The meaning of recovery, relapse and remission
- Patient and caregivers perceptions of healthcare encounters in eating disorders
- The effects of social media on body image perceptions and psychological well-being



# Youth Development



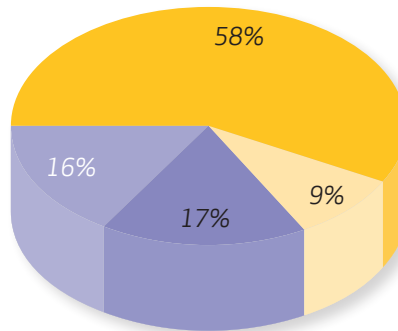
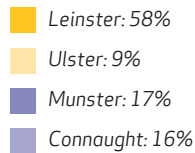
Fiona Flynn  
Youth Development Officer

In 2018 the Youth Development Officer spoke to over 15,500 young people nationwide, reaching 6,650 young people through our 'Be Body Positive' programme in schools and a further 8,927 through presentations at youth events. Bodywhys also reached an additional 30,000 young people during 2018 through a presence at large youth events such as Zeminar and Cycle Against Suicide.

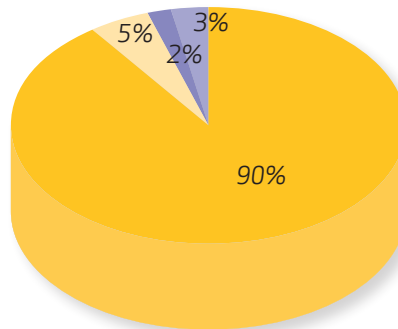
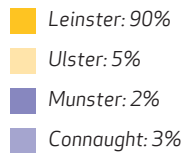


April 2018 – Launch of Cycle Against Suicide, Lucan

## Schools Talks Nationwide



## Talks at Youth Events Nationwide



Bodywhys continued to provide input to teacher training and mental health awareness events in 2018 and to deliver talks to parents nationwide through school and community networks. During 2018 we also collaborated with the Camogie Association and the GAA to provide

information events for players, coaches and parents in Dublin, Cork, Galway and Monaghan, to promote awareness of eating disorders and to provide information on promoting positive body image in players.

## SCHOOLS

In 2018 Bodywhys completed the development of new resources for both primary and secondary schools.

### Secondary Schools

In early 2018 Bodywhys piloted the **#MoreThanASelfie programme** in a selection of schools. Social media use has rapidly become a central part of young people's lives with over 98% now using social media. Research indicates that widespread use of social media presents new challenges to youth mental health and body image.

The new #MoreThanASelfie programme provides an opportunity for young people to consider these challenges constructively within their SPHE programme. The #MoreThanASelfie programme is intended for first year students in secondary schools. It was designed in line with current evidence on school based programmes to promote positive body image. Young people were involved as key stakeholders at each stage of the development of the programme.

### The objectives of the Bodywhys #MoreThanASelfie programme are:

(1) to promote open discussion on body image and self-esteem;

# Youth Development *(continued)*

(2) to challenge current pressures on body image such as social media and media ideals, by improving media literacy and promoting healthy online behaviours;

(3) to promote a positive peer supportive environment to promote and maintain positive body image and

(4) to promote awareness of eating disorders and mental health issues and to highlight the resources available to young people in difficult times.

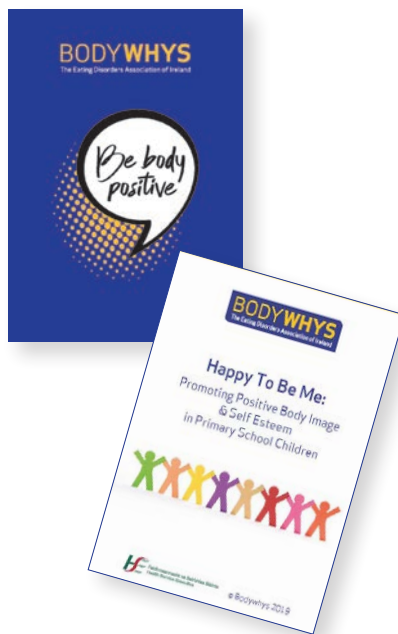
The programme includes 4 lessons which are designed for use by SPHE teachers over 4 consecutive weeks and includes a range of videos, group and discussion points to engage students.

The pilot research was carried out in collaboration with the Centre for Mental Health and Community Research at NUI Maynooth. The results were very positive. Anonymous evaluation forms from students who participated in the pilot programme indicated that they enjoyed it and found it beneficial. Over 89.5% of students in each school indicated they thought the lessons were good for their class and over 86.5% reported that they would recommend these lessons for younger friends and family. Preliminary analysis of the results also indicates that the programme resulted in some significant changes to perception of body image and some changes to social media use in participants. These results will be outlined in more detail in a research paper.

The #MoreThanASelfie programme will be available to schools in 2019.

Additional lessons are planned for second year students and transition year students also.

In 2018, Bodywhys also reviewed and updated our **'Be Body Positive'** information leaflet for secondary schools. This was redesigned in collaboration with the Bodywhys Youth Panel and is now available to schools on request.



## Resources for Primary Schools

The new **'Happy to Be Me'** programme to promote positive body image and self-esteem in primary school children, was also completed in 2018. The 'Happy To Be Me' programme includes a suite of lesson plans for each class. Lessons are intended to promote body image and self-esteem. All lessons are age appropriate and include a focus on media literacy and building resilience for students in older classes.

The 'Happy To Be Me' programme will be available to Primary Schools nationwide in Autumn 2019.

## WEBSITE

In 2018 the Bodywhys Youth Development Officer commenced development of materials for a new section on the Bodywhys website to promote positive body image. This information will be presented in 4 key sections and will hopefully go live in 2019:

**Young People:** The body image information for young people was designed in collaboration with the Bodywhys youth panel and an independent panel of youth experts to promote positive body image in young people and to address the key challenges to body image and self-esteem described by young people including social media.

**Parents:** This section includes information for parents and carers on promoting positive body image in children and young people.

**Schools:** This section includes a range of information for schools on promoting positive body image in children and young people in the school setting. The new Bodywhys #MoreThanASelfie programme for secondary schools will be available in this section. The new 'Happy To Be Me' programme for primary schools will also be available here alongside a range of information specific to primary schools.



# Other Activities



Mary Crean  
Administrator

## Fundraising Activities

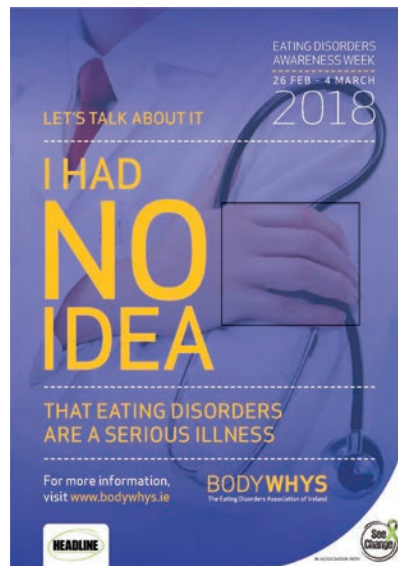
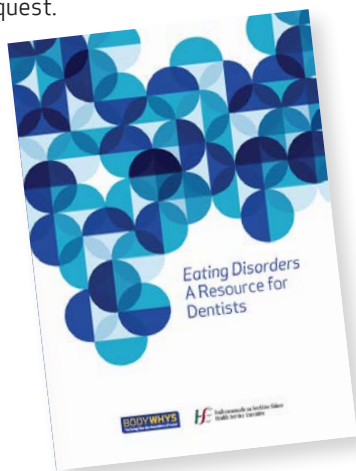
A number of volunteers took part in the VHI Women's Mini-Marathon on Monday 3<sup>rd</sup> June. Bodywhys would like to thank everyone for their support and generosity.



Niamh Clarke  
Admin Support

## Bodywhys Literature

Written in conjunction with the Irish Dental Association, and Dublin Dental University Hospital, in 2018 Bodywhys published eating disorders guidelines for dentists. The guidelines describe the oral health consequences of eating disorders and the role dentists can play in supporting people affected by the issue. This free resource can be accessed via the Bodywhys website and hard copies are available on request.



## Annual Awareness Campaign



Eating Disorders Awareness Week (EDAW) ran from 26<sup>th</sup> February – 4<sup>th</sup> March 2018.

Throughout awareness week, a variety of information and awareness events took place across the country including:

- Bodywhys PiLaR programme took place in both Limerick & Tipperary. This is a programme specifically designed to provide practical tools for those supporting someone with an eating disorder.
- Free 'Understanding Eating Disorders' talk was delivered in conjunction with the Cabra Community Mental Health Team.
- Information stands were present in St. Vincent's University Hospital & Cabra Library throughout the week.
- School and youth talks took place in Wicklow, Meath, Clare and Sligo.

# Other Activities *(continued)*

## **2018 National Eating Disorders Conference - #edconf18**

Supported by Bodywhys, held in Trinity College Dublin's School of Nursing and Midwifery, organised by psychotherapist Gerard Butcher, the Third National Irish Eating Disorders Conference, took place on February 23<sup>rd</sup>.

Approximately 140 people attended the conference. Topics discussed included:

### ***Mechanisms of change in family therapy for adolescent anorexia nervosa***

⊕  
***Working with families to facilitate changes in eating behaviours of the young person with an eating disorder***

Prof. Ivan Eisler - Emeritus Professor of Family Psychology and Family Therapy, Joint Head of Child and Adolescent Eating Disorders Service, Maudsley Hospital, London.

### ***Developing an evidence and values-based eating disorder services: The HSE approach***

⊕  
***HSE eating disorder services: What patients and families can expect under the new Model of Care***

Dr. Sara McDevitt - Consultant Child and Adolescent Psychiatrist and HSE National Clinical Lead for Eating Disorders

### ***PiLaR Programme – Supporting families: Combining education, experience, skills and support: What we have learned***

Harriet Parsons - Bodywhys Training and Development Manager

### ***“The Body”: A challenge for patients with eating disorders and their therapists***

Prof. Michel Probst - Professor of Rehabilitation in Mental Health, Faculty of Kinesiology and Rehabilitation Sciences at KU Leuven, Belgium.



Prof. Ivan Eisler



Prof. Michel Probst

# Partnership Projects

## Green Ribbon Campaign

In May, Bodywhys supported See Change's Green Ribbon Campaign, which promotes mental health awareness and stigma reduction.



## Cycle Against Suicide

Bodywhys was present at a number of locations along the Cycle Against Suicide route including Dublin and Meath.



## St. Patrick's Mental Health Services Founder's Day

On November 30<sup>th</sup>, St. Patrick's Mental Health Services (SPMHS), in collaboration with Bodywhys, held its annual Founder's Day event. The conference focused on research, online and societal factors, diet and treatments.

Approximately 140 people attended the conference and the following are topics covered:

### ***Integrating MANTRA into an adult eating disorder service***

Dr Clare O'Toole - Consultant Psychiatrist, SPMHS, Dr Toni O'Connor Advanced Nurse Practitioner SPMHS & Eleanor Sutton, Mental Health Dietitian, SPMHS

### ***"Don't my feelings matter?" – The development of Integrative Cognitive-Affective Therapy (ICAT) as a viable treatment for bulimia nervosa'***

Gerry Butcher - Cognitive-Behavioural Psychotherapist

### ***Combining evidence, education, and experience to support families: The PiLaR Programme***

Harriet Parsons - Bodywhys, Prof. Fiona MacNicholas – UCD & Dr Ingrid Holme, Research Fellow - UCD Child and Adolescent Psychiatry



January 2018. Cycle Against Suicide Students Congress

# Partnership Projects *(continued)*

**An overview of Compassion Focused Therapy for Eating Disorders (CFT-E) with a focus on both qualitative and quantitative changes in participants' relationship with themselves, others and their eating disorder**

Dr Clodagh Dowling - Principal Clinical Psychologist, SPMHS

**Vulnerability hacking...Social media and eating disorders**

Dr Colman Noctor - Child & Adolescent Psychoanalytical Psychotherapist, SPMHS

**Plenary Lecture: The legacy of Gerald Russell for eating disorders in 2020 and beyond**

Janet Treasure OBE - Professor of Psychiatry, King's College London and Maudsley Hospital



Colman Noctor



Janet Treasure

# Statement of Financial Activities

## for the year ended 31 December 2018

	Notes	Unrestricted Funds 2018 €	Total 2018 €	Unrestricted Funds 2017 €	Total 2017 €
<b>INCOMING RESOURCES</b>					
<b>Charitable Activities</b>	<b>5.1</b>				
- Grants from governments and other co-funders		3,621	3,621	13,178	13,178
- Activities for generating funds	5.2	427,714	427,714	372,627	372,627
- Investments	5.3	40	40	48	48
<b>Total Incoming Resources</b>		<u>431,375</u>	<u>431,375</u>	<u>385,853</u>	<u>385,853</u>
<b>RESOURCES EXPENDED</b>					
Raising funds	6.1	3,976	3,976	4,222	4,222
Charitable activities	6.2	390,625	390,625	343,981	343,981
<b>Total Resources Expended</b>		<u>394,601</u>	<u>394,601</u>	<u>348,203</u>	<u>348,203</u>
<b>Net incoming/outgoing resources before transfers</b>		<u>36,774</u>	<u>36,774</u>	<u>37,650</u>	<u>37,650</u>
Gross transfers between funds		-	-	-	-
<b>Net movement in funds for the year</b>		<u>36,774</u>	<u>36,774</u>	<u>37,650</u>	<u>37,650</u>
<b>Reconciliation of funds</b>					
Balances brought forward at 1 January 2018	11	<u>325,576</u>	<u>342,680</u>	<u>287,926</u>	<u>305,030</u>
<b>Balances carried forward at 31 December 2018</b>		<u>362,350</u>	<u>379,454</u>	<u>325,576</u>	<u>342,680</u>

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure relate to continuing activities.

The financial statements were approved by the Board of Directors on 30<sup>th</sup> July 2019 and signed on its behalf by:

**PARVEZ BUTT**      **HENRY BLAKE**  
Director              Director

# Balance Sheet

as at 31 December 2018

	Notes	2018 €	2017 €
<b>CURRENT ASSETS</b>			
Cash and cash equivalents		399,289	449,578
<b>Creditors: Amounts falling due within one year</b>	10	<u>(19,835)</u>	<u>(106,898)</u>
<b>Net Current Assets</b>		<u>379,454</u>	<u>342,680</u>
<b>Total Assets less Current Liabilities</b>		<u>379,454</u>	<u>342,680</u>
<b>FUNDS</b>			
Restricted Trust Funds		17,104	17,104
Unrestricted Designated Funds		226,730	226,730
General Fund (unrestricted)		135,620	98,846
<b>TOTAL FUNDS</b>	11	<u>379,454</u>	<u>342,680</u>

Approved by the Board of Directors on 30<sup>th</sup> July 2019 and signed on its behalf by:

**PARVEZ BUTT**     **HENRY BLAKE**  
Director             Director

# Acknowledgements

The Chairman, Board of Directors and Staff wish to record their sincere thanks to all those who volunteered, supported or donated to Bodywhys in 2018. Your interest in, and support of our work is much appreciated.

Department of Health and Children

Dr. Fiona McNicholas, UCD

Dr. Ingrid Holme, UCD

Dr. Sara McDevitt, National Clinical Lead for Eating Disorders

Double Dutch Design – Gabie Devaney

Gill Todd, RMN, MSc

Health Service Executive and Staff

National Office for Suicide Prevention & Staff

Niamh McNamara PhD

Rhona Jennings, Programme Manager, National Clinical Programme for Eating Disorders

St. John of God Brothers - Management Team & Order

# Company Information

Company information as of  
31<sup>st</sup> December 2018

## **Directors**

Henry Blake

Parvez Butt

Marie Devine

Tiggy Hudson

Anne McCann

Sene Naoupu

## **Registered office**

18 Upper Mount Street

Dublin 2

## **Auditors**

Dillon Kelly Cregan & Co

18 Upper Mount Street

Dublin 2

## **Company Secretary**

Henry Blake

## **Registered Charity No**

11961

## **Bodywhys Team (2018)**

Jacinta Hastings, Chief Executive Office

Harriet Parsons, Training & Development Manager

Mary Crean, Administrator

Niamh Clarke, Admin Support

Helen McSherry, Admin Support (resigned)

Kathy Downes, Support Officer

Fiona Flynn, Youth Development Officer

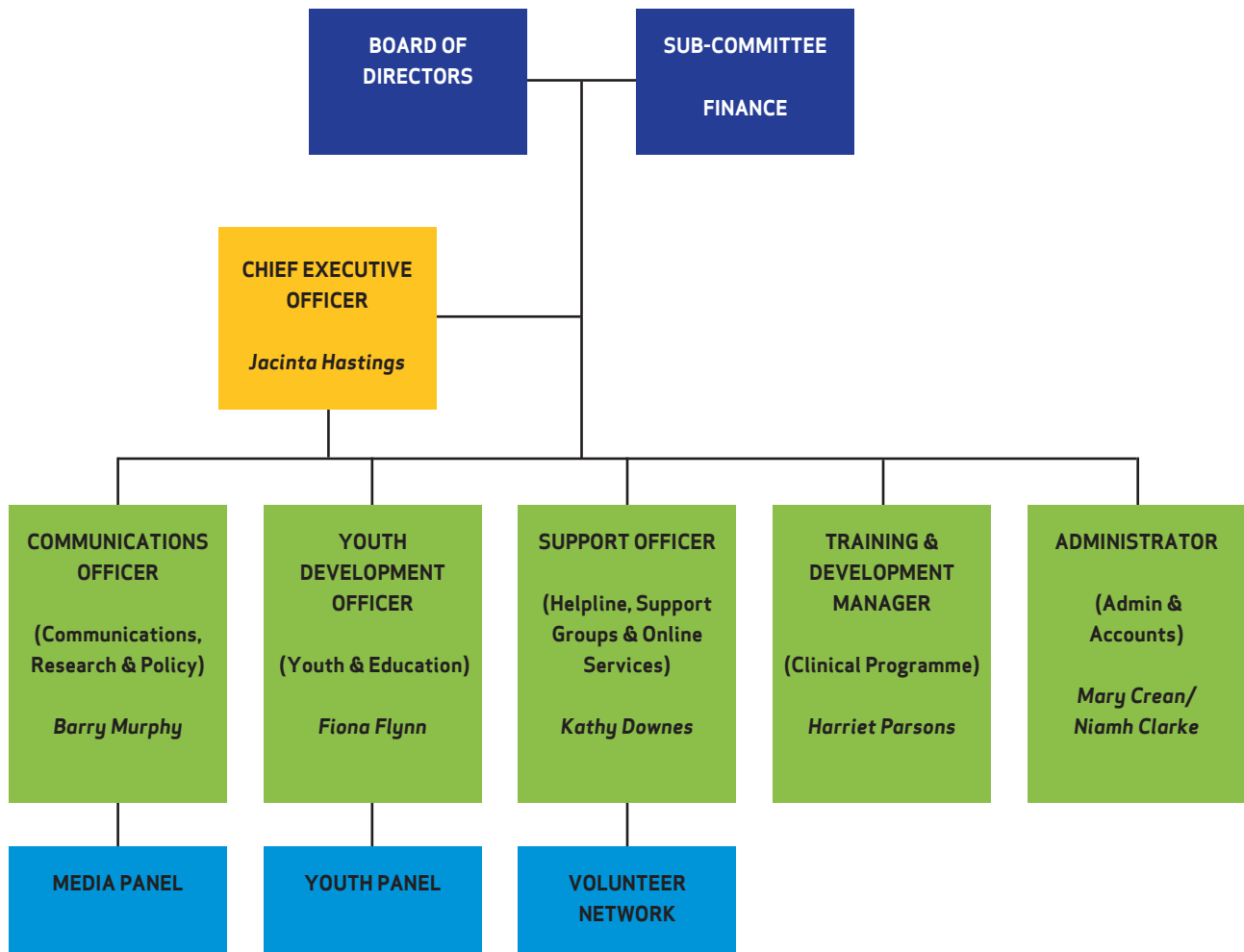
Barry Murphy, Communications Officer



# Mission Statement

“our mission is to ensure support, awareness and understanding of eating disorders amongst the wider community as well as advocating for the rights and and healthcare needs of people affected by eating disorders”

# Organisation Chart





# BODYWHYS

The Eating Disorders Association of Ireland

P.O. Box 105, Blackrock, Co. Dublin

**T** +353 1 283 4963

**E** [info@bodywhys.ie](mailto:info@bodywhys.ie)

[www.bodywhys.ie](http://www.bodywhys.ie)

LoCall Helpline: 1890 200 444

Support Email: [alex@bodywhys.ie](mailto:alex@bodywhys.ie)