

Annual Report
2019



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 ”



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Chairman & CEO's Report



Parvez Butt
Chairman

As you will see from this Annual Report, 2019 was another busy year for Bodywhys where so much was achieved locally, nationally, and internationally. Partnerships with many organisations were strengthened, and new collaborations were identified and developed.

As we reflect back over our activities in this report, at the outset it is important to acknowledge the commitment of our team of volunteers and staff who continuously, year on year, ensure our support and outreach services are developed and delivered to the highest calibre to meet the needs of people affected by eating disorders. This report gives an overview of our activities delivered throughout the year.

During the time under review, we made significant progress under a number of strategic headings, including our

partnership with the National Clinical Programme for Eating Disorders. Launched in 2018, the Model of Care is a comprehensive and evidence-based roadmap for the development of HSE eating disorder services in Ireland. It includes recommendations for delivery of eating disorder treatment and care pathways and outlines the resource implications. In 2019, Bodywhys continued to partner with the Clinical Programme to deliver PiLaR (Peer Led Resilience), a 4-week family education programme. The collaboration between Bodywhys and the HSE NCP-ED and other providers, has meant that key messages are explained, repeated, and reinforced. The demand for family support is ever increasing, especially as service provision across private and public providers, both in-patient and out-patient, continues to expand.

Supported by the HSE, an evaluation into the PiLaR programme was undertaken by Dr. Ingrid Holme, UCD. The final report was launched by Minister for State, Jim Daly on 26th February. With very positive findings, the recommendations, referenced further in this report, will inform future work planning in this area.

As in previous years, Eating Disorders Awareness Week in February was again supported, including the Annual National Conference. Upon conclusion of the Conference, the CEO together with Malachy Heffernan, addressed guests at the launch of a new textbook "Working with People Affected by Eating Disorders: Developing Skills

and Facilitating Recovery" by Dr. Jean Morrissey and Dr. Kielty Oberlin, School of Nursing and Midwifery, TCD. This workbook will be an invaluable resource to all those working in the area of eating disorders.

During the year Bodywhys was invited to participate in the HSE's National Patient Forum. The CEO represents the organisation while the Chairman, together with other Board members, has also attended a number of workshop events. Improving patient participation is important to help the HSE to develop all aspects of health care, including patient safety, patient experience, and better health outcomes. From a Bodywhys perspective, it is important, in this context, to ensure the voice of people with eating disorders is heard in this forum.

A recent initiative, World Eating Disorders Action Day, on 2nd June, saw an online campaign to 'show your purple' in Facebook frames. A number of the Bodywhys team participated in supporting this innovative international online event.

Another new development during the year was an invitation to the CEO to make a presentation to the Women's Health Network, which was established under Sláintecare in conjunction with the National Women's Council of Ireland. The purpose of the network is to provide a forum for information sharing and to advance policy on women's health issues within the Department of Health.

Chairman & CEO's Report (continued)

Our strategic research approach continued with Stage One of "Reflections on Eating Disorder Experience" undertaken by Dr. Niamh McNamara, University of Nottingham, concluding in January with considerable participation from both people with eating disorders and carers. We welcome expanding the research brief to ensure all experiences of service provision are recognised.

As in previous years, we continued to operate to a high governance standard and expanded the Board of Directors membership when Malachy Heffernan and Dermot Smith joined the Board. The Finance committee and Board of Directors met bi-monthly throughout the year and are committed to always acting in the best interests of the organisation and those we support. The Board will always continue to respond to organisational needs. For example, we are currently evaluating the recent changes in regulation from the Charities Regulatory Authority, and we will be responding accordingly to ensure full compliance in 2020. In that regard, we look forward to our Strategic Review and undertaking the inevitable challenges that lie ahead in our ongoing development.

From a team perspective, we welcomed Fiona Craddock to the Youth Development team and look forward to expanding the schools programme with Fiona's considerable expertise. Fiona previously volunteered with Bodywhys on our support services.

All of the work undertaken and highlighted in this report, would not be possible without our supporters of whom there are many. Financially, Bodywhys has, since its establishment in 1995, enjoyed a positive partnership with the HSE and we acknowledge the public funding that we receive to support the Service Level Agreement (Section 39) commitments. We welcome the opportunity to expand the range of support services into the future, determined as always by established need. We have also, since our foundation, been extremely fortunate for the continuous support of the management and team of St. John of God Hospital and Order. And, to those who undertake fundraising events on our behalf, a sincere but simple 'thank you'. We are extremely grateful and humbled by your efforts.

As we no doubt will face challenges and changes ahead, Bodywhys activities will continue to focus on supporting people with eating disorders through advocacy, information, education, and tackling stigma and discrimination. We will also continue to collaborate with, among others, health professionals, policymakers and academics to best represent the interests of people with eating disorders. There is no doubt that as an organisation providing psychosocial supports, we continue to review the resources needed to deliver our support and educational services to continue our work. In this area of constant and cyclical change, we will continue to evaluate what priority areas are emerging and how the needs of service users can be supported into the future.



Jacinta Hastings
CEO

We look forward, as always, to your continued support and would like to thank you for your ongoing loyalty.



Overview of Services



*Kathy Downes
Support Officer*

The Bodywhys support services are an integral part of our organisation. Each year we see an increase in the numbers using our supports overall, and 2019 was no different.

The support we offer is broad in range and grows each year, as we continue to take on board what the service user needs. We offer comprehensive information to explain and clarify eating disorder issues and treatment options. We provide a 'listening ear' to the person who needs understanding and support. Through our support groups and PiLaR programme, we endeavour to bring service users together to share perspective and feel heard by one another.

Volunteers form the bedrock of all services and enable all the supports to run throughout the year. Regular supervision is provided to support the volunteers in their incredible work. During 2019, 17 supervision sessions were delivered across the services. We are very lucky to have committed

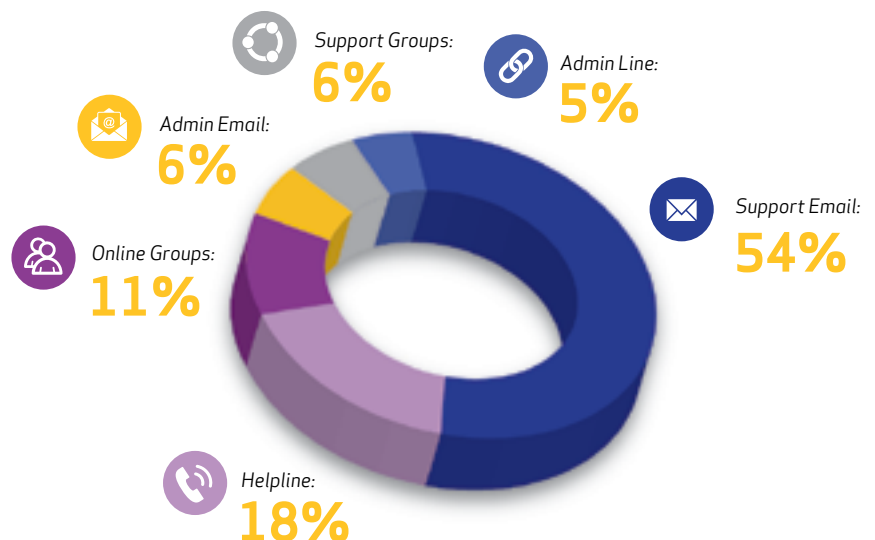
and empathetic volunteers and this year, as in others, new volunteers trained and joined our present cohort. As always, it is with much gratitude that Bodywhys recognises the immense work and commitment that our volunteers provide on our support services. Our volunteers continue to ensure that the support 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 the organisation in 2019.

All of our support services are based on the ethos that an eating disorder is not about food or weight, but underlying issues and feelings experienced by the person. So 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. No service

user is the same nor has the same experience of an eating disorder and that means that we view everyone as unique in their experience. So, whether it is a person with an eating disorder (PWED), or it is a family member looking for help supporting their loved one, we aim to engage and support that individual in their specific situation. We endeavour to offer calm, non-judgemental support and clear information. Bodywhys is a place that a person can return to, whenever and as often as they wish, whether they are engaged in treatment or not.

Reviewing the overall numbers who used our support services in 2019, there has been a 13% increase in people using our support services compared to 2018. Looking also at the breakdown of services, Figure 1 tells us that online support is a very robust part of our service, with over 70% of contact made online.

Figure 1: Shows the breakdown of how people contacted Bodywhys for support in 2019





Helpline



Helpline

The Bodywhys helpline operates for 2 hours per day, 6 days per week. The helpline is primarily a 'listening ear' service, its aim is to deliver a safe, non-judgemental, non-directive, listening, support and information service to people affected by eating disorders.

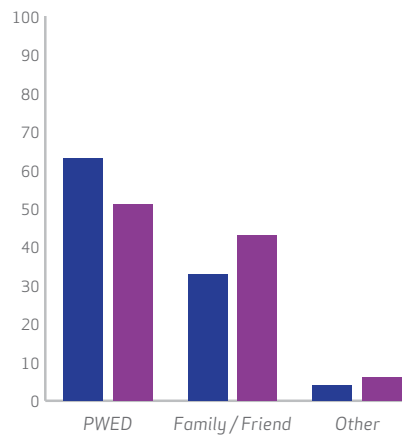


Looking at how people used the helpline in 2019, we can see that 60% of callers were calling for the first time, and 40% were repeat callers. This reflects the callers' differing needs, from information to a more ongoing connection.

In 2019, we can see that looking at who called, the percentage breakdown of family and friends calling the helpline has risen by 10% on last year (Figure 2). There is a growing awareness that family members also need a supportive environment and a place to talk things through. The Bodywhys helpline can provide both of these elements.

Figure 2: Who contacted the helpline?

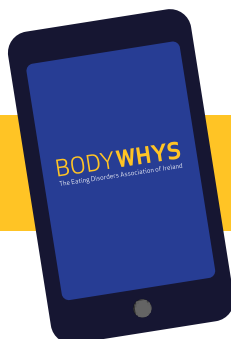
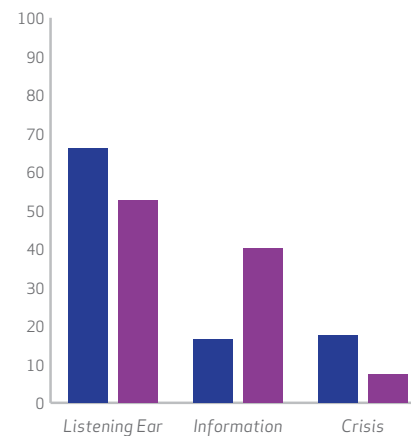
	2018	2019
PWED:	63%	51%
Family / Friend:	33%	43%
Other:	4%	6%



In 2019 we can see over half the service users are calling the helpline to talk, and to be listened to. The rise in calls from people seeking information perhaps sees the public's growing understanding that the Bodywhys helpline can offer a place to talk through treatment pathways and service information specific to the individual's needs.

Figure 3: Why did people call the helpline?

	2018	2019
Listening Ear:	66%	52.5%
Information:	16.5%	40%
Crisis:	17.5%	7.5%



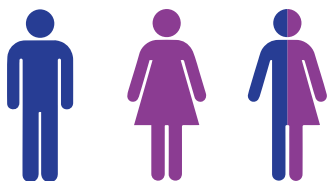
01 210 7906

2 Hours Per Day

6 Days per Week

Helpline (continued)

Eating disorders are not just a female issue, and continuing the general trend from previous years, the breakdown in the gender of people with an eating disorder calling the helpline reflects the male to female ratio of 1:7.



Looking at 2019, we see a small growth this year, as 12% of the figure is male. In other supports we will see male engagement with services has grown even further.

Figure 4: Gender of person with an eating disorder

	2018	2019
Gender of PWED (Male):	10%	12%
Gender of PWED (Female):	88%	87.5%
Transgender/Non-Binary	2%	.5%

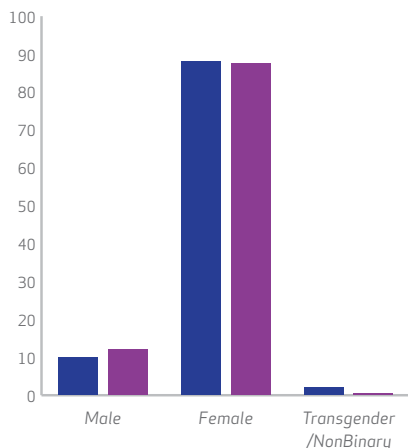


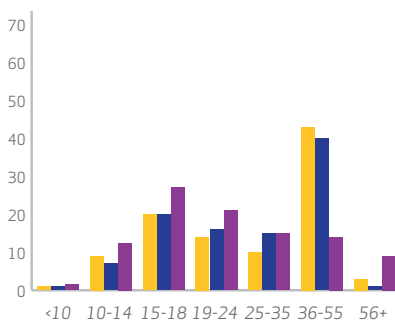
Figure 5 shows us the age of the person with an eating disorder, where known, of those who have contacted through the helpline from 2017-2019.

2019 shows an increase in the age bracket of 15-24 year olds, with 48% of calls relating to mid adolescence to young adulthood.

This figure is up 12% on last year. The 10-14 age grouping rose by 5.5%. This might indicate a concerning trend that eating disorders are presenting in younger age groups.

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

	2017	2018	2019
Under 10 years	1%	1%	1.5%
10-14 years	9%	7%	12.5%
15-18 years	20%	20%	27%
19-24 years	14%	16%	21%
25-35 years	10%	15%	15%
36-55 years	43%	40%	14%
56+ years	3%	1%	9%



We do not diagnose anyone who makes contact with us, and people do not need to have a diagnosis to use our support services. Where we know the type of eating disorder a person has, Figure 6 shows the breakdown in percentages.

Figure 6: What type of eating disorder?

Anorexia	71%
Bulimia	16%
BED	9%
EDNOS/OSFED	4%



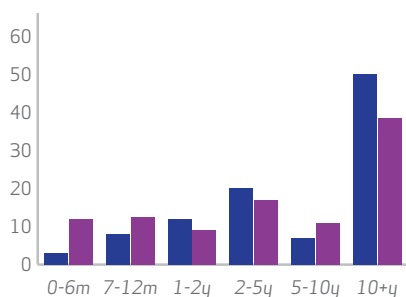
Helpline (continued)

Looking at how long a person has had an eating disorder, we can see in 2019 the majority of callers (where we know the duration of the eating disorder) have had an eating disorder for over 10 years, see Figure 7.

In 2019, there was an increase in callers who had a shorter duration eating disorder, with a 24.5% duration of under one year compared to 11% in 2018. There are different ways to interpret this figure, either eating disorders are developing at a younger age, or there is a growing awareness around the illness and openness to seeking support at an earlier stage of the illness.

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

	2018	2019
0-6 months	3%	12%
7-12 months	8%	12.5%
1-2 years	12%	9%
2-5 years	20%	17%
5-10 years	7%	11%
10+ years	50%	38.5%



We do not always know from callers whether they are in treatment at the time of their call. We noted that in 2019 of the number of callers we know are in treatment, 41% of them used the Bodywhys helpline on a repeat basis. Where we do NOT know if the caller is in treatment or not, nearly 10% called the helpline for ongoing support.

In Figure 8 we see the overall breakdown of treatment engagement of people who used the helpline. In 2019, we endeavoured to look more closely at service users' engagement, in particular at types of treatment. (See Figure 9)

Where it is known, 23% of callers have been to their GP only, notably, this figure was 6% in 2018. 35% of people are engaged in public services either with AMHS or CAMHS. Figures show that in 2019, of those that engage with private services, there are a growing percentage of people (19%) who are accessing a multi-disciplinary engagement, 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 8: In treatment

Current Treatment (None)	4%
Current Treatment (Unknown)	68%
In Treatment	28%



Figure 9: Type of treatment

GP only	23%
Psychotherapy	12%
GP + Psychotherapy	10%
GP + Psychotherapy + Dietician	9%
Hospital	11%
CAMHS*	9%
AMHS**	26%



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

** AMHS – Adult Mental Health Services (Public HSE Service)



Support Groups

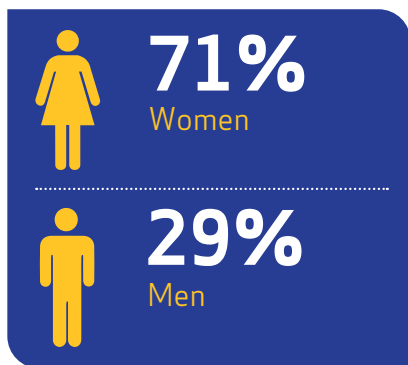
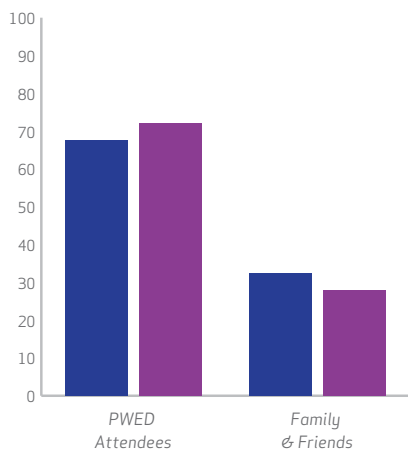
Support Groups

Bodywhys runs two types of 'face-to-face' support groups in Dublin, one for people with eating disorders, and one for family and friends.

Looking at who attends our groups, Figure 10 shows that in 2019 the number of people attending the family and friends group was down on 2018. This change in attendance may reflect the strong growth in other Bodywhys supports for parents and families throughout 2018. The PiLaR Programme continued to be delivered countrywide by Bodywhys in 2019 providing more focused support and psycho-education.

Figure 10: Who attended groups?

	2018	2019
PWED Attendees:	67.5%	72%
Family and Friends:	32.5%	28%



When we look at the gender breakdown of those attending groups, we see that, in 2019, 30% of people going to the support groups were male (Figure 11.1). When we break this down further, looking at the gender for each type of support group, we can see in Figure 11.2 that 29% of people attending our PWED support groups were male, and 71% were female.

It is important to note that the increase in male attendance was first reflected in our statistics in 2017, but has sustained through 2018 and now in 2019 the 3:1 female to male ratio, shows the stability of this figure over time.

This might reflect growth of the incidence of male eating disorders in general, or a growing ability for males to seek support with the outgrowing of older perceived notions of eating disorders as a female issue. For those attending our family and friends group, in Figure 11.3 36% were male, and 64% were female, and reflect a similar break down to 2018.

Figure 11.1: Overall Gender Breakdown

	2018	2019
Male	36%	30%
Female	64%	70%

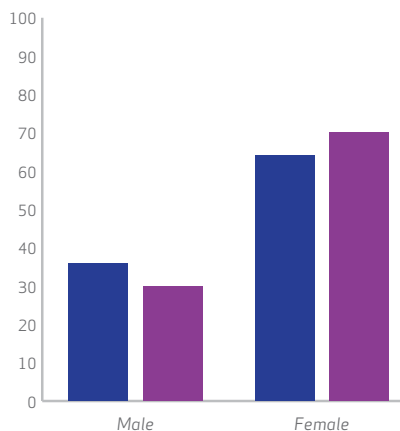
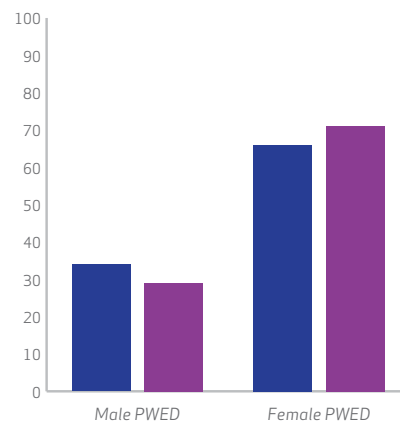


Figure 11.2: Eating Disorder Group

	2018	2019
Male PWED	34%	29%
Female PWED	66%	71%



Support Groups (continued)

Figure 11.3: Family & Friends Group

	2018	2019
Male FF	40%	36%
Female FF	60%	64%

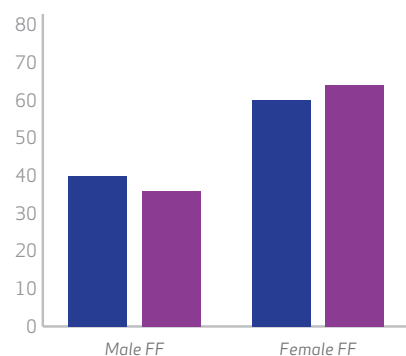
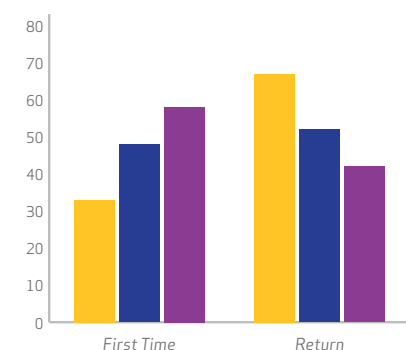


Figure 12 shows us that 58% of people attending our support groups were there for the first time, and 42% were returning or regular attendees. Looking at the previous two years we can see growing increase year on year of new members to our groups.

Figure 12: First time or Return?

	2017	2018	2019
First Time	33%	48%	58%
Return	67%	52%	42%



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 13 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 people, regardless of the type of eating disorders, can come together and find common ground in how they are affected by the illness, and as we can see from Figure 13, persons with various eating disorders can come together to feel understood.

Figure 13: What type of eating disorder?

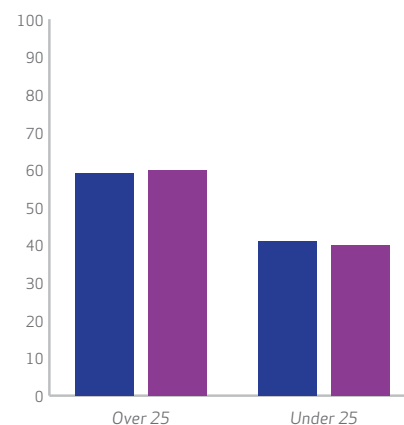
Anorexia	58%
Bulimia	16%
BED	15%
Other	11%



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 years old. This is the breakdown of ages in our groups, see Figure 14.

Figure 14: What age are those attending the support groups?

	2018	2019
Over 25	59%	60%
Under 25	41%	40%





Online Support Groups

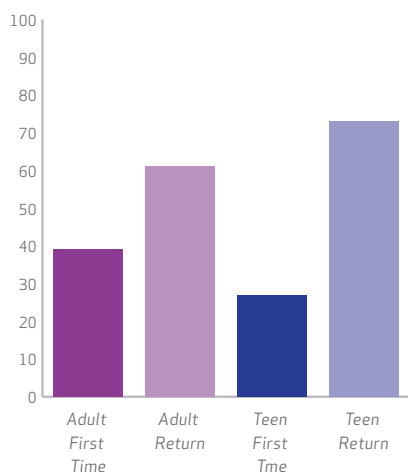
Online Support Groups

Bodywhys runs an online support group for adults and a separate group for teens. Both groups run once a week.

Figure 15 shows the breakdown of those attending the groups for the first time and those who are returning to the groups. When we look at the number of users in the groups, a notable 17% increase in adult first time users might reflect a migration of users from the Teen group to the Adult group.

Figure 15: First time or Return?

Adult First Time	39%
Adult Return	61%
Teen First Time	27%
Teen Return	73%



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

Figure 16: What age are the adult users?

- Age 18-25: 41%
- Age 25+: 59%



Figure 17 shows the breakdown in age on our teen group.

Figure 17: What age are the teen users?

- Age 13-15: 30%
- Age 16-18: 70%



BodywhysConnect (adult group) attendance by ED type

Anorexia	17%
Bulimia	20%
Anorexia/Bulimia	19%
BED	21%
Overeating	5%
EDNOS/OSFED	10%
ARFID	2%
Orthorexia	2%
Other	4%

BodywhysConnect attendance by gender

Male	7%
Female	92%
Non-Binary/Transgender	1%

YouthConnect (teen group) attendance by ED type

Anorexia	53%
Bulimia	7%
Anorexia/Bulimia	11%
BED	7%
Overeating	1%
EDNOS/OSFED	3%
Orthorexia	3%
Other	15%

YouthConnect attendance by gender

Male	1%
Female	98%
Non-Binary/Transgender	1%



Email Support



Email Support Service

'Alex' is a group of volunteers who compose our email replies. "A helpline call in an email", is one way of describing our email support service. Sometimes a person who contacts the service needs specific information; other times the person needs to outline and explore thoughts and feelings and connect with another person. All replies are reflective, non-directive, and written specifically for the person who has emailed. The email service grows annually and in 2019 grew by 36%. This figure of over 1/3 increase is the largest in some years.

When we look at the breakdown of who contacted the service we can see that, as per 2018, the majority of people who contacted were seeking support/information for themselves.

Figure 18: Who contacted the email service?

	2018	2019
Self	52%	61%
Family/Friend	25%	23%
Other	23%	16%

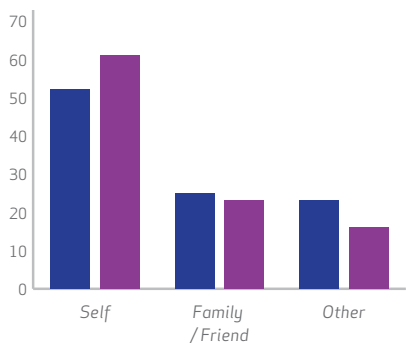


Figure 19: Why did people email Bodywhys?

Looking at these figures we can see that in 2019 there was a growth in percentage of people using the email service for information. This is often the way in which service users begin contact with our email service and then through repeat correspondence find a way to open up and talk. Crisis emails also reflect a need for a listening ear. When we look at listening ear together with crisis emails, we see 43% of people who used the email service, needed more than just instruction or signposting.

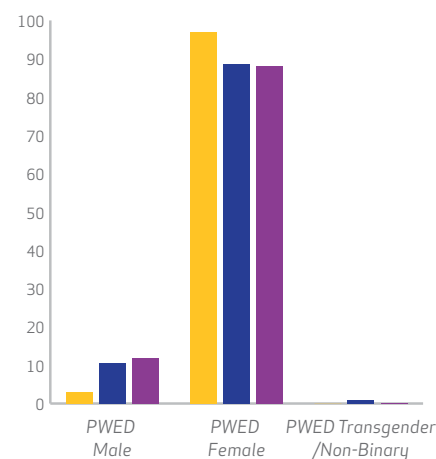
Listening Ear	39%
Information	57%
Crisis	4%



Looking at the gender breakdown of emails from a person with an eating disorder, in Figure 20 we can see the continuing increase of males from 2017.

Figure 20: Gender of person with an eating disorder

	2017	2018	2019
Male	3%	10.5%	11.99%
Female	97%	88.5%	88%
Transgender/Non-Binary	-	1%	.01%



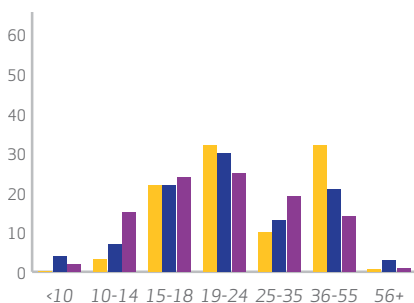
...a helpline call in an email...

Email Support (continued)

Looking at the age of those with an eating disorder presenting on the email service in 2019, Figure 21 shows us that 49% were aged in the 15-24 years age bracket. The biggest increase in 2019 is in the age 10-14 bracket, which has more than doubled. Again, as with the helpline, this could reflect the fact that eating disorders are presenting in younger age groups, or perhaps are being recognised earlier. Looking at child and adolescent eating disorders, through our email correspondence, we can see that 41% of emails concern under 18s.

Figure 21: What age is the person with the eating disorder?

	2017	2018	2019
Under 10	0.2%	4%	2%
10-14	3.2%	7%	15%
15-18	22%	22%	24%
19-24	32%	30%	25%
25-35	10%	13%	19%
36-55	32%	21%	14%
56+	0.6%	3%	1%



Of all emails received, in one quarter of them we don't know what type of eating disorder the person is experiencing. Where we know the type of eating disorder a person has, Figure 22 shows the breakdown.

Figure 22: Type of Eating Disorder

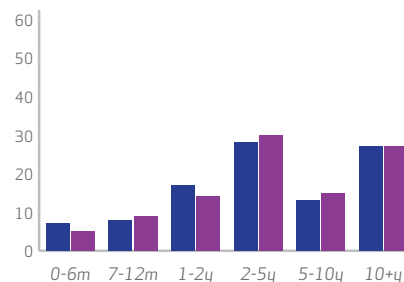
Anorexia	34%
Bulimia	14%
Unknown	27%
BED	18%
EDNOS/OSFED	3%
ARFID	4%



We do not know in 48% of users, how long the person has had an eating disorder. Of those that we do know the duration; Figure 23 shows the breakdown in duration for people who emailed.

Figure 23: How long has the person had an eating disorder?

	2018	2019
0-6 months	7%	5%
7-12 months	8%	9%
1-2 years	17%	14%
2-5 years	28%	30%
5-10 years	13%	15%
10+ years	27%	27%



We do not always know from those who email whether they are in formal treatment. Looking at the breakdown however, where we don't know if the person is in treatment or not, we know that 86% of those are using our email service on a repeat basis. Where the person was not in any treatment at all, 71% of this group used the email service on a regular basis.

This statistic highlights how the Bodywhys email service acts as more than a once off email answer service, often a user will email regularly, and the emails become a 'conversation' and a place where the person can feel supported.

Email Support (continued)

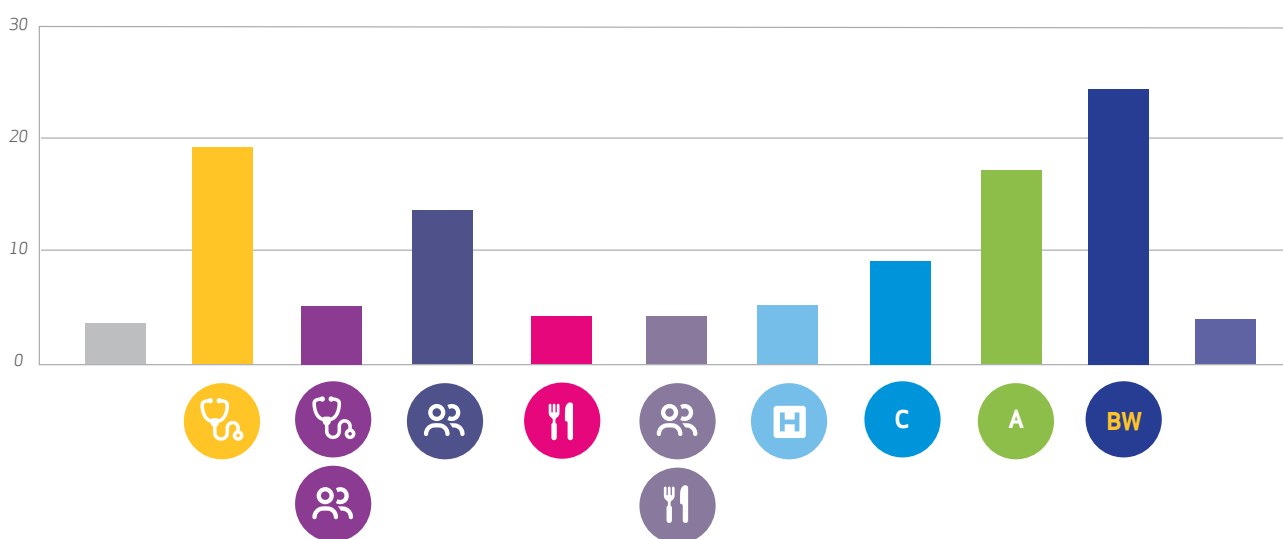
As with the helpline, we have broken down individual treatment engagement to get a more accurate picture of the treatment services people are connecting with (See Figure 24).

When we look closer at the data for 2019, 24% represents those who are not engaged in any form of treatment, but use various different Bodywhys supports on a regular basis. Also, 24% of people who are engaged in treatment

use Bodywhys services for ongoing support. This indicates 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 24: Type of treatment

None	3%
GP only	19%
GP + Psychotherapy	5%
Psychotherapy	13%
Dietician	1.7%
Dietician + Psychotherapy	.3%
Inpatient over 18	5%
CAMHS	9%
AMHS	17%
No formal treatment engagement but using Bodywhys services	24%
Other	3%





Training & Development



Harriet Parsons
Training and Development Manager

Overview

The Bodywhys Training and Development Manager is tasked with developing and providing professional training material in the area of eating disorders for professionals of many disciplines, working in various settings, where they are supporting a person with an eating disorder. The Bodywhys Training and Development Manager also develops training material and support content for those using the Bodywhys services. In addition, and central to the role, is the development of ongoing support structures for a wide range of mental health services and programmes nationally, that provide treatment for those diagnosed with an eating disorder, in particular the HSE National Clinical Programme for Eating Disorders (NCP-ED).

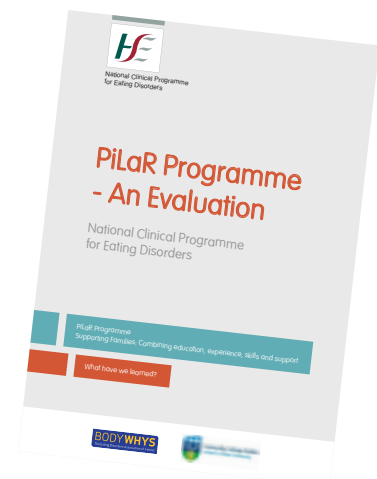
Having a Training and Development Manager dedicated to the development of this collaborative and complementary relationship with the HSE NCP-ED, has meant that in 2019, Bodywhys has continued to actively co-ordinate delivery of support in various forms to HSE mental health teams, patients and patient 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.

1. PiLaR Programme: 2019

Launch of PiLaR programme Evaluation Research:

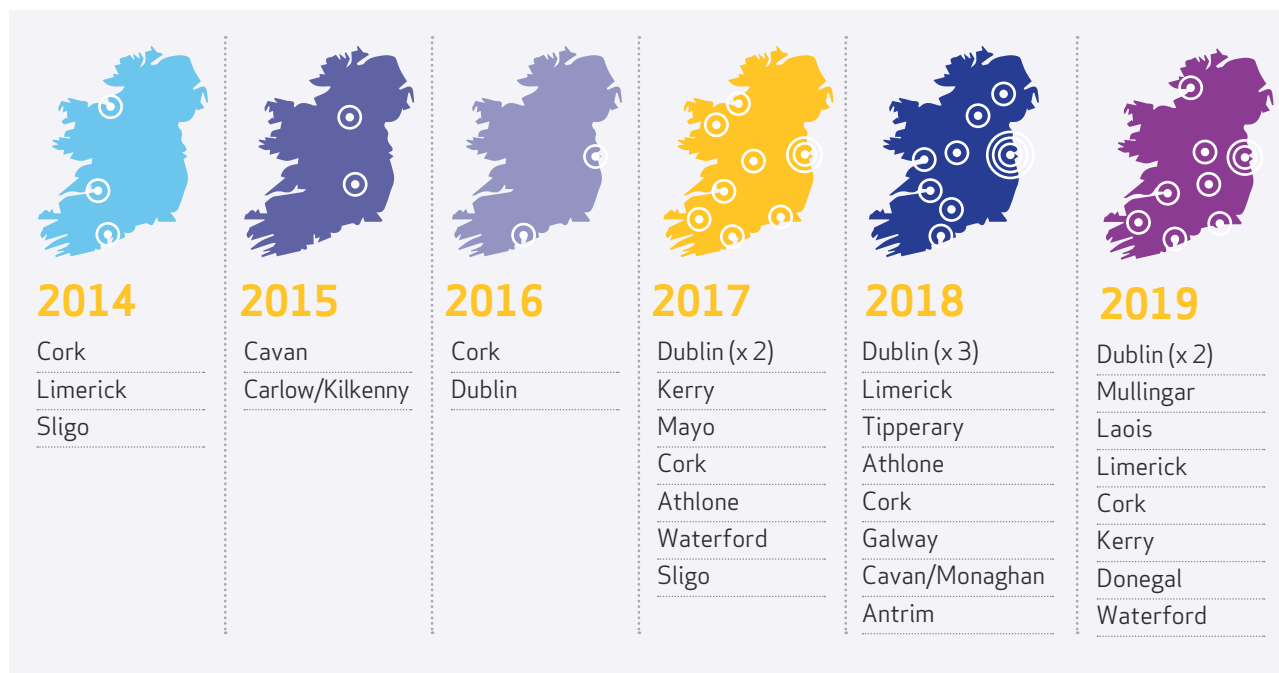
Between the years 2014-2019, 34 PiLaR Programmes had been attended by over 900 people across 18 locations. As part of the joint commitment to service quality, the NCP-ED and Bodywhys, wanted to explore and understand the impact of the programme. As a first step in this cycle of continuous quality improvement, the NCP-ED tasked and funded UCD Professor Fiona McNicholas and Dr. Ingrid Holme, with carrying out an evaluation of the programme. This evaluation was completed in early 2019.

On February 26th, Minister of State for Mental Health and Older People, Jim Daly, launched this evaluation of the Bodywhys PiLaR programme. This free 4-week evening programme provides support to parents, carers and family members of people affected by an eating disorder.



Training & Development (continued)

Over 900 people in 18 locations around Ireland have attended 34 PiLaR programmes since 2014.



Dr. Sara McDevitt, Clinical Lead for the NCP-ED, said of the PiLaR Programme,

“In its role as the National Eating Disorder Association of Ireland, Bodywhys has been a tireless supporter of people with eating disorders and their families since 1995. As our partner service user organisation in developing the HSE National Clinical programme for Eating Disorders (NCP-ED) we have witnessed their dedication at first hand in our work together on the HSE Model of Care. The PiLaR programme is a strong example of an accessible programme that provides support and psychoeducation for carers struggling to support their unwell loved one. That over 600 family members have to date attended PiLaR groups across the country demonstrates that word is spreading about how valuable it can be for family members of people with eating disorders.”



Data shown on pages 16 - 18 is taken from the PiLaR Programme - An Evaluation Report.

Who attends PiLaR?

87% Parents

13% Relative/
Friend/Partner

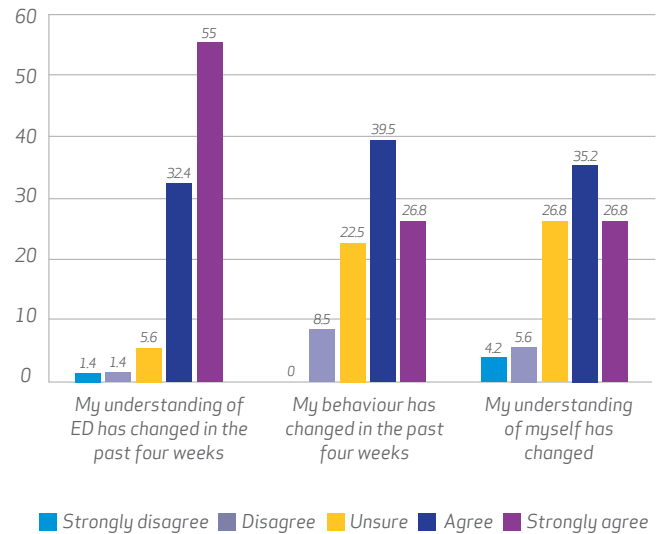
Who is being supported?

79% Daughters

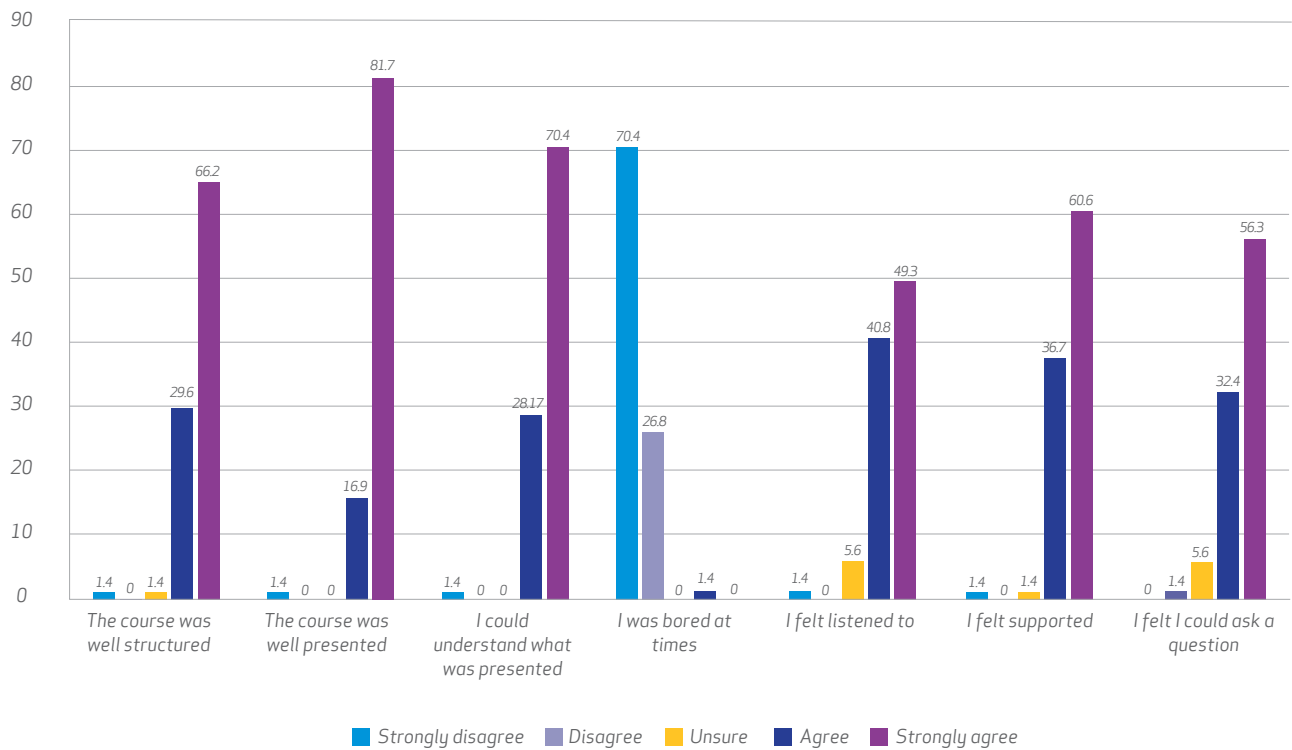
9% Sons

12% Other

Self-reported changes



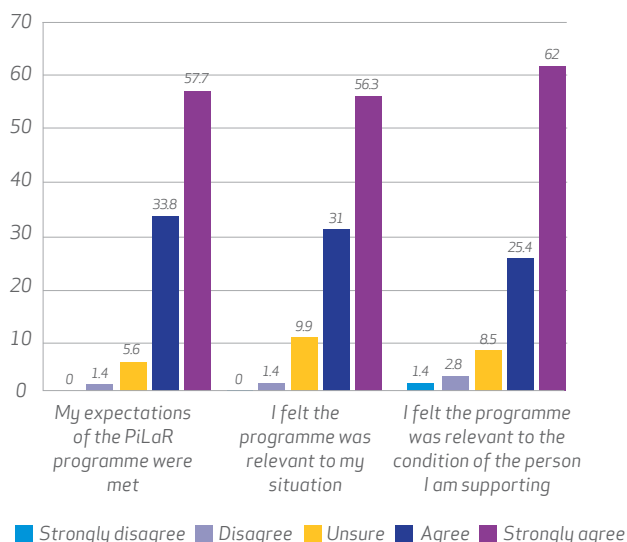
The look and feel of the course



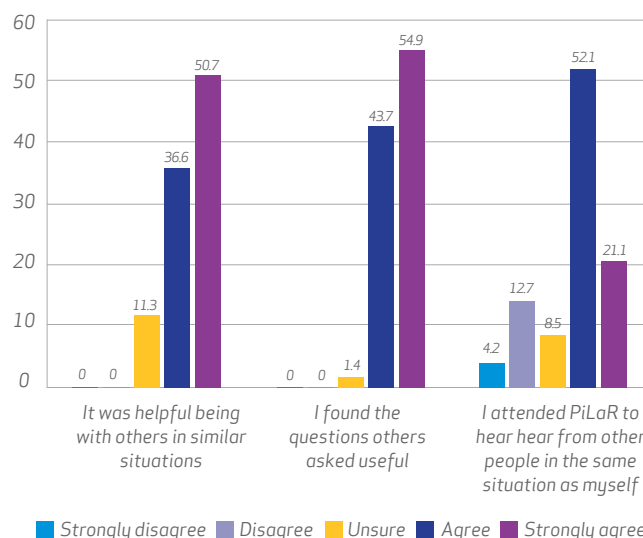


Data shown on pages 16 - 18 is taken from the PiLaR Programme - An Evaluation Report.

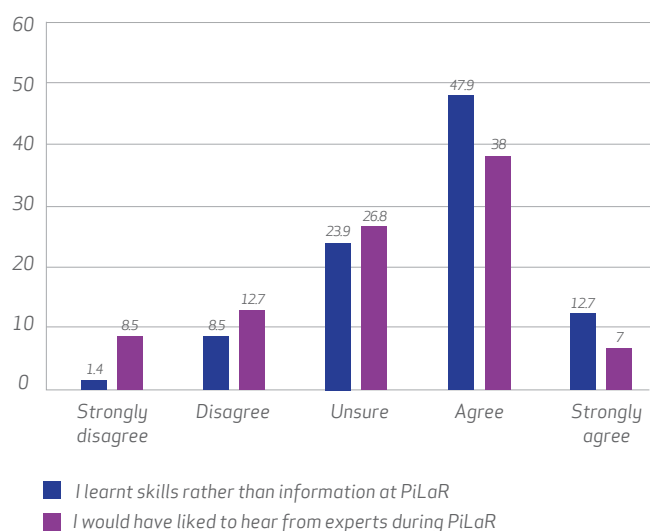
The fit between the course and the participant's need



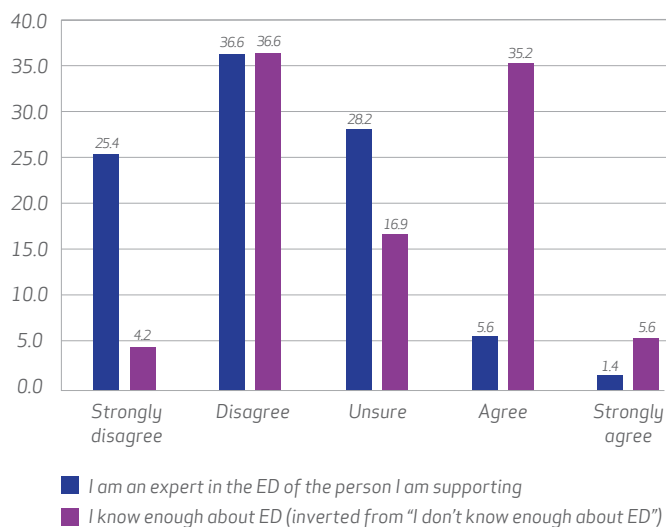
The fit between motivation to attend peer group and the value of peer support



Motivation for attending: skills, information or experts?



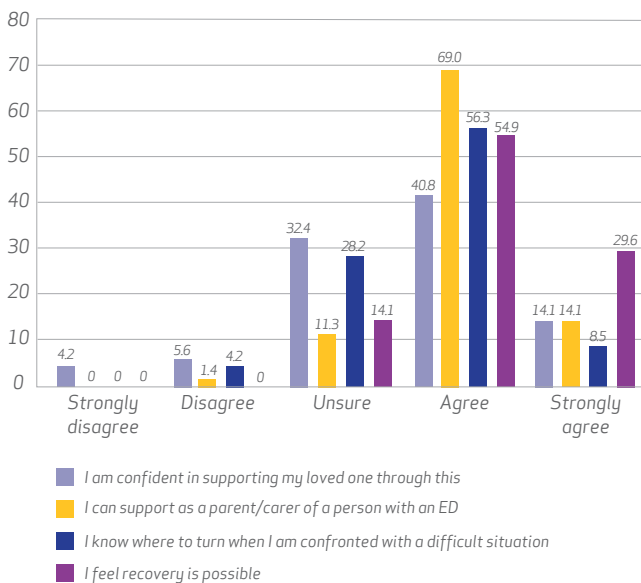
Being an expert





Dr. Ingrid Holme, UCD; Dr. Sara McDevitt, HSE Clinical Programme; Minister Jim Daly; Harriet Parsons, Bodywhys; Prof. Fiona McNicholas, UCD.

Supporting and recovery

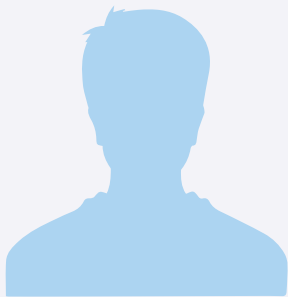


Key Findings:

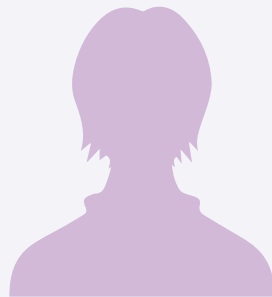
- ➔ Within the current context of service provision for eating disorders, PiLaR, as a free and “open to all” programme is a valued source for information and support to family and friends supporting a loved one with eating disorders
- ➔ Self-reported data indicates that caring for a loved one with an eating disorder impacts on family and friends’ mental health, there needs to be adequate support for their own mental well-being and further research is required in this area.
- ➔ This research highlights ways in which PiLaR can be further developed to fully exploit its potential in line with the rollout of the Clinical Programme.

The programme also succeeds in creating an open and supportive environment for people to ask questions and deepen their understanding.

“ I feel I have got a better understanding of what my daughter is going through. I'm not lying awake each night anymore. ”



“ I feel a lot calmer and a lot more confident to support my sister in what she's going through. Initially, I felt very emotionally raw, but now I feel I have a better understanding of eating disorders and how to cope with my sister's behaviour. ”



“ The first time I sat there, she was describing this and that, and this behaviour and that pattern, and I was, like, 'Oh, my God, it's just like living with her. She must know her.' Incredible. She had amazing insight into the illness. ”



In 2019, the Bodywhys PiLaR programme was delivered 9 times, to 309 carers supporting a loved one with an eating disorder, across the country. Bodywhys has two trained facilitators, Kathy Downes, Support Officer and Harriet Parsons, Training and Development Manager. The demand for support is ever increasing, especially as service provision improves and becomes more focused through the dedicated teams. The content of the PiLaR programme supports the clinical work of the treatment teams, benefitting all. This model of support

has been noted by specialised clinicians as important because carers come with a level of knowledge that equips them to make the most of treatment services. The collaboration between Bodywhys and the HSE NCP-ED means that key messages are reinforced, repeated, and explained. Having information, practical knowledge and skills from different sources, who themselves are working collaboratively enhances the process for everyone.

Listed in Table 1 are the locations, dates and numbers who attended the

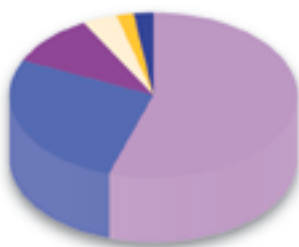
programme in 2019 in conjunction with the mental health services as part of the collaborative approach mentioned above. The programme is open to all and free to attend, while also specifically supporting those families engaged in mental health services. It is also important to note that Bodywhys views attending the PiLaR programme as the start of a supportive journey. PiLaR attendees are supported on an ongoing basis, individually and in their particular PiLaR groups, following the programme.

Table 1: PiLaR Programme 2019

Location	Mental Health Service	Dates	Numbers
Kerry	HSE Kerry Mental Health Services	January	17
Laois	Laois HSE CAMHS	February	23
Mullingar	HSE Longford / Westmeath Mental Health Services	March	20
Dublin	St. Vincents University Hospital	May	71
Limerick	HSE Limerick Mental Health Services	May	20
Cork	HSE Cork Mental Health Services	June	41
Donegal	HSE Donegal Mental Health Services	September	16
Dublin	HSE Linn Dara CAMHS	November	79
Waterford	HSE Waterford Mental Health Services	November	22
9 Sites Total			309

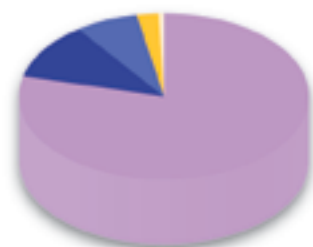
Who attends PiLaR?

- Mothers: 55%
- Fathers: 27%
- Siblings: 10%
- Other Relatives: 4%
- Partners: 2%
- Health Professionals: 2%



Who are people supporting?

- Daughter: 79%
- Son: 7%
- Sister: 11%
- Brother: 0.5%
- Partner: 2.5%



What age is the person being supported?

- 0-10 years: 4%
- 11-15 years: 31%
- 16-18 years: 32%
- 19-24 years: 22%
- 25-30 years: 5%
- 30+ years: 6%



Where we know whether the person being supported is in treatment currently, 91% of people were in treatment and 9% were not in treatment.

At the end of 2019 we had added 262 people to our PiLaR notification list bringing the total to 462. Everyone on the list wishes 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 Table 2 you can see the links that have been made with mental health services in 2019, meaning that these services are using 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 stocked with Bodywhys resources on a continual basis.

Table 2: Mental Health Service and location

Mental Health Service / Treatment Provider	Where
St.Patricks Mental Health Service	Dublin
Cavan General Hospital, Liaison Psychiatry	Cavan
CAMHS, St. Stephen' Hospital	Dublin
Maynooth University Counselling Services	Kildare
Positive Care	Wicklow
Linn Dara Community Eating Disorder Service	Dublin
Cork University Hospital, Nurse Practice Development Unit	Cork
Dublin North City and County CAMHS	Dublin
Cluain Mhuire Services	Dublin
Cellbridge Mental Health Services	Kildare
Merlin Park Hospital	Galway
Springboard Family Support Services	Dublin
Centre for Living	Dublin
Lucena Clinic	Dublin
CAMHS, Primary Care Centre	Cavan
CAMHS, Tyrone Health Centre	Tyrone
CAMHS, Mallow Primary Healthcare Centre	Cork
AMHS, Singelton House	Louth

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

In 2019, the Training and Development Manager continued to attend the NCP-ED monthly oversight and implementation 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 continued to attend 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. In June 2019, the Training and Development Manager also attended the Cork/Kerry Eating Disorders Special Interest Group.

Training

As noted in 2018, with the launch of the NCP-ED Model of Care, delivering training has become a crucial and central part of the Training and Development Manager’s work. 2019 has seen an increase in demand for professional training workshops on eating disorders, by a wide variety of groups. In 2019, the Training and Development Manager formalised the content of these training workshops,

tailoring content to meet the needs of any particular group, and ensuring that information provided is up to date, accurate and in line with the HSE Model of Care. Table 3 details the training workshops.

In 2019, Bodywhys continued to include a training module on the NCP-ED for all incoming volunteers. This ensures that the volunteers working on the support services are up to date with developments within public services so that they can give accurate information to service users.

Table 3: Training Workshops

Training	Group	Location	Date
Understanding Eating Disorders	Colaiste Brid, teaching staff	Dublin	January
Working Therapeutically with People with Eating Disorders	TCD Nurses Post Grad Diploma in MH Nursing	Dublin	February
Understanding Eating Disorders	Ballymun Foster Carers	Dublin	March
Understanding Eating Disorders, Supporting Someone, Communication Skills, Treatment Pathways	Sligo Carers Day	Sligo	March
Understanding Eating Disorders, Supporting Someone, Communication Skills, Treatment Pathways	Don Bosco Care Home Staff	Dublin	March
Working Therapeutically with People with Eating Disorders	St. Angela’s College, part of level 9 stand alone Module, Eating Disorders in Adults and Adolescents All disciplines of nursing.	Sligo	March

Training	Group	Location	Date
Understanding Eating Disorders, Supporting Someone, Communication Skills, Treatment Pathways	Galtee Clinic, Staff	Tipperary	April
The Support Organisation's Perspective & Helpful ideas when working with People with Eating Disorders	College of Psychiatrists Ireland, Child psychiatry	Dublin	May
The Support Organisation's Perspective, treatment pathways, signposting	Citizens Information Centre, Staff	Limerick	May
The Support Organisation's Perspective & Helpful ideas when working with People with Eating Disorders	Portlaoise, HSE, Mental Health Services	Portlaoise	May
Understanding Eating disorders, Supporting Someone, Communication Skills, Treatment Pathways	Oaklodge Care Home, Staff	Cavan	June
Understanding Eating Disorders	UCD Lecture (health module)	Dublin	October
Understanding Eating Disorders, Supporting Someone, Communication Skills, Treatment Pathways	FFS Gyms	Dublin	October
Understanding Eating Disorders, Supporting Someone, Communication Skills, Treatment Pathways	Avoca Care Home, Staff	Wicklow	October
Working Therapeutically with People with Eating Disorders	Bushypark Addiction Treatment Centre, Staff	Clare	November
Working Therapeutically with People with Eating Disorders	St. Josphe's Mental Health Service, SVUH Fairview	Dublin	November
Working Therapeutically with People with Eating Disorders	Cuan Mhuire, Staff	Cork	November
Working Therapeutically with People with Eating Disorders	St. Luke's Hospital, Nursing Staff	Clonmel, Co. Tipperary	November
Working Therapeutically with People with Eating Disorders	EVE HSE Service	Kildare	December

Table 4: Conference Presentations 2019

Presentation	Conference	Location	Date
First Steps. Thinking through while you are waiting. An 'Active Waiting' workshop	4th Irish National Eating Disorders Conference	Dublin	February
Bodywhys: Who we are and what we do!	Information Evening for EDAW with Longford Westmeath MH Services	Mullingar	February
Innovation and Collaboration in Ireland – The PiLaR Programme. Supporting families and Combining Education, Experience, Skills and Support	International Conference of Eating Disorders (with Dr. I. Holme, and Prof. F. McNicholas UCD, Dr. S McDevitt, R. Jennings HSE NCP-ED)	New York	March
PiLaR Evaluation & Report	HSE - CBT-E Seminar Day	Dublin	March
Poster Presentation – 'A Mixed Method Evaluation of the PiLaR Carer Support Programme'	European Society for Child and Adolescent Psychiatry (ESCAP)	Vienna	June
Supporting Families during recovery	Family Recovery in Mental Health Services / Family Focused Practice Group	Ardee	September
Innovation and Collaboration in Ireland. A Transdisciplinary Approach in Action.	European Conference on Eating Disorders	Paris	September
Bodywhys: Who we are and what we do!	Irish Association of Social Workers Conference	Dublin	November
PiLaR Programme: Developing a 4 week Family programme	European Chapter of Eating Disorders (ECED)	London	November

4. New Maudsley Carer Skills Workshop

In 2019, Bodywhys organised three New Maudsley carer skills weekend workshops for carers of those with an eating disorder. These were facilitated by Gillian Todd RMN. MSc. Gill brought a wealth of experience and knowledge to the workshop. The workshops were delivered in Dublin, Tipperary and Leitrim. In all, 126 carers attended.

Training

To ensure knowledge levels are continually up to date, the Training and Development Manager also attended a number of training workshops during 2019. In March, the Training and Development Manager attended the HSE Cognitive Behavioural Therapy for Eating Disorders (CBT-E) Seminar Day, in September the Family Therapy for Anorexia (FT-AN) Maudsley training, as well as the Family Based Therapy (FBT) Training day, also run by the HSE NCP-ED. In July, the Training and Development Manager attended a 3-day training workshop in the New Maudsley Carer skills, run by Canalside CAMHS in Birmingham, UK, facilitated by Gillian Todd RMN. MSc.

In Summary

In addition to regular duties within the organisation, and supporting the HSE NCP-ED throughout the delivery of the PiLaR Family programme, the Training and Development Manager delivered training to 19 different groups in 11 different locations nationwide. She also presented at nine conferences, including all the major eating disorder conferences internationally in New York, Paris, London and Dublin. This increases awareness of the work of our organisation worldwide, and creates opportunities to share knowledge, and learn from our counterparts internationally. This also ensures that the support and training Bodywhys offers is of the highest possible standard, with the most up to date research and knowledge.



SeeMySelf

SeeMySelf: Psycho-education Programme

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

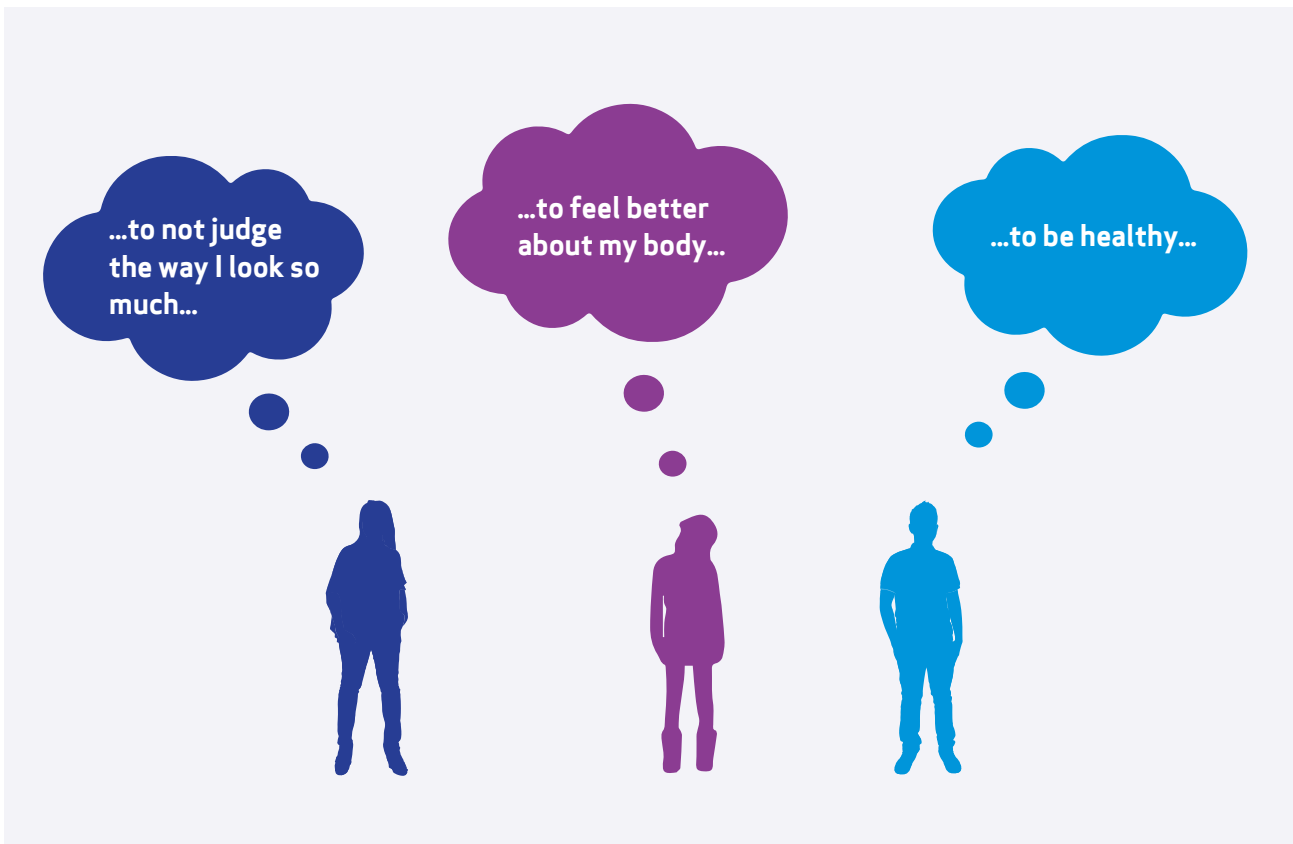
SeeMySelf, is an online psycho-education programme designed for young people aged 15-24 focusing on self-esteem, body image and media and cultural effects on self-image.

SeeMySelf is an 8-week programme running alongside the other Bodywhys online support services. As well as

providing education and background to these topics, it asks the young person to think about how they themselves view these things. 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 and directive in nature, with positive, active goals and feedback. Everyone who participates in the programme is supported throughout by a trained volunteer.

Popular expectations were to 'feel better about my body', 'to be healthy', 'to not judge the way I look so much'. In this area the programme offers much in terms of practicalities.

In 2019, 6 new participants signed up to this service.





Communications



Barry Murphy
Communications Officer

Media Queries

February, September and October were the busiest months for queries in 2019. In keeping with previous years, most requests originated from radio and print media outlets.



RADIO
38



TELEVISION
05



PRINT
33



ONLINE
04



PODCAST
02

Topics included: veganism and eating disorders, body image, the use of images in personal stories, calories and menus, eating disorders and social media, muscle dysmorphia, body shaming, fathers of people with eating disorders, anorexia statistics - general and hospital admissions, children and fitness devices, body positivity, secret eating, men and bulimia, orthorexia, the Bodywhys PiLaR programme, ARFID, Christmas and funding for eating disorders services.

MEDIA DISCUSSION OF EATING DISORDERS

In January and February, the mainstream media reported on secret eating, anorexia, clean eating, the path to recovery and Eating Disorders Awareness Week. In March and April, extreme diets, body positive messages, recovery, diabulimia, diet

culture, relative energy deficiency in sport (RED-S) and body ideals for men were the focus of coverage.

Over the Summer, the media highlighted personal stories of anorexia and bulimia, negative body comments, plastic surgery concerns, social media and clean eating and hope for eating disorders. National and international media highlighted findings from the Anorexia Nervosa Genetics Initiative (ANGI) study, led by Prof. Cynthia Bulik which involved collecting blood samples from approximately 17,000 people with AN. Published in Nature Genetics, the research identified eight locations on the genome that are significantly associated with AN. Positive genetic correlations were found between AN, obsessive compulsive disorder (OCD), depression and anxiety which as Prof. Bulik noted, mirrors what is seen in



WEBSITE

318,700

PAGE VIEWS

20% increase compared to 2018



clinical practice. The next component of this research will include other eating disorders and is called Eating Disorders Genetics Initiative (EDGI).

Through the Autumn and Winter months, the media published articles about hospital figures for anorexia, supporting someone with an eating disorder, younger children, funding for eating disorders services and eating disorders and Christmas. Avoidant Restrictive Food Intake Disorder (ARFID), first identified as a diagnosis in 2013, received much commentary following the reporting of a case whereby a young man lost his sight. Updated information about ARFID can be found on the Bodywhys website, including a link to a workbook on CBT for ARFID (CBT-AR).

March, September and October were the busiest periods for media articles, followed by May and November. Online and internet sources, such as a BreakingNews.ie, followed by the Irish Times, national and regional publications, were the most common sources of articles.

Top news sources by reach:

- Irish Independent, Irish Times (web editions)
- Sunday Independent (print version)

Top news sources by volume of articles:

- Irish Sun, Irish Independent and Irish Examiner (web editions)

Top sources with keyword – Bodywhys:

- Irish Independent, Irish Examiner, BreakingNews.ie, Her.ie (web editions)
- Irish Sun, Irish Independent (print)

EATING DISORDERS AWARENESS WEEK (EDAW) #EDAW2019

EDAW was busy period for media activities, with requests from Athlone Community Radio, C103 Cork, Connemara Community Radio, Community Radio Castlebar, DailyEdge.ie, Dublin City FM, East Coast FM, East Cork Journal, Highland Radio, Irish Independent, Irish Sun, KFM, KCLR FM, LMF, Near FM, Newstalk FM, Northern Sound, Roscommon Herald, RSVP Live, Sunday Independent, TG4 and WLR FM.

Further coverage connected to Bodywhys included Sene Naoupu speaking to RTE Sport and 2FM's Game On. Psychiatrist Dr. Ed O'Mahony was interviewed by iRadio

and Shannonside FM and HSE Dietitian Elmary Purtill talked to Midlands 103FM. Stephanie McAlinden from the Bodywhys Media Panel discussed her personal experience on Virgin Media's Ireland AM. Print articles included the Athlone Advertiser, Irish Mirror, Sligo Champion and Westmeath Independent. Online articles were featured on IrishHealth.com, Leitrim Observer, Roscommon Herald and Spin 1038FM. Additional coverage included personal stories on RTE Prime Time, Ryan Tubridy and Ray D'Arcy, Kerry's Eye and Radio Kerry.

Online Presence

WEBSITE

75% of all visitors who accessed www.bodywhys.ie were based in Ireland, followed by 11% from the United States. February, March, May and October-December were the busiest months of activity on the website. 84% of visitors were new users, whilst 76% of users came via organic search. There were over 318,700 page views, reflecting a 20% increase compared to 2018. 58% web traffic came through mobile phones, 37% from desktop computers and 5% via tablet devices. The most accessed sections of the site, in order, were: the helpline, treatment guide, support groups, personal stories, support services, statistics, binge eating disorder, understanding eating disorders and warning signs for anorexia.



TWITTER

407,000 IMPRESSIONS

SOCIAL MEDIA

We are grateful to all those who set up birthday fundraisers through Facebook, with the proceeds going to Bodywhys. In January, Bodywhys joined Instagram. You can find us on [Instagram.com/bodywhys](https://www.instagram.com/bodywhys)

Popular posts on Facebook included:

- Posters for PiLaR and Maudsley programmes
- EDAW messages
- Tweets from the Eating Disorders Conference
- Twitter discussion about reasons for optimism in eating disorders research
- Research posters
- Coverage of eating disorders from the Irish Independent, Irish Times, TheJournal.ie and TG4

On Twitter, Bodywhys generated over 407,000 impressions throughout the year, almost double that of 2018. Popular tweets throughout 2019 included those from the eating disorders conference in February, 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 See Change and Headline.



PUBLIC SUBMISSION: HARMFUL ONLINE CONTENT

In April, following a call by Minister Richard Bruton, Bodywhys completed a submission to the Department of Communications, Climate Action and Environment. Bodywhys was subsequently invited to Leinster House for a briefing by Senator Joan Freeman and psychologist, Dr. Mary Aiken, in October. The briefing provided an update in relation to the Children's Digital Protection Bill which seeks to respond to online content promoting anorexia and suicide. A copy of the Bodywhys submission can be found on <https://www.bodywhys.ie/media-research/public-submissions/>

FACEBOOK SAFETY

In June, Bodywhys participated in a safety roundtable discussion in Facebook's Dublin offices. This followed on from previous engagements with Facebook in 2018. In July 2019, international media reported that Facebook/Instagram have imposed age restrictions on the promotion of certain weight loss products or cosmetic procedures. For example, promotions with an incentive to buy, or those with a listed price will be hidden from users under 18. Those highlighting commercial offers/discount codes and involving miraculous claims will be banned. Users will be able to report posts they think break these new rules. Researchers such as Dr. Ysabel Gerrard (sic) (University of Sheffield), practitioners and organisations including NEDA, contributed to the development of this policy.

SUPPORTING RESEARCHERS

It was another busy year supporting the work of professional and postgraduate researchers and trainee psychologists and clinicians. Calls for participants included:

- Reflection on eating disorder experiences in Ireland, stage 2
- The relationship between compassion and predictors of depression in parents of people with an eating disorder
- Understanding healthy eating behaviours that become maladaptive in physically active females with a review of orthorexia and its current diagnostic criteria
- Fathers' experiences of their sons' eating disorder
- Exploring the experiences of those living with longstanding anorexia nervosa
- The experience of living with an anorexic voice – An interpretative phenomenological analysis study
- Exploring recovery from anorexia nervosa
- The patterns, motives and effects of social media on body image in youths



Youth Development



Fiona Flynn
Youth Development Officer

In 2019, the Youth Development Officer spoke to over 21,000 young people nationwide to promote awareness of eating disorders, to promote positive body image, self-esteem and to encourage young people to mind their mental health.

During 2019, the Youth Development Officer continued to provide the 'Be Body Positive' programme and workshops in schools, reaching over 4,000 students nationwide. A further 17,466 young people were reached through presentations and information stands at large youth events such as Cycle Against Suicide and Zeminar.

School Talks Nationwide



Dublin (1060)	Longford (300)
Cavan (70)	Louth (230)
Clare (240)	Meath (280)
Cork (120)	Roscommon (120)
Donegal (100)	Tipperary (210)
Galway (70)	Waterford (340)
Kildare (370)	Westmeath (220)
Kilkenny (160)	Wicklow (160)
Laois (40)	



Fiona Craddock
Youth Development Officer

Youth Events Nationwide - Number of Young People Reached

Leinster (17,197)
Munster (139)
Ulster (95)
Connaught (35)



Youth Events Nationwide - Number of Events in each province

Leinster (30)
Munster (8)
Ulster (4)
Connaught (2)





Seminar, October 2019

The Youth Development Officer continued to work closely with educators, young people and relevant youth organisations during 2019 to develop online resources for schools to assist primary and secondary school teachers in promoting positive image and self-esteem in the classroom. The resources, which were developed and piloted in 2018 with very positive results, were amended to include additional videos and graphics. All additions were reviewed and approved by the Bodywhys Youth Panel and an independent youth panel before being incorporated into the lessons and all materials were professionally redesigned.

A comprehensive new body image section for the website has been developed for these resources. Research indicates that interventions to promote positive body image in adolescents should also target parents and education professionals to promote critical awareness of the idealised images that are presented online and on social media, as well as the potential impact that exposure

to these kind of images can have on adolescents' body image, and consequently on their psychological well-being.

In accordance with best practice, we aim to embed these new resources in the existing Bodywhys website which will provide teachers and educators with all relevant information on promoting positive body image and self-esteem in children and young people of all ages. This new component of the website also includes a comprehensive section for parents on promoting positive body image in children and young people and a section for people of all ages who may have body image concerns. Also included are sections specifically for young people, men and body image, women and body image and also a focus on pregnancy and postpartum body image concerns.

Designing the new content in this way also enables schools to take a three pronged approach to promoting positive body image and wellbeing in students: information for teachers

and lesson plans; information for students on the online resource for their own interest, take home leaflets from their lessons in school; and information for parents and guardians promoted via school newsletters, emails or texts with links to the new resource indicating the importance of their involvement in promoting body image and its central role to general wellbeing. Standard text to disseminate to parents is included in the schools section of the resource to facilitate the sharing of such information by schools.

Each of the new resources are packed with information, images, videos and links to other relevant articles or podcasts and will be regularly updated with new research and resources. In 2019, Bodywhys continued to deliver awareness talks and information in Universities and Colleges nationwide as part of mental health promotion weeks including in the National College of Ireland, Maynooth, DCU, Trinity College, Carlow IT and Athlone IT and University College Cork.

Youth Development (continued)

Bodywhys provided public information evenings nationwide for parents, to promote awareness and understanding of eating disorders and to provide information on promoting positive body image in young people. This included an event in Shanakill Family Resource Centre, Tralee and as part of a Youth Mental Health event in Duleek, Co Louth.

Teacher and youth worker training was provided during 2019 which included training at a European Youth Mental Health Conference in Dublin in September.

The Youth Development Officer also continued to keep abreast of all developments in the area of youth mental health and to contribute to

other youth resources as appropriate and was involved in the Mind Your Mind sessions with the Science Gallery and a contributor on their new video series for schools on aspects of wellbeing and positive mental health. As in previous years, the Youth Development Officer provided parents information evenings and public information events nationwide. In August 2019, after almost 10 years in the Youth Development Officer role with Bodywhys, Fiona reduced her hours to work part-time. In November 2019 Bodywhys welcomed Fiona Craddock to the Youth Development department. Fiona Craddock also has a background in psychology and a keen interest in youth mental health and comes to Bodywhys with broad experience in the area of mental

health. Fiona makes an excellent addition to the Bodywhys team and will commence work in the delivery of talks in schools and the development of resources to promote awareness of eating disorders, media literacy, positive body image and self-esteem. In 2019, our Bodywhys Youth Panel continued to generously volunteer their time, reviewing new resources and steering the development of all youth related activities. Their input in relation to the new resources for schools and the new body image section of the website has been an essential part of development and Bodywhys would like to thank all youth panel members, for their valuable contribution.

**Bodywhys
Facilitator's Guide
2019**





Other Activities



Mary Crean
Administrator



Niamh Clarke
Admin Support



FUNDRAISING ACTIVITIES

A number of volunteers took part in the VHI Women's Mini-Marathon on Monday 2nd June. Bodywhys would like to thank everyone for their support and generosity.

Eating Disorders Awareness Week

ANNUAL AWARENESS CAMPAIGN

Eating Disorders Awareness Week (EDAW) ran from 25th February – 3rd March 2019.

Throughout awareness week and the days leading up to it, a variety of information and awareness events took place across the country including:

Topic	Speaker
Friday, February 22nd	Fourth Irish National Eating Disorders Conference, Dublin
Saturday 23rd & Sunday 24th	New Maudsley workshop for families/carers, Dublin
Monday, February 25th	Bodywhys training in 'Understanding Eating Disorders' for Parentline volunteers.
Wednesday, February 27th	Free public information evening, Shamrock Lodge Hotel, Athlone.
Thursday, February 28th	Free Bodywhys PiLaR programme for parents, carers, family members, Laois.
Friday, March 1st	Coffee and information morning, Geraldstown House, Ballymun, Dublin, open to foster carers.
Saturday, March 2nd	Sligo workshop for parents/carers/family members.

Other Activities (continued)

2019 NATIONAL EATING DISORDERS CONFERENCE - #EDCONF19

Supported by Bodywhys, held in Trinity College Dublin's School of Nursing and Midwifery, organised by psychotherapist Gerard Butcher, the Fourth National Irish Eating Disorders Conference took place on February 22nd. Slides from the conference can be found on www.bodywhys.ie

Over 110 delegates attended the conference. Speakers and topics included:



Dr. Jean Morrissey



Prof. Fernando Fernández-Aranda

Topic	Speaker
<i>The challenge of impulsivity in eating disorders: research and practical management approaches</i>	Prof. Fernando Fernández-Aranda, Head of Eating Disorders Unit, Department of Psychiatry, University Hospital of Bellvitge, Barcelona, Spain
<i>Psychological determinants of abnormal nutritional habits and obesity</i>	Prof. Susana Jiménez-Murcia, Head of Pathological Gambling Unit, Department of Psychiatry, University Hospital of Bellvitge, Barcelona, Spain
<i>Managing the minefield of social media for eating disorders</i>	Dr. Colman Noctor, Child & Adolescent Psychotherapist, Trinity College Dublin and St. Patrick's Mental Health Services
<i>A new textbook – Working with people affected by eating disorders: Developing skills and facilitating recovery</i>	Dr. KIELTY Oberlin, Counselling Psychologist and Dr. Jean Morrissey, School of Nursing & Midwifery, Trinity College Dublin
<i>First Steps: Thinking through while you are waiting</i>	Dr. Sara McDevitt, Dr. Aoife O'Sullivan, Harriet Parsons, Joanne Corbett



Fundraiser in support of Bodywhys
Mary Crean, Sheila Naughton and Niamh Clarke, Bodywhys



World Eating Disorders Action Day
Harriet Parsons, Niamh Clarke and Mary Crean, Bodywhys



Partnership Projects & Collaborations

WG WORKING GROUP

WORKING GROUP: EATING DISORDERS AND SPORT

In May, the International Olympic Committee (IOC) published the consensus paper on athletes and mental health¹. In addition to issues such as sleep, trauma, substance use, depression and anxiety, the paper discussed eating disorders. It is clear from the wider research literature that eating disorders have a significant impact on athlete health and performance. Bodywhys has, for some time, been aware that those working in the fitness industry and professional sports context require guidance on responding to the issue of eating disorders. Consequently, Bodywhys established a working group (WG) on eating disorders and sport. The WG includes athletes with personal experience, a psychotherapist, the Bodywhys CEO and Communications Officer, sports psychologists and a sports dietitian. A key objective of the WG is to deliver information about eating disorders to coaches working with athletes. WG meetings took place in October and November and will continue in 2020. Our thanks to Sene Naoupu for chairing the WG and to Sport Ireland for hosting the meetings.



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 in 2019 and also supported a number of the schools who participated by sending out relevant support materials.

¹ Reardon, C.L., Hainline, B., Aron, C.M. et al. (2019) Mental health in elite athletes: International Olympic Committee consensus statement. *British Journal of Sports Medicine*, 53, 667-699.



Statement of Financial Activities

	Notes	Un restricted Funds 2019	Restricted Funds 2019	Total 2019	Un restricted Funds 2018	Restricted Funds 2018	Total 2018
Incoming Resources							
Voluntary Income	6.1	10,493	-	10,493	3,621	-	3,621
Activities for generating funds	6.2	457,229	-	457,229	427,714	-	427,714
Investments	6.3	5	-	5	40	-	40
Total incoming resources		467,727	-	467,727	431,375	-	431,375
Resources Expended							
Charitable activities	7.1	410,861	-	410,861	394,601	-	394,601
Net incoming/outgoing resources before transfers		56,866	-	56,866	36,774	-	36,774
Gross transfers between funds		-	-	-	-	-	-
Net movement in funds for the financial year		56,866	-	56,866	36,774	-	36,774
Reconciliation of funds							
Balances brought forward at 1 January 2019	13	362,350	17,140	379,454	325,576	17,104	342,680
Balances carried forward at 31 December 2019		419,216	17,140	436,320	362,350	17,104	379,454

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

Approved by the Board of Directors on 30th July 2020 and signed on its behalf by:

PARVEZ BUTT **HENRY BLAKE**
 Director Director



Balance Sheet

Think Bodywhys Company Limited
by Guarantee Balance Sheet as at
31 December 2019

	Notes	2019	2018
Current Assets			
Cash at bank and in hand		453,872	399,289
Creditors: Amounts falling due within one year	11	17,552	19,835
Net Current Assets		436,320	379,454
Total Assets less Current Liabilities		436,320	379,454
Funds			
Restricted trust funds		17,104	17,104
Unrestricted designated funds		226,730	226,730
General fund (unrestricted)		192,486	135,620
Total funds	13	436,320	379,454

Approved by the Board of Directors on 30th July 2020 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 2019. Your interest in, and support of our work is much appreciated.

.....
Health Service Executive and Staff
.....

.....
St. John of God Brothers - Management Team & Order
.....

.....
Emma Balmaine, CEO, St. John of God Hospital
.....

.....
Department of Health & Staff
.....

.....
Dr. Fiona McNicholas, UCD
.....

.....
Dr. Ingrid Holme, UCD
.....

.....
Dr. Sara McDevitt, National Clinical Lead for Eating Disorders 2019
.....

.....
Double Dutch Design - Gabie Devaney
.....

.....
National Office for Suicide Prevention & Staff
.....

.....
Dr. Niamh McNamara
.....

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

.....
Sully Productions - Eavan O'Sullivan
.....



Company Information

Company
information as of
31st December
2019

DIRECTORS

Henry Blake
Parvez Butt
Marie Devine
Tiggy Hudson
Ann McCann
Sene Naoupu
Malachy Heffernan
Dermot Smith

AUDITORS

Dillon Kelly Cregan & Co.
18 Upper Mount Street
Dublin 2

REGISTERED CHARITY NO

11961

COMPANY SECRETARY

Henry Blake

REGISTERED OFFICE

18 Upper Mount Street
Dublin 2



Bodywhys Team (2019)

.....
Jacinta Hastings, Chief Executive Officer

.....
Harriet Parsons, Training & Development Manager

.....
Mary Crean, Administrator

.....
Niamh Clarke, Admin Support

.....
Kathy Downes, Support Officer

.....
Fiona Flynn, Youth Development Officer

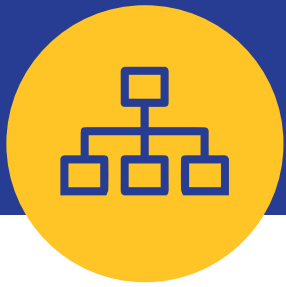
.....
Fiona Craddock, Youth Development Officer

.....
Barry Murphy, Communications Officer

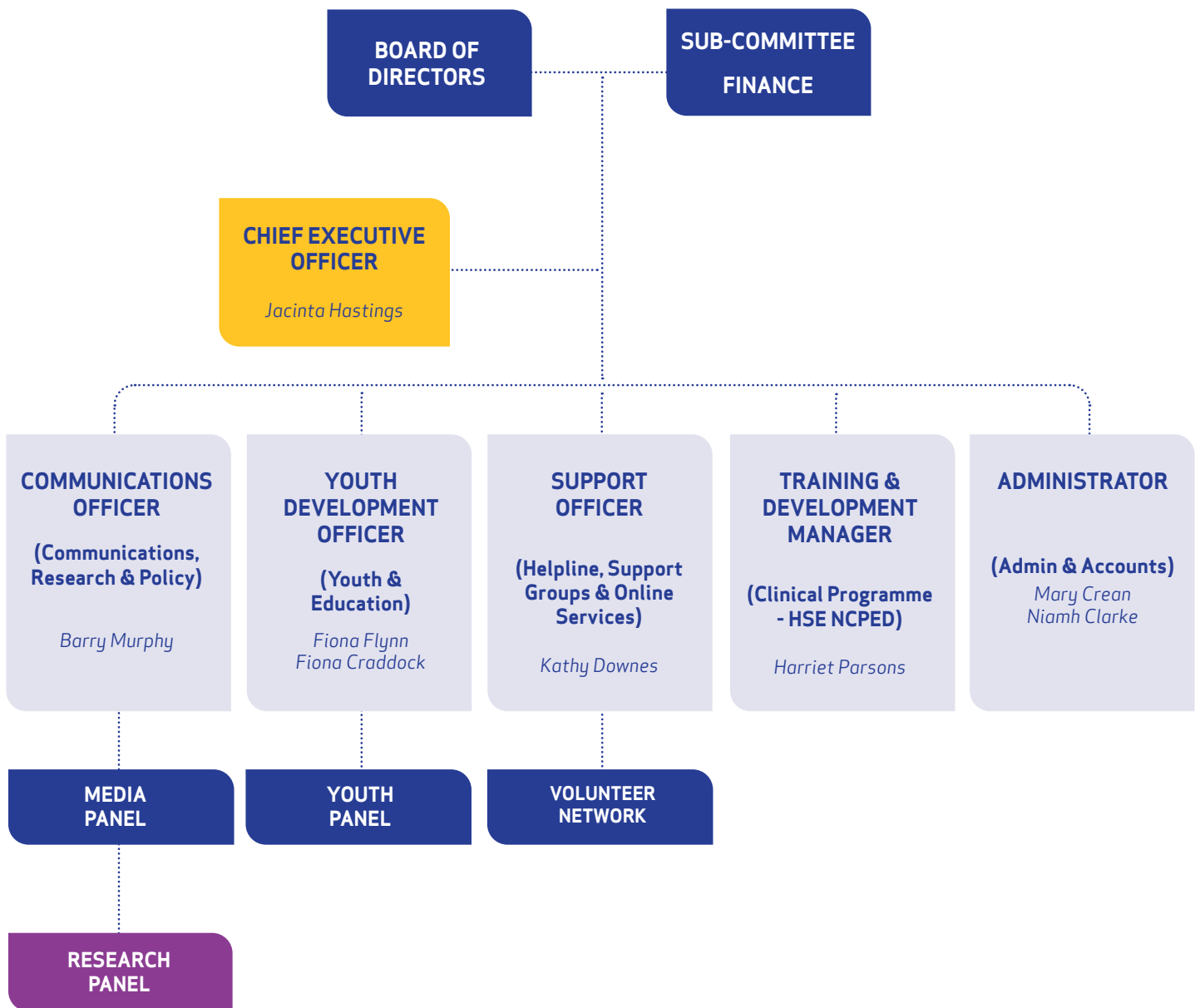
Mission Statement

“ 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





#loveislove

BODYWHYS

The Eating Disorders Association of Ireland



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T +353 1 283 4963

E info@bodywhys.ie

www.bodywhys.ie

Support Email: alex@bodywhys.ie