

Annual Report 2020

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

I am delighted to present our Annual Report and financial statements for the year ending 31st December, 2020. In this report we present an overview of our work throughout the year, ensuring our continued commitment to the provision of timely, practical and quality support services to people with eating disorders (PWED).

2020 was the most challenging of years and one in which we saw a lot of societal changes and challenges. Of course, the biggest challenge to all of us, both professionally and personally, was the unprecedented global crisis of COVID-19. In March, the Irish Government announced stringent new public health measures designed to halt the spread of COVID-19, describing them as "unprecedented actions" to respond to an "unprecedented emergency". While there has been an increase in demand for the Bodywhys support services

during this time, it has not been possible to increase staff capacity.

We must acknowledge at the outset that the team and our volunteer network, have all been very generous with their time and innovative in their solutions moving from ideas to action e.g. developing webinars; and online launches.

Due to the pandemic and the subsequent restrictions introduced, the Bodywhys team has worked remotely since 12th March, 2020. Initially the restrictive measures were expected to be in place for a short period of time, however, when it became apparent that the situation was ongoing, it was necessary to make provision for a more long-term working arrangement for the Bodywhys team. This entailed sourcing IT equipment; office equipment; and stationery, for remote working; and securing teleconferencing and licenses to facilitate virtual meetings; launches and events.

While it was a year of great change, it was also one of great strength as Bodywhys services and functions continued despite the pandemic. The main priority for the team was to ensure that all services for people with eating disorders were maintained. Apart from the Dublin face-to-face support groups, all other services were either already online or facilitated to a new online platform which in effect meant we were able to seamlessly provide a continuity of service.

We removed obstacles, found new ways to connect, and embraced new approaches to delivering our support services. The challenges presented, while maintaining the values that underpin our work, did not in any way impact on the quality of service provision.

People with eating disorders (PWED) and their families, however, did face more critical challenges. With access to daily activities reduced, routines disrupted and 'go to' coping strategies limited, anxiety and uncertainty increased. Concerns raised by PWED included the cancellation of appointments; having appointments transferred to an online facility; and having inpatient admissions deferred. Some people expressed fear over contracting COVID-19 while they themselves were medically compromised and the loss of protective factors.

Despite the increase in presentations of PWED, the diversion of allocated funds for the implementation of the NCP-ED was criticised. The inevitable delays in recruiting staff for the ED teams, will impact severely on PWED. Bodywhys will continue to address the funding crisis with the HSE, DoH and other stakeholders as a matter of urgency.

The year ended however on a more optimistic note with the COVID-19 vaccination programme commencing in Ireland on 29th December, 2020. 2020 was a year in which we saw a lot of political changes – a General Election was held in May; a new Government formed in June; and

Chairman & CEO's Report (continued)

Mary Butler T.D. was appointed as Minister of State with responsibility for Mental Health and Older People. In June, the mental health policy, 'Sharing the Vision' was launched. The successor to 'A Vision for Change' it carries forward those elements of the original policy still relevant as well as recommending the implementation of the NCP-ED.

The content of this annual report details the breadth and depth of our work over the year. The increase in presentations of eating disorder patients to health services, with a 66% increase in hospital admissions, saw a subsequent knock-on effect on the Bodywhys services. For example, the helpline experienced a 32% growth in 2020, with a 90% increase on the online support groups. Similarly, the PiLaR programme had a 121% increase compared to 2019.

Eating Disorders Awareness Week (EDAW) generated considerable

media interest and included amongst other activities, a radio ad campaign, which was repeated in Q4 of the year. In October we launched a dedicated body image resource website www.bodywhysbodyimage.ie

During the year, a number of team changes occurred when Mary Crean, a long serving, valuable and valued team member, resigned her post as Administrator. Mary's expertise however was not lost as she took up the post of Accounts Officer, working 1 day per week.

Terri Coffey, joined the team as Administrator in July. While challenging to take up a new post while working remotely, Terri, who was a volunteer with Bodywhys, settled in well to her role and to the team.

Niamh Clarke resigned from Bodywhys in March to take up a psychology post within the HSE.



Jacinta Hastings
CEO

Fiona Craddock resigned from her post as part-time Youth Development Officer, to take up a post as Research Assistant in St. Vincent's Hospital. We wish all our former colleagues our best wishes for their future success.

Finally, we wish to acknowledge the support of the Board of Directors during a challenging year. Your expertise ensured that good governance, transparency and adherence to our strategic goals guided our work in 2020. Thank you for your dedication to Bodywhys and to people with eating disorders.

As we plan for the future, we will be prioritizing our new strategic plan in 2021. As part of this process, we will engage with our stakeholders and together set targets to scale our impact across people, policy and practice.



Bodywhys supporting The Wheel recognising the work of Charities



Overview of Services



Kathy Downes
Support Officer

The Bodywhys support services are an integral part of our organisation and no less so in 2020. Uncertainty and fundamental changes to how we live now, brought about by the COVID-19 pandemic, meant services saw increased demand overall.

The support we offer is broad in range, and this year we needed to think about how to offer support and information to our users, while altering services to meet government guidelines. Online services already in place meant we could provide continuity of supports almost seamlessly.

Our focus has always been to offer a two-pronged approach to support; to provide comprehensive up to date information, and to provide a 'listening ear'. In other words, to explain and clarify eating disorder issues and treatment options, and to provide non-judgemental understanding and give time to each person who engages with us.

Our volunteers underpin all our services; it is they who keep the

supports running smoothly. We want to wholeheartedly acknowledge our committed volunteers for their tireless work in this very unusual and distressing year. In 2020 Support Officer, Kathy Downes, and Training and Development Manager, Harriet Parsons, provided training to new volunteers joining the team on the support services. Due to the pandemic, instead of the usual in-person format, this training ran for three full days and one half-day online in October, and 27 new volunteers completed the training. Each year we recruit new volunteers and this year we added to the volunteer body, enthusiastic and empathetic individuals willing to give their time. 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 and nuanced way. We would like to thank each and every one of them for the support they have given the organisation in 2020.

All of our support services are based on the ethos that we recognise an eating disorder is not about food or weight, but underlying issues and feelings of 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. Everyone is unique in their experience of an eating disorder, and this understanding is at the basis of our support.

We do not judge, but aim to provide calm, empathetic support and meet a person where that are at when they contact us. This might be a person

who has an eating disorder, or a family member looking for support, to help them support their family member. For each, we hope that 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.

Taking a look at the support services overall in 2020, we can see there has been a 26% increase in people using our support services compared to 2019. This figure must consider the fact that face-to-face support groups did not run for 10 months of the year, even with this, there is still an increase.

Looking at the breakdown of services, Figure 1 tells us that online support is a very robust part of our service, with over 81% of contact made through online contact. Of note, and outlined below, online groups almost doubled compared to 2019 figures.

Online groups	21%
Admin Email	4%
SeeMySelf	.5%
Helpline	17.5%
Support Groups	1%
Support Email	56%



Figure 1: Shows the breakdown of how people contacted Bodywhys for support in 2020

Face-to-face supports ran only for two months of the year.



Helpline

HELPLINE

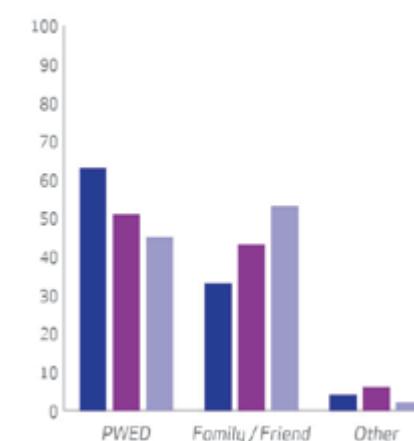
The Bodywhys helpline this year moved to remote delivery and from April to December 2020 it operated for 2 hours per day, 4 days per week. The helpline is primarily a 'listening ear' service, with the aim to deliver a safe, non-judgemental, non-directive, listening, support and information service to people affected by eating disorders.

This year there was a 32% growth in calls taken on our helpline. This is a noticeably large increase in the service, perhaps indicating the levels of support in the community needed throughout 2020. Looking at how people used the helpline in 2020, we can see that 72% of callers were calling for the first time, and 28% were repeat callers.

Looking at who called the helpline in 2020, we can see that the percentage breakdown of family and friends calling the helpline is growing by 10% year on year (see Figure 2). As our PiLaR programme reaches more and more families in need of ongoing support, other services see increased demand from families across the board.

Figure 2: Who contacted the helpline?

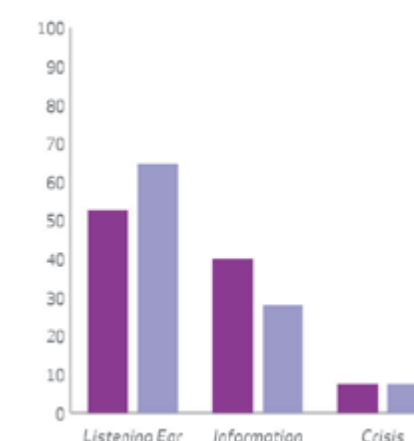
	2018	2019	2020
PWED:	63%	51%	45%
Family / Friend:	33%	43%	53%
Other:	4%	6%	2%



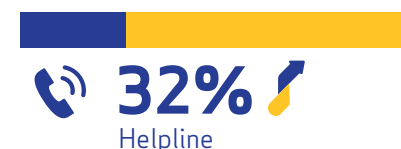
In 2020, we can see that nearly two thirds of the service users are calling the helpline to connect and talk to someone, as a means of support. Of note is that 55% of calls were between 20 and 45 minutes in duration. And 19% of conversations were between 45 minutes and one hour in length.

Figure 3: Why did people call the helpline?

	2019	2020
Listening Ear:	52.5%	64.5%
Information:	40%	28%
Crisis:	7.5%	7.5%



Eating disorders are not just a female issue, and continuing the general trend from previous years, the breakdown in gender of people with an eating disorder calling the helpline reflects a male to female ratio of 1:9.



01 210 7906

2 Hours Per Day

4 Days per Week

Helpline (continued)

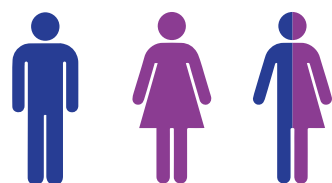


Figure 4: Gender of person with an eating disorder

	2019	2020
PWED (Male):	12%	10%
PWED (Female):	87.5%	90%
Transgender/Non-binary	.5%	



Figure 5 shows us the age, where we know it, of the person with an eating disorder, of those who have contacted the helpline from 2018-2020. Looking at year on year figures, there is yearly growth of eating disorder related calls in the younger age ranges, with one third of calls related to 15-18-year-olds.

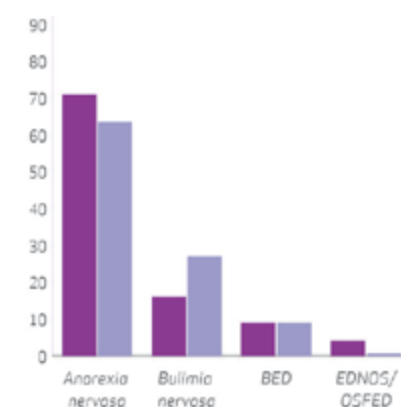
Figure 5: What age is the person with the eating disorder?

	2018	2019	2020
Under 10 years	1%	1.5%	1%
10-14 years	7%	12.5%	16%
15-18 years	20%	27%	33%
19-24 years	16%	21%	28%
25-35 years	15%	15%	14%
36-55 years	40%	14%	7%
56+ years	1%	9%	1%



Figure 6: What type of eating disorder?

	2019	2020
Anorexia nervosa	71%	63.5%
Bulimia nervosa	16%	27%
BED	9%	9%
EDNOS/OSFED	4%	.5%



We do not diagnose anyone who uses our services, 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. In 2020 there was an increase of bulimia nervosa type calls by 11% to our helpline.

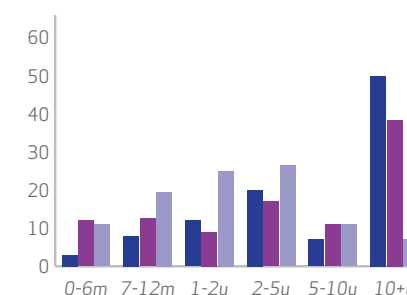
Helpline (continued)

Looking at how long a person has had an eating disorder, we can see in 2020 that most callers (where we know the duration of the eating disorder) have had an eating disorder for between 2-5 years (see Figure 7).

What is interesting in 2020 figures, is the increase in callers who had a shorter duration eating disorder, with nearly 20% of people having an eating disorder for a duration of 7-12 months, compared to 12.5% in 2019. There are different ways to interpret this figure, but this may reflect eating disorder onset in 2020 as being determined by the impact of COVID-19 and its restrictions on living.

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

	2018	2019	2020
0-6 months	3%	12%	11%
7-12 months	8%	12.5%	19.5%
1-2 years	12%	9%	25%
2-5 years	20%	17%	26.5%
5-10 years	7%	11%	11%
10+ years	50%	38.5%	7%



We do not always know from callers whether they are in treatment at the time of their call. We noted that in 2020, of the number of callers we know are engaged in treatment, 30% of them used the Bodywhys helpline on a repeat basis. Where callers were in no treatment at all, 13% called the helpline for ongoing support.

In Figure 8 we see the overall breakdown of treatment engagement of people who used the helpline.

Figure 8: In treatment

	2020
Current Treatment (None)	16%
Current Treatment (Unknown)	51%
In Treatment	33%



Figure 9 looks closer at service users' engagement in particular types of treatment (See figure 9).

That we know of, 37 % of callers have been to their GP by the time they contact Bodywhys. Of note, is that this figure grows every year; 6% in 2018, and 23% in 2019.



We saw that 33% of people are engaged in public services either with AMHS or CAMHS.

Figure 9: Type of treatment

GP only	37%
Psychotherapy	13.5%
GP + Psychotherapy	4%
GP + Psychotherapy + Dietitian	.5%
Hospital	12%
CAMHS*	20%
AMHS**	13%



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

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

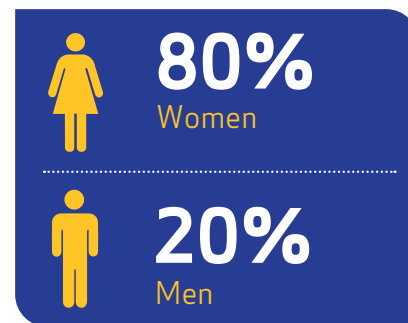
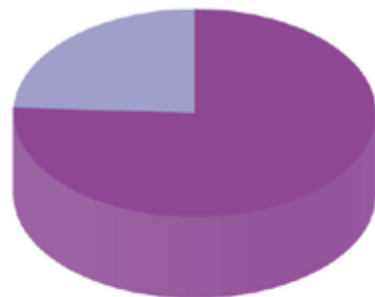
Support Groups

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 2020, these groups ran in Dublin alone, and for the short period of just over two months. Figures below are based on these two months, compared to previous yearly figures. The Dublin group runs for both people with eating disorders, and for family and friends.

Figure 10: Who attended groups?

	2020
PWED Attendees:	76%
Family and Friends:	24%



When we look at the gender breakdown of those attending groups, we see that in 2020, around 20% of people going to the support groups were male, and around 80% female (Figure 11.1).

The increase in male attendance was first reflected in our statistics in 2017 which highlights how the ways in which people feel most comfortable seeking support is very individual.

Figure 11.1: Overall Gender Breakdown

	2018	2019	2020
Male	36%	30%	21%
Female	64%	70%	79%

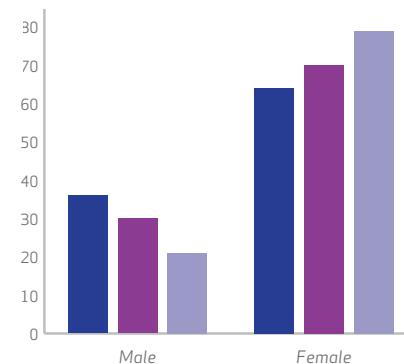


Figure 11.2: Eating Disorder Group

	2018	2019	2020
Male PWED	34%	29%	18%
Female PWED	66%	71%	82%

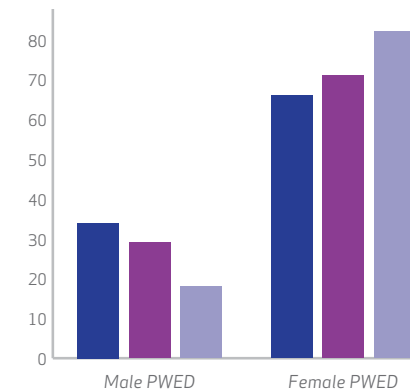
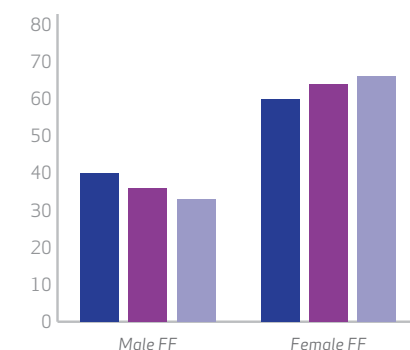


Figure 11.3: Family & Friends Group

	2018	2019	2020
Male FF	40%	36%	33%
Female FF	60%	64%	66%

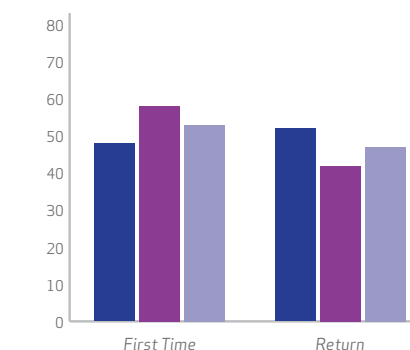


Support Groups (continued)

Figure 12 shows us that 53% of people attending our support groups were there for the first time, and 47% were returning or regular attendees. Bodywhys face-to-face groups have always had a steady influx of new members joining a cohort of returning members. This keeps the groups fresh and renewing.

Figure 12: First time or Return?

	2018	2019	2020
First Time	48%	58%	53%
Return	52%	42%	47%



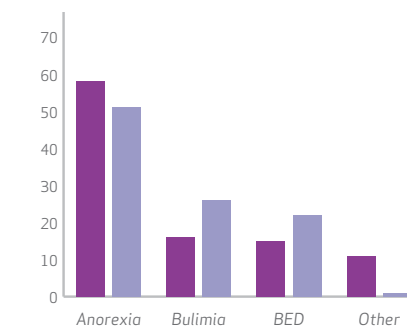
We do not diagnose people, and people attending our support groups do not have to have a formal diagnosis to attend. Where we know the type of eating disorder the person has, Figure 13 shows us the breakdown according to eating disorder type.

The Bodywhys support ethos means that people with any type of eating disorder can come together and find common ground in how they are affected by the illness (see Figure 13).



Figure 13: What type of eating disorder?

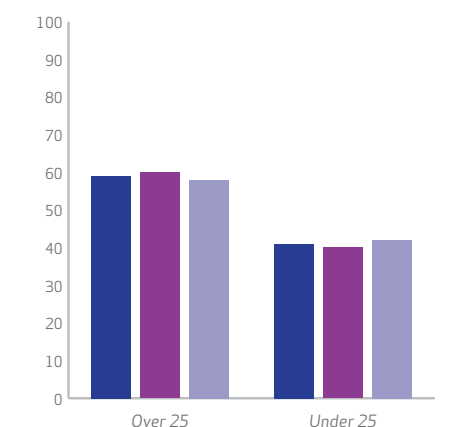
	2019	2020
Anorexia nervosa	58%	51%
Bulimia nervosa	16%	26%
BED	15%	22%
EDNOS/OSFED	11%	1%



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. Figure 14 shows the breakdown of ages in our groups.

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

	2018	2019	2020
Over 25	59%	60%	58%
Under 25	41%	40%	42%





Online Support Groups

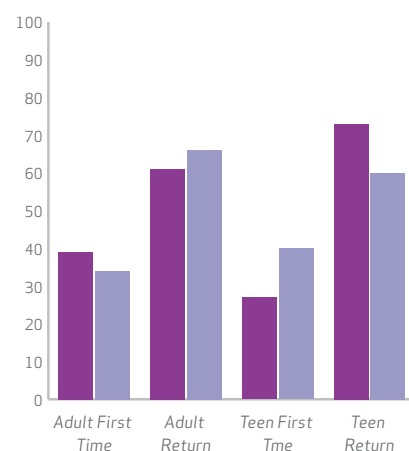
Online Support Groups

Bodywhys offers an online support group for adults and a separate group for teens. Both groups run once a week. This year saw a 90% increase in numbers attending overall.

Figure 15 shows the breakdown in those attending for the first time and those who are returning to the group. The teen group saw an increase of first-time users this year.

Figure 15: First time or return?

	2019	2020
Adult First Time	39%	34%
Adult Return	61%	66%
Teen First Time	27%	40%
Teen Return	73%	60%



90%
Online Support group

Looking at the adult group, users are asked to choose an age category when they register for the group. Again, 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 13-14: 14%
Age 15-16: 54%
Age 17-18: 32%



BodywhysConnect (adult group) attendance by ED type

Anorexia nervosa	30%
Bulimia nervosa	14%
Anorexia nervosa/Bulimia nervosa	13%
BED	20%
Overeating	4%
EDNOS/OSFED	9%
ARFID	1%
Orthorexia	1%
Other	8%

BodywhysConnect attendance by gender

Male	4%
Female	95%
Non-binary/Transgender	1%

YouthConnect (teen group) attendance by ED type

Anorexia nervosa	45%
Bulimia nervosa	21%
Anorexia nervosa/Bulimia nervosa	5%
BED	11%
Overeating	1%
EDNOS/OSFED	5%
ARFID	1%
Orthorexia	1%
Other	10%

YouthConnect attendance by gender

Male	5%
Female	94%
Non-binary/Transgender	1%



Email Support

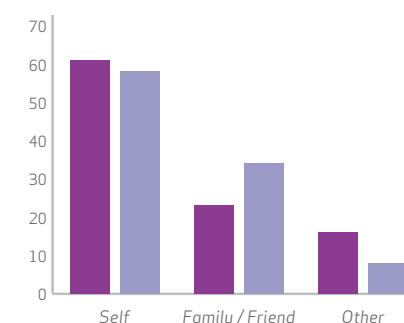
Email Support Service

'Alex' is a group of volunteers who write our email replies. "Like a helpline call in an email", is one way of describing our email support service. We get a wide range of emails to this service. Sometimes a person who contacts the service needs specific information; other times the person needs to work things out, through exploration of thoughts and feelings by writing things out. All replies are reflective, non-directive, and written specifically for the person who has emailed. The email service grows annually, and in 2020 grew by 44% on 2019 figures.

When we look at the breakdown of who contacted the service, we can see that as per 2019, people contacting for themselves was still majority, but of note, and like our helpline, family and friends contact grew by 10%.

Figure 18: Who contacted the email service?

	2019	2019
Self	61%	58%
Family/Friend	23%	34%
Other	16%	8%



Looking at these figures we can see that in 2020, the higher percentage of services users wrote for a listening ear (see Figure 19). Crisis emails also reflects a need for understanding. Listening ear, together with crisis emails, shows 56% of people needed more than just instruction or signposting.

Figure 19: Why did people email Bodywhys?

Listening Ear	53%
Information	44%
Crisis	3%



Looking at the gender breakdown of emails from a person with an eating disorder, we see more females than males contacted this service (see Figure 20).

Figure 20: Gender of person with an eating disorder

	2020
Male	7%
Female	93%



Looking at the age of those with an eating disorder presenting on the email service, in 2020, Figure 21 shows us that 56% were aged in the 15-24 years old bracket. The biggest increase in 2020 is in the age 15-18 range at nearly one third, this reflects the helpline statistic. Looking at child and adolescent eating disorders through our email correspondence, we can see that 43% of emails concern under 18s.

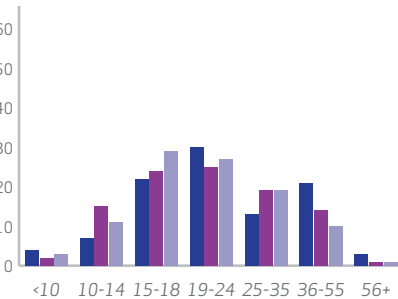


...a helpline call in an email...

Email Support (continued)

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

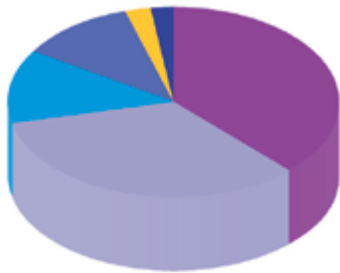
	2018	2019	2020
Under 10	4%	2%	3%
10-14	7%	15%	11%
15-18	22%	24%	29%
19-24	30%	25%	27%
25-35	13%	19%	19%
36-55	21%	14%	10%
56+	3%	1%	1%



As with all our services, we do not diagnose anyone who makes contact with us, and people do not need to have a diagnosis to use our support services. Of all emails received, in one third of them we do not 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

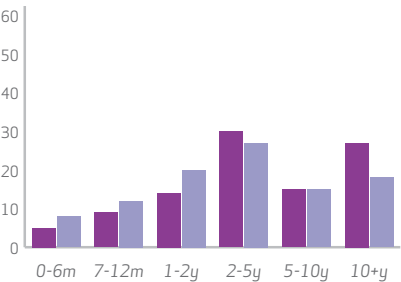
	2020
Anorexia nervosa	38%
Bulimia nervosa	11.5%
BED	12.5%
EDNOS/OSFED	2%
ARFID	2.5%
Unknown	33.5%



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. Once again, we see a small increase in shorter duration.

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

	2019	2020
0-6 months	5%	8%
7-12 months	9%	12%
1-2 years	14%	20%
2-5 years	30%	27%
5-10 years	15%	15%
10+ years	27%	18%



We do not always know from those who email whether they are in formal treatment. As with the helpline, looking at treatment accessed this year, we have broken down individual treatment services to get a more accurate picture of treatment engagement (See Figure 24).

Email Support (continued)

Figure 24: Type of treatment

	2019	2020
None	3%	31%
GP only	19%	16%
GP + Psychotherapy	5%	5%
Psychotherapy	13%	12%
Dietitian	1.7%	2%
Dietitian + Psychotherapy	.3%	1%
Inpatient over 18	5%	8%
CAMHS	9%	15%
AMHS	17%	9%
Other	3%	1%



Looking at the breakdown in numbers, where we do not know whether the emailer is in treatment, we know that 86% of those are using our email service on a repeat basis. Where the emailer was not in any treatment at all, 71% of this group used the email service on a regular basis. So a noticeable amount of service users engage in Bodywhys services completely outside any treatment. The email service is a place where the person can get support both alongside treatment, and as a way to maybe open up to the idea of treatment when they are ready.



Training & Development



Harriet Parsons
Training and Development Manager

OVERVIEW

The role of the Bodywhys Training and Development Manager is to provide, supervise and implement the support component of the HSE NCP-ED (National Clinical Programme for Eating Disorders) Model of Care. This is delivered via various work components, listed below. It should be noted that in all aspects of work, the goals and values of the HSE NCP-ED, and Bodywhys, are central and promoted.

1. PiLaR programme, Family Support Programme for those supporting a person with an eating disorder.

The PiLaR programme is delivered by Bodywhys in support of, but not confined to, the HSE's Model of Care for Eating Disorders.

Supporting family and parents has always been a core aspect of our work at Bodywhys. Our family support programme is a **free**, four-week (1 evening per week) structured programme offered to parents and families/friends of a person with an eating disorder, incorporating both psycho-education and support, as well as practical advice and skills to help them support their loved one towards recovery.

The programme is delivered over four weeks, each week building on the knowledge from the last. Topics covered are:

- Understanding an ED as a coping mechanism
- The main types of EDs and the mindset that accompanies each
- Common features including distorted body image, black and white thinking, difficulty making decisions, and super-sensitivity

- How to think through an ED cycle to provide a framework for understanding
- Understanding how the person with an ED interprets their world – sensitivity, thinking style, the role of disordered eating behaviours
- Reframing behaviours to allow for better support
- Separating out the person from their eating disorder
- Avoiding power struggles
- Communication skills
- How to have conversations
- Especially for siblings
- Understanding triggers
- What is recovery?
- Treatment – working or not working – how to ask questions of healthcare providers
- Managing relapse

As you can see in Figure 25, 2020 began with face-to-face PiLaR Programmes being delivered in Cork, Arklow and Dublin. Following the national lockdown in March 2020, the programme moved online.

Training & Development (continued)

Figure 25: 2020 PiLaR programme for family members, carers and parents

Format	When & Where	Figures
Face-to-face, pre-COVID-19	Cork & Arklow, Jan 23rd-Feb 13th	48 attended
Blended: 2 weeks face-to-face pre-COVID-19 and 2 weeks online due to restrictions	Dublin March, 4th-25th	35 attended
Online once-off event	April	72 attended
Online	May 21st-June 11th	102 attended
Online	September 24th-October 15th	154 attended
Online	November 5th-26th	272 attended

683 People attended the PiLaR programme in 2020

121% increase on 2019's numbers

In December 2020, the Training and Development Manager established a bi-monthly, 'Post-PiLaR' Support Group for parents who had attended the PiLaR Programme and who need ongoing support. This support group runs online for 1.5 hours and allows for a maximum of 15 people. There were 15 attendees at both groups in December 2020.

2. Attendance at NCP-ED meetings

Throughout 2020, the Training and Development Manager attended monthly NCP-ED oversight meetings. These meetings allow for the sharing of developments and information as well as ensuring collaboration and consistency of support to the NCP-ED.

September/October 2020

Are you supporting a family member with an eating disorder?

If so, this free course is for you

PiLaR: Peer Led Resilience 4-week programme

EVENING PROGRAMME FOR FAMILIES AND FRIENDS

When: 4 Thursdays September-October (starting 24th September)

Time: 7pm - 9pm

Delivered online: please email pilar@bodywhys.ie for more information

Attendance is FREE but booking is essential.

To book, please contact: **Terri Coffey** (pilar@bodywhys.ie) or the Bodywhys office at info@bodywhys.ie

3. Professional Training delivered:

Providing CPD training for professionals (Clinicians, Allied Health Professionals, Talking Therapists, Addiction Services) continues to be a central part of the Training and Development Manager’s role. Despite the pandemic and the subsequent lockdowns, 2020 saw continued demand for professional training in supporting people with eating disorders.

Date	Title	For...	Mode of Delivery
January	Working Therapeutically with people with Eating Disorders	Staff and clinicians working in Cuan Mhuire, Galway	In Person
January	Working Therapeutically with people with Eating Disorders	TCD Higher Diploma in Mental Health Nursing	In Person
February	Understanding Eating Disorders and Supporting your service	Nurses in training on ED module, St. Angela’s Sligo, and staff of St. Angela’s College Sligo.	In Person
February	Supporting your service	TCD support/counselling staff (counselling staff, GP, psychiatrists, disability services, student services and sports coaches)	In Person
February	Understanding Eating Disorders & Supervisory session	Tusla residential home in Finglas	In Person
May	Understanding Eating Disorders	FEANSTA – online webinar for this organisation that was attended by European agencies supporting people in homelessness	Online
June	Understanding Eating Disorders	RockTrust Edinburgh – online training session for staff working at this organisation supporting people in homelessness in Edinburgh.	Online
October	Understanding Eating Disorders	RockTrust Edinburgh– online training session for staff working at this organisation supporting people in homelessness in Edinburgh.	Online
November	Understanding Eating Disorders	Staff of AIG Ireland group	Online
November	Short video on Bodywhys	Psychiatrists in training	Online
December	Working Therapeutically with people with Eating Disorders	Galway CAMHS staff	Online

4. Attendance and presentation at events/conferences:

When	What	To Whom
February	Delivered information talk on supporting families, and Bodywhys	CUH Jnr MARSIPAN Training day
February	An overview of 2019 work and plans for 2020	NCP-ED Network day
February		Irish National Eating Disorder Conference, TCD, Dublin.
May	Contributed video on Bodywhys PiLaR Programme	Family Recovery Virtual Conference
September		Attended a UK based Webinar on Tackling Obesity
October	Understanding Eating Disorders	Kerry MH Week, online
October	ADHD and Eating Disorders	ADHD Annual Conference
November	Experience of taking the PiLaR Programme Online	Cork Kerry EDSIG Webinar
November	Experience of taking the PiLaR Programme Online	NCP-ED Network Morning

5. Development

When lockdown came in March 2020, we were in the middle of a PiLaR programme and this had to be paused while we began to work from home, and get to grips with a rapidly changing world. Knowing that many parents needed support, the Training and Development Manager produced six helpful videos, based on the FAQs that come up at PiLaR Programmes. These videos covered:

- Treatment options in Ireland
- Dealing with difficult/explosive behaviour
- Dealing with setbacks in recovery
- Encouraging an adult to accept help
- Avoiding shutdown
- Eating Disorders: how to support someone



December 2020 saw the development of a project to produce a take-home journal for PiLaR participants.

Based on the content of the PiLaR Programme, this journal is being designed for participants to use and work through as they attend each week of the programme. In addition to this, the journal can be used as a resource for ongoing support with helpful information and exercises to support participants as they support their person with an eating disorder towards recovery.

In December, Bodywhys developed a script for a new animation to add to our library of resources. This animation focuses on a Dad’s journey of coping with his daughter’s diagnosis with anorexia nervosa and will be completed in 2021.

Also in December, the Training and Development Manager formalised the different types of information and training presentations and workshops, to meet the growing demand from various sectors for professional and CPD training in the area of eating disorders.

6. Other Areas of work

Up until the lockdown in March 2020, the Training and Development Manager attended the Longford/ Westmeath EDSIG meetings every 6 weeks, and the Carlow/Kilkenny ED Hub Meetings as arranged. These meetings have been paused during the lockdowns.



SeeMySelf

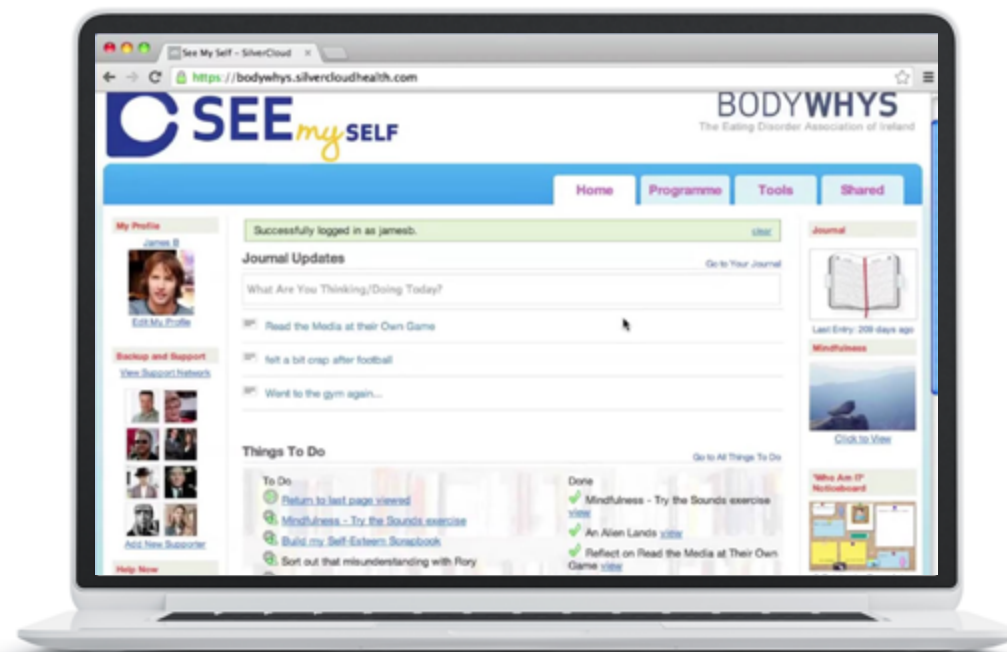
SeeMySelf: Psycho-education Programme

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 supports. 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.

In 2020, 14 new participants engaged in SeeMySelf, meaning that SeeMySelf more than doubled in participants in the past year.

Year	No. of Participants
2018	6 Participants
2019	6 Participants
2020	14 Participants



Communications



Barry Murphy
Communications Officer

MEDIA QUERIES

February, March and July were the busiest months for queries in 2020. In keeping with previous years, most requests originated from print media and radio outlets.



RADIO

24



TELEVISION

05



PRINT

27



ONLINE

14

Topics included:

Slimming clubs, the Mental Health Act 2001, food addiction, Eating Disorders Awareness Week, women's health, body dysmorphia, the impact of social media, COVID-19's impact on eating disorders and body image, successful women and eating disorders, hospital admissions for eating disorders, recovery, muscle dysmorphia, eating disorders and older adults, the quality of public health services in Ireland, recovery, athletes and sport, men and bulimia nervosa, TikTok and problematic content, mid-size bodies and binge eating disorder.



Media Spotlight on Eating Disorders

In January and February, the print media focused on mental health, Taylor Swift and Freddie Flintoff's personal experience of eating disorders and online safety.

In March and April, coverage was given to the HSE's new app for eating disorders, eating disorders amongst 8-year-olds, that eating disorders are not primarily about food, recovery and overeating during lockdown.

In May and June, autism and eating disorders, personal stories, comfort eating in lockdown and social distancing, funding for mental health and eating disorders in boys were highlighted.

In July and August, the print media reported on body image, children in state care, admissions to psychiatric units, how recovery isn't easy, recovery from binge eating disorder and the personal experiences of Roz Purcell and Evanna Lynch.

In September, there was coverage of how the pandemic has impacted eating disorders, the effects of an eating disorder on families and TikTok's response to weight loss ads.

In October, the media focused on overcoming eating disorders, coping with binge eating disorder and retouching apps, children and body image, the film *Body of Water*, which depicted a woman in her 30s affected by anorexia nervosa.

In November and December, tips on coping with eating disorders during lockdown, the Netflix series *The Crown* which featured a storyline about bulimia nervosa, whilst plans for online safety commissioner in Ireland and potential fines for internet and technology companies who failed to meet safety standards also received coverage.

Articles by Keyword (Print and online)

Anorexia nervosa: 241
ARFID: 4
Bulimia nervosa: 105
Binge eating: 19
Eating disorders: 219
Body image: 155
Bodywhys: 193
Other:* 29

*orthorexia, muscle dysmorphia, body dysmorphia

January, February, March, July, September and December were busiest periods for print and web articles. 59% of all articles were web-based, 40% were from the print media. 81% of articles referencing Bodywhys were web-based.

Eating Disorders Awareness Week (EDAW) #EDAW2020

EDAW was busy period for media activities, with requests from *Cork 96FM*, *Dublin City FM*, *FM104*, *Kildare Post*, *Kiss.ie*, *KFM*, *Ireland AM*, *the Irish Independent*, *Irish Sun*, *Midwest Radio*, *Near FM*, *Newstalk*, *RSVP Live*, *Shannonside FM*, *RTÉ's Ray D'Arcy Show* and *Q102*.



Top news sources by reach:

- *Irish Independent*, *Irish Times*, *Irish Examiner* (web editions)
- *Irish Sun*, *Sunday Independent* (print)

Top news sources by volume of articles:

- *Irish Examiner*, *Irish Independent*, *Irish Times* (web)
- *Irish Examiner*, *Irish Daily Star* and *Irish Daily Mail* (print)

Top sources with keyword – Bodywhys:

- *Irish Independent*, *Irish Examiner*, *BreakingNews.ie*, *TheJournal.ie* (web)
- *Sunday Independent*, *Irish Sun* (print)



Online Presence

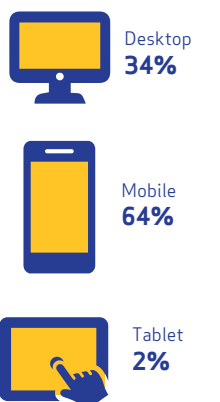
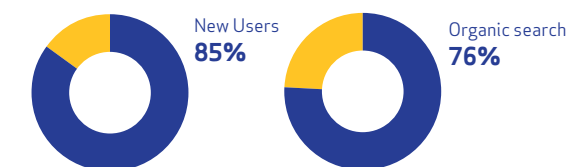
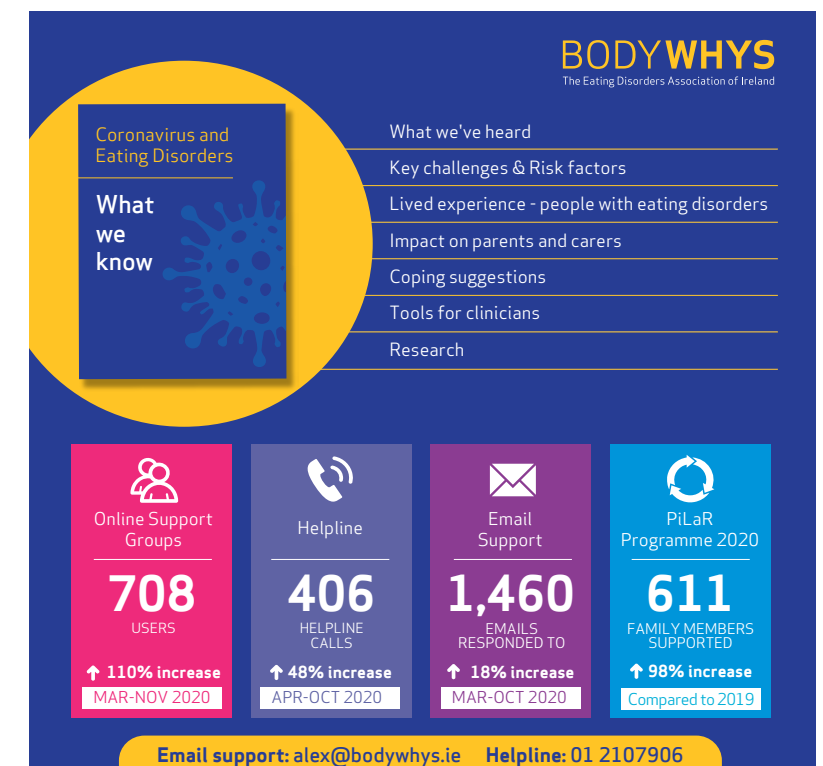
In keeping with how busy Bodywhys support services were throughout 2020, our web presence also saw increased traffic. An evidence-based guide to eating disorders and COVID-19 can be found on our website <https://www.bodywhys.ie/understanding-eating-disorders/COVID-19-eating-disorders/>. Throughout 2020, 6 issues of our eBulletin were produced and circulated.

Website

77% of all visitors who accessed www.bodywhys.ie were based in Ireland, followed by 8% from the United States and 6% from the United Kingdom. February, April, May, September, November and December were the busiest months of activity on the website. 85% of visitors were new users, whilst 76% of users came via organic search. There were approximately 465,516 page views, reflecting a 46% increase compared to 2019. 64% web traffic came through mobile phones, 34% from desktop computers and 2% via tablet devices. The most accessed sections of the site, in order, were: the helpline, treatment guide, binge eating disorder, support services, understanding eating disorders, bulimia nervosa, personal stories, warning signs for anorexia and statistics.

Headline Awards

Four stories of lived experience of eating disorder were nominated by Headline as part of recognising positive media coverage of mental health. Sheila Naughton won: "Special recognition - for a non-media professional who has made a valuable contribution to mental health content" for her August 2020 interview on the *Ryan Tubridy Show*, *RTÉ Radio 1*.



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 the PiLaR programme
- EDAW and Christmas messages
- Personal stories
- International Men's Day
- Research posters
- The launch of the new Bodywhys body image website and body image webinars
- Articles about COVID-19 and eating disorders

On Twitter, Bodywhys generated over 642,400 impressions through the year, a 58% increase compared to 2019. Popular tweets throughout

the year included those from the eating disorders conference in February, reference to media interviews, facts about eating disorders, supports for parents, research opportunities and details of the HSE's new app. 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. Bodywhys live tweeted from #ICED2020, the International Conference on Eating Disorders (ICED), hosted by the Academy for Eating Disorders (AED), featuring speakers such as Prof. Ivan Eisler and Dr. Mima Simic. Dr. Simic also spoke at UCD's Academic Child and Adolescent Psychiatry Summer School series in September, organised by Prof. Fiona McNicholas, about the pandemic and eating disorders.

Online Safety

In September, Bodywhys met with the Broadcasting Authority of Ireland (BAI) to discuss online harms. Online safety was agreed as a priority as a part of the programme for government. Bodywhys worked with staff from Twitter's Policy Team in Dublin in relation to the #ThereIsHelp initiative, which went live in December.

Supporting Researchers

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

- Exploring how social groups shape eating disorder recovery
- Your youth health project – exploring the wellbeing of young people during the COVID-19 outbreak
- An exploration of the eating disorder voice in bulimia nervosa
- Impact of COVID-19 restrictions on people with eating disorders
- Being a minority: men's experiences of having an eating disorder
- Fathers' experiences of parenting a child/adolescent with an eating disorder

Meeting with Advertising Standards Authority of Ireland (ASAI)

In December, Bodywhys met with the ASAI to discuss the use of airbrushing in advertising, following a concern raised by a member of the public.



Youth Development



Fiona Flynn
Youth Development Officer



Fiona Craddock
Youth Development Officer

In 2020 the Bodywhys Youth Development Team commenced the year with a presence at large youth events. Fiona Flynn presented in January at the Cycle Against Suicide Students Congress to 4,000 secondary school students nationwide who were in attendance. The presentation on 'Body Image & Mental Health' was very well received and Bodywhys also hosted a busy information stand at the event.



Also in January, Fiona Craddock hosted an information stand at the TY Show in Thomond College, Limerick which was well attended.

Understanding body image

In 2020 our capacity to deliver talks in schools and youth groups nationwide was greatly impacted by the COVID-19 Restrictions. Bodywhys spoke to over 5,000 students through school talks and youth events in the first few months of the year. Following the COVID-19 restrictions on 12th March, the Bodywhys Youth Development team shifted the focus to the development of online resources for teachers to use in schools and the development of a new website dedicated to body image.

The Youth Development Team worked to develop a comprehensive new website with sections for young people, parents and a dedicated

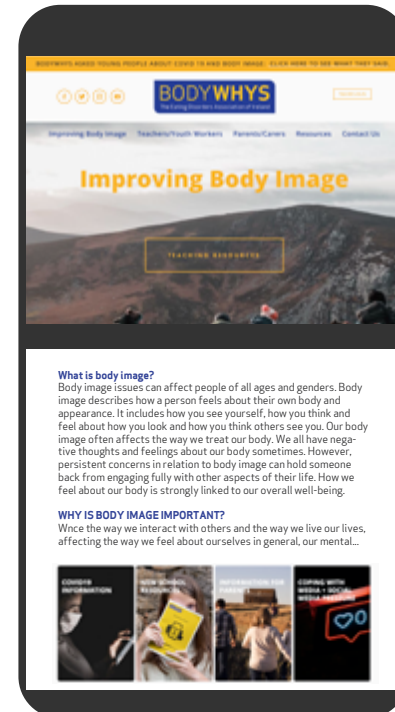
schools section with a range of information for schools and access to the new Bodywhys #MoreThanASelfie programme for secondary schools. The new website and youth sections were all developed in collaboration with the Bodywhys Youth Panel who reviewed and evaluated the videos, links and information for inclusion on the youth section. Fiona Craddock left Bodywhys in early October but her support in the development of the website during 2020 was greatly appreciated and we wish her well in her future endeavours.

The new bodywhysbodyimage.ie website and new resources for secondary schools were launched

on 15th October 2020. Dr. Colman Noctor, Child and Adolescent Psychoanalytical Psychotherapist spoke about the impact of social media on body image at the event, Fiona Flynn, Youth Development Officer with Bodywhys documented the development of the website and resources and detailed the #MoreThanASelfie Programme results, Laura Walsh, a member of the Bodywhys Youth Panel talked about body image from a youth perspective and Sene Naoupu, member of the Bodywhys Board of Directors and Ireland women's rugby union international spoke also and launched the resource.



Bodywhys Body Image Website Virtual Launch Invitation



Body Image Web Page

Webinars

In November Fiona Flynn delivered a number of webinars on body image as part of a public lunchtime webinar series:

- November 19th – Improving body image
- November 26th – Promoting positive body image in children and young people who are recovering from an eating disorder



Third Level

Fiona Flynn also continued to input to modules at third level, including the Real World Psychology Module at Maynooth University and lectures on 'Understanding Eating Disorders' to Nursing and Social Sciences and other relevant courses at Third Level nationwide. Fiona also continued to work closely with welfare teams and with USI on events to promote positive mental health, awareness of eating disorders and body image through infographics and information to share on social media. This included supporting the USI Togetherness Week (Le Chéile) in October 2020.

Bodywhys also contributed body image content to UCD Feminist Society on body image during COVID-19 for their website and newsletter.

Media Work

In 2020 the Youth Development team continued to input to the media on the topic of young people, eating disorders, body image and related concerns. This included an article with *Stellar* magazine on body image concerns during COVID 19 and tips to promote a healthier body image at this time. The Youth Development Team also put together an article for *EVOKE* on body image concerns during the COVID 19 restrictions, social media pressure and body image, media and eating disorders.

During Eating Disorders Awareness Week 2020, Fiona Flynn presented at the 5th Irish National Eating Disorders Conference in Dublin on #MoreThanASelfie - Evaluating the efficacy of a brief school based intervention to promote media literacy and improve body image in young adolescents. Fiona also presented later that week at the Sligo Eating Disorders Conference.

#MoreThanASelfie





Other Activities



Mary Crean
Administrator



Niamh Clarke
Admin Support



Terri Coffey joined the Bodywhys team as the new Bodywhys Administrator in July of 2020



FUNDRAISING ACTIVITIES

In 2020, a number of people organised fundraisers to raise money in support of Bodywhys. We are always so grateful and appreciative of people's generosity, as well as creativity around fundraising ideas. Some of the fundraisers in 2020 included taking part in the Virtual Vhi Women's Mini Marathon in October, marathons, and charity runs. Bodywhys would like to thank everyone for their support.



Róisín Ó Donovan – Marathon run in support of Bodywhys



Sinead Loughran – Charity run in support of Bodywhys

Other Activities (continued)

Eating Disorders Awareness Week

Eating Disorders Awareness Week

Eating Disorders Awareness week (EDAW) ran from March 2nd – March 8th. In the lead up to, and throughout the week, a number of events took place across Ireland, including:

Date	Event	Location
Friday, February 28th	Irish National Eating Disorders Conference	Dublin
Wednesday, March 4th	Free public information evening	Mullingar, with Longford/Westmeath Mental Health Services
Wednesday, March 4th	Free Bodywhys PiLaR Programme for parents, carers and family members	Dublin
Thursday, March 5th	Launch of the HSE Eating Disorder App	Dublin
Thursday, March 5th	Free Eating Disorders Conference	Sligo

In May, Bodywhys attended The Wheel's Virtual Summit. Over 470 users logged in, with guest speakers from Barnardos, Pobal, the National Federation of Voluntary Bodies, the Daughters of Charity Child and Family Service and the Department of Rural and Community Development. In December, Bodywhys attended the HSE's Generation COVID webinar which focused on the experiences of those aged 15-25. A number of videos were presented, ranging from ADHD to psychosis and eating disorders.

eMEN Project, Mental Health Reform

eMEN is an EU-funded eMental Health project aimed at improving mental health in Europe. In May, Bodywhys attended a briefing which focused on adapting to COVID-19.

Working Group: Eating Disorders and Sport

The working group (WG) on eating disorders and sport continued to meet during 2020, although meetings moved online due to the pandemic. In September, the WG undertook a survey of coaches to understand their knowledge and experiences of eating disorders and Relative Energy Deficiency in Sport (RED-S). Towards the end of the year, the planning for three coach education workshops began, with the aim for delivery in 2021. Our thanks to Sene Naoupu for chairing the WG and to Hannah Tyrrell, Gerard Butcher, Dr. Kate Kirby, Dr. Sharon Madigan, Dr. Matt Lockett and Dr. Siobhain McArdle for sharing their knowledge, experience and skills.



HSE Eating Disorders App launched in March, 2020

From left: Harriet Parsons, Bodywhys; Martin Curley, HSE Digital Transformation; Sene Naoupu, Bodywhys Board of Directors; Dr. Sara McDevitt, HSE Child & Adolescent Psychiatrist



World Eating Disorders Action, 2nd June 2020

2020 National Eating Disorders Conference - #edconf20

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

150 people attendance the conference. Speakers and topics included:

Topics	Speakers
<i>Hope for Eating Disorders? Current Status of Treatment and Research Outcomes</i>	Anna Keski-Rahkonen, Professor of Mental Health, University of Helsinki
<i>My Experience with Anorexia – The Fashion Industry and Eating Disorders</i>	Nikolett Bogar
<i>#MoreThanASelfie – Evaluating the Efficacy of a Brief School Based Intervention to Promote Media Literacy and Improve Body Image in Young Adolescents</i>	Fiona Flynn, Youth Development Officer – Bodywhys
<i>Family-based Pro-active Self-care for Eating Disorder Recovery</i>	Nick and Carol Pollard
<i>Building Recovery Focused Relationships with People with Eating Disorders: A Key Component to Successful Outcomes</i>	Dr. Jean Morrissey and Dr. Kielty Oberlin



Prof. Anna Keski-Rahkonen



Fiona Flynn



Nick Pollard



Dr. Jean Morrissey



Dr. Kielty Oberlin



Gerard Butcher



Partnership Projects & Collaborations

During the year, we have been working in close collaboration with many partners in the mental health sector to make sure that people with eating disorders are fully supported. As the national association for eating disorders, Bodywhys called on government to implement their commitment to eating disorder services as outlined in the *Programme for Government*, as well as the implementation of the recommendations in *'Sharing the Vision'* to invest fully in the National Clinical Programme for Eating Disorders (NCP-ED) as a matter of urgency.

Sharing the Vision Policy:

In June, the CEO attended the virtual launch of the mental health policy, *'Sharing the Vision'*. The successor to *'A Vision for Change'* it carries forward those elements of the original policy still relevant as well as recommending the implementation of the NCP-ED.



HSE MEETINGS AND ENGAGEMENTS

Weekly Briefings:

Jim Ryan, Assistant National Director for Mental Health, HSE, at the outset of the pandemic, established a weekly briefing for all section 39 (S39) mental health organisations, funded by the HSE, to establish the impact of COVID-19. All S39 organisations submitted activity stats, on a monthly basis, for the HSE's dashboard provision. A Business Continuity Plan was prepared and submitted as requested. A psychosocial framework mapping exercise was also completed, as requested by the newly established Mental Health and Well-being Unit.

Partner Packs:

Partner Packs were developed by the HSE Communications Department, to encourage public messaging on hand hygiene; respiratory etiquette; and social distancing. The HSE requested funded partners to engage with messaging from appropriate and reliable sources. These Partner Packs are still being issued on a regular basis and will continue throughout the duration of the pandemic.

Service Level Agreement:

An online meeting was held with Jim Ryan and his team to undertake an annual review of our Service Level Agreement (SLA) commitments delivered during 2020 and to discuss funding arrangements for 2021.

National Patient Engagement Forum:

Through the HSE's National Patient Engagement Forum, the CEO was invited to join the Steering Group for the HSE/HIQA's Public Engagement on the Consent Model for the collection, use and sharing of personal health information. This is a major project to undertake the groundwork for the progression of an ehealth system and implementing a change management process towards how data is utilised for services and population health.



Through the Forum, the CEO, participated in a range of consultations including:

- HIQA Healthcare Audit Consultation Forum.
- Trauma Orientated Services and Recovery Working Group.
- GDPR (General Data Protection Regulation) in the area of health and secondary use of data for medicines and public health (convened by the European Medicines Agency - EMA).
- National Mental Health Engagement and Recovery partners.

HSE/NHS Interactive Workshop:

- The Chairman attended an HSE/NHS Interactive Workshop on patient engagement within health services.
- The Chairman also attended a briefing on Building Trust through Compliance, hosted by Mason, Hayes and Curran.

COLLABORATION WITH OTHER ORGANISATIONS

Mental Health Reform:

Mental Health Reform organised a series of weekly webinars for members.

Topics included:

Mental Health: The Policy Context

- Mental Health: The European Context
- Mental Health: The Irish Context
- MHR: The Gender Context

The CEO together with members of the team and board, attended all four of the webinars.

Marie represents Bodywhys at MHR's grassroots forum meetings.

The Wheel:

The Wheel organised a series of webinars for members throughout the year, addressing issues within the community and voluntary sector. Marie attended a number of webinars including Choose the Challenge event.

The CEO attended a briefing meeting convened by The Wheel, for members who receive HSE funding to advise re the findings of a report, requested by the Minister for Health, Simon Harris, TD, regarding the role of voluntary organisations in providing health

and social services and supports. The Wheel will continue discussions with the DoH to implement the recommendations detailed in the report.

Children in Hospital:

The CEO attended the planning meeting of the Children in Hospital group in January. The Chairman, Parvez together with Malachy, attended the follow-up seminar. Children in Hospital Ireland host bi-monthly virtual meetings and the CEO represented Bodywhys in 2020.

Taskforce on Women's Health:

The CEO was invited to make a presentation to the Taskforce on Women's Health on 4th December. The taskforce is meeting with agencies to establish priority areas for health issues. There will be ongoing engagement between the taskforce and agencies.

Care Alliance Ireland:

During National Carers Week, Care Alliance Ireland, of which Bodywhys is a member, held an online conference for families recognising the increased burden on carers during the pandemic.

- Bodywhys supported International Men's Day in November.
- St. Patrick's Mental Health Services hosted a webinar in September on Life Without Mental Health Stigma: A Conversation, including speakers Minister Mary Butler, T.D., and Paul Gilligan, CEO.
- The See Change Green Ribbon Campaign was launched on 1st October.
- A new 24/7 crisis text line, 50808, was launched in June. This service is being co-ordinated by SpunOut.

- A webinar on eating disorders and COVID, organised by Prof. Fiona McNicholas, UCD was held on Friday 4th September.

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 the Cycle Against Suicide Student Leaders' Congress in 2020.



Statement of Financial Activities

	Notes	Un restricted Funds 2020	Restricted Funds 2020	Total 2020	Un restricted Funds 2019	Restricted Funds 2019	Total 2019
Incoming Resources							
Voluntary Income	6.1	15,267	-	15,267	10,493	-	10,493
Activities for generating funds	6.2	486,637	-	486,637	457,229	-	457,229
Investments	6.3	-	-	-	5	-	5
Total incoming resources		501,904	-	501,904	467,727	-	467,727
Resources Expended							
Charitable activities	7.1	408,583	-	408,583	410,861	-	410,861
Net incoming/outgoing resources before transfers		93,321	-	93,321	56,866	-	56,866
Gross transfers between funds		-	-	-	-	-	-
Net movement in funds for the financial year		93,321	-	93,321	56,866	-	56,866
Reconciliation of funds							
Balances brought forward at 1 January 2020	13	419,216	17,104	436,320	362,350	17,104	379,454
Balances carried forward at 31 December 2020		512,537	17,104	529,641	419,216	17,104	436,320

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 4 June 2021 and signed on its behalf by:

PARVEZ BUTT
Director

HENRY BLAKE
Director



Balance Sheet



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 2020. Your interest in, and support of our work is much appreciated.

	Notes	2020	2019
Current Assets			
Cash at bank and in hand		555,701	453,872
Creditors: Amounts falling due within one year	11	(26,060)	17,552
Net Current Assets		529,641	436,320
Total Assets less Current Liabilities		529,641	436,320
Funds			
Restricted trust funds		17,104	17,104
Unrestricted designated funds		226,730	226,730
General fund (unrestricted)		285,807	192,486
Total funds	13	529,641	436,320

Approved by the Board of Directors on 4 June 2021 and signed on its behalf by:

PARVEZ BUTT

Director

HENRY BLAKE

Director

-
- Department of Health
-
- Dr. Fiona McNicholas, UCD
-
- Dr. Ingrid Holme, UCD
-
- Dr. Sara McDevitt, National Clinical Programme for Eating Disorders
-
- Dr. Michelle Clifford, National Clinical Programme for Eating Disorders
-
- Health Service Executive and Staff
-
- National Office for Suicide Prevention & Staff
-
- Dr. Niamh McNamara, Nottingham Trent University
-
- Rhona Jennings, Programme Manager, National Clinical Programme for Eating Disorders
-
- St. John of God Brothers - Management Team & Order
-
- Guy with Red Beard - Daire O'Suilleabhain
-
- Sully Productions - Eavan O'Sullivan



Company Information

Company information as
of 31st December 2020

DIRECTORS

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

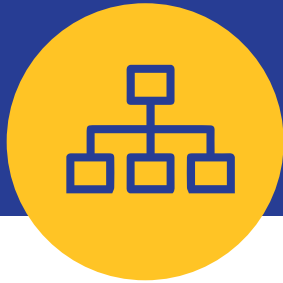


Bodywhys Team (2020)

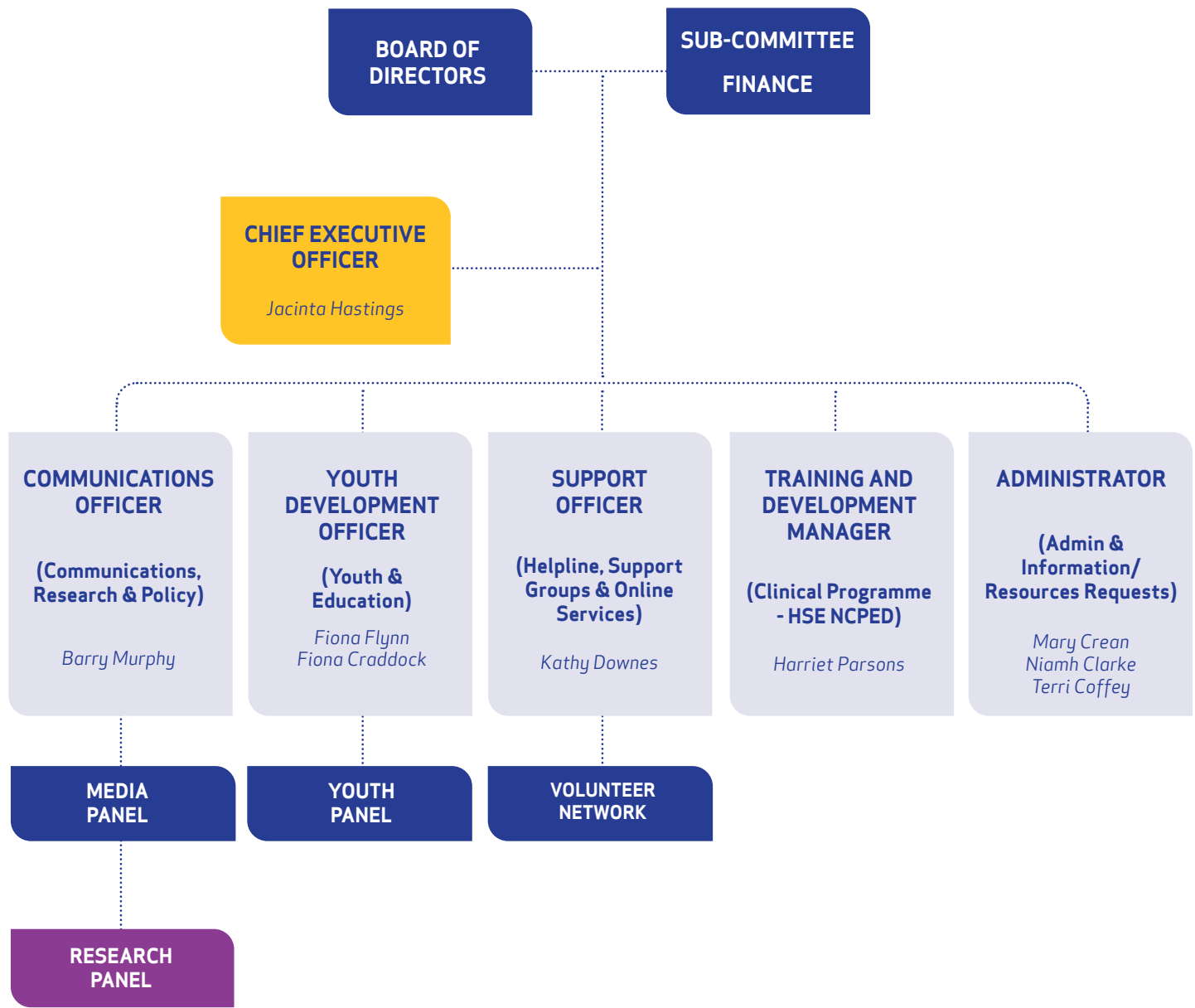
Jacinta Hastings, Chief Executive Officer
Harriet Parsons, Training & Development Manager
Mary Crean, Administrator
Niamh Clarke, Admin Support Officer
Kathy Downes, Support Officer
Fiona Flynn, Youth Development Officer
Fiona Craddock, Youth Development Officer
Barry Murphy, Communications Officer
Terri Coffey, Administrator

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 healthcare needs of people affected by eating disorders”



Organisation Chart



BODYWHYS

The Eating Disorders Association of Ireland

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Seirbhís Sláinte
& Forbairt
Building a
Better Health
Service

