



EDENnews

No. 30 - December 2010

'Promoting Body Satisfaction'

It's hard to believe the holiday season is upon us once more! This month we have warmly welcomed Amanda Bennet as EDEN's new Fundraising Coordinator - a six month position made possible by the Vodafone NZ Foundation's GEM program. **A huge thanks to Vodafone NZ for awarding this funding to EDEN!**

So what's inside our last newsletter for 2010.... turn to page 2 for some helpful suggestions on enjoying the Holiday period. Page 3 reports back on EDEN's 2010 Love Your Body Celebration, with some stunning pictures of the models being painted, after-shots and even some in-action pictures on pages 4 & 5. Page 6 talks about EDEN's Body Image Leaders in schools and how the schools involved celebrated Love Your Body for 2010. Open up to page 7 for some handy New Year's Resolutions and preview EDEN's new resources that are showcased on page 8.

We hope you all have a safe and happy holiday break - and don't forget the sunblock and sunnies! It looks like it's going to be a long hot summer!



*Happy
Holidays
from
all of us
at EDEN!*



EDEN Services

EDEN offers a range of services, providing support for individuals and loved ones of those with an eating difficulty, including:

- Counselling Services
- Support Services Appointments
- Support Groups
- Workshops
- Health Promotion Services
- Education & Information to schools, community groups, gyms, and Health Professionals
- Books and Resources on Body Image & Eating Difficulties

Acting Agency Manager: Theresa Peters (manager@eden.org.nz);

Support Services Coordinator: Victoria Marsden (support@eden.org.nz);

Education Services Coordinator: Marcella Cameron (youth@eden.org.nz);

Accounts Administrator: Rebecca McMillan (admin@eden.org.nz).

EATING DIFFICULTIES EDUCATION NETWORK

www.eden.org.nz

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 1245. PH 09 378 9039

Enjoying the holiday season...



The holiday season is a time for celebration on many fronts! As this time of year often includes a number of functions that can involve the sharing of a meal, it can also be a time of stress for those who struggle with eating issues.

Some helpful suggestions to keep stress and worry to a minimum over the holiday period:

- ◆ Ease into the holiday season by focusing on activities that don't involve food, such as putting up decorations, or sending cards.
- ◆ Plan some alternative activities that you can do when you are feeling stressed or overwhelmed, e.g. taking the dog out for a walk, take a drive somewhere or call a friend.
- ◆ Check in with your body before and while you are eating—Am I feeling hungry? Am I feeling full?
- ◆ Remember that all food is neutral.
- ◆ Stay away from any kind of good food/bad food thinking or conversation.
- ◆ If it makes you feel better, organize your own food to take to a function or a meal, and let the host know that you will be doing this, in advance.
- ◆ If you are hosting a meal, allow people to bring food that they feel OK eating, if they wish to.
- ◆ If things don't go as planned, remember that one meal will not make a significant difference to your body.
- ◆ Try to shift the focus away from food and counting calories, to celebrating, and spending time with loved ones.
- ◆ Work out your own support system in advance — identify close friends and/or family members that you can reach out to for support, if and when you need it.
- ◆ Take care of yourself—if this means not going to a function, (or going to a function), then do what feels right for you at the time.
- ◆ Surround yourself with people who have healthy relationships with their bodies, and who do not focus on food and weight. When attending gatherings, bring a trusted family member or friend along with you, if you can.

***And most of all, have a happy and safe
Holiday and New Year!***

LOVE YOUR BODY



2010

International Love Your Body Day (Saturday 16th October), 2010 started bright and early for the three amazing EDEN volunteers; Maxine Burbery, Jennifer Brewer and 'Curvaceous' Dee, and their personal body painters: Chris Lajdes of Ruby Jack, Jane Ellis from Rainbow Rascals and Magdalena O'Connor.

This team of inspiring women, and their supporters gathered at Ruby Jack studio in Kingsland, to transform EDEN's three volunteers into walking masterpieces! Upon the completion of the painted body suits, along with a very vocal troupe of followers, they took to the streets of Kingsland, to spread the Love Your Body message. Gathering supporters on the way, the crew then proceeded to stop traffic on Ponsonby Rd, inspire spontaneous applause in the Viaduct and cause much excitement in Mission Bay!

Lots of fun was had by all, and EDEN's Love Your Body message for 2010 was delivered like never before! A huge thanks again to; Maxine, Jennifer, Dee, Chris, Jane and Magdalena, and to Ruby Jack for the donation of studio time. Three cheers, also to the group of supporters who took to the streets of Auckland, and helped us deliver this very important message with originality and style!



I have a dream...

I have a dream that one day this nation will rise up and live out the true meaning of body love: "We hold these truths to be self-evident, that all bodies are created equal."

I have a dream that one day on the black sands of Bethells, the tangata te whenua of Aotearoa will be able to walk confidently in their speedos, bikinis, mankinis and jandals.

I have a dream that one day even the state of Auckland, a state sweltering with the heat of media manipulation, sweltering with the heat of conformity and oppression, will be transformed into an oasis of freedom and justice and body love.

I have a dream that my two islands, North and South, will one day be a nation where people will not be judged by the shape of their bodies but by the content of their character.

I have a *dream* today!

Courtesy of St Dominic's College BILS 2010





Love Your Body EDEN, 2010



Love Your Body @

School too!

2011



As always, students in EDEN's BILs (Body Image Leaders) program, from St. Dominic's College, Epsom Girl's Grammar School (EGGS) and Mt. Roskill Grammar (MRGS) celebrated Love Your Body at their respective schools—which is not a small feat considering the number of students these celebrations involved!

Students at St. Dominic's College created a mural celebrating Love Your Body by asking students to put their handprint on the wall to promote diversity and body appreciation, and traded lollipops for each appreciation comment they received 'I love..... something about my character'. Great work in promoting a move away from commentary away from the body! St Dominic's College BILs also put a Body Loving spin into Martin Luther King's I Have a Dream Speech—see text box on pg.3). Well done girls!

BILs at EGGS created a hand print mural also and raised money with a 'Guess how many Jellybeans in the Jar' campaign. Marcella from EDEN also delivered a lunchtime "We are more than what we see" presentation to interested students.

Finally, MRGS celebrated Love Your Body earlier this year as part of their Peace Week. This included creating an EDEN ribbon that was worn by BILs, and gave lollipops to those who offered a positive statement about their body.

We look forward to seeing what brilliant ideas the BILs come up with to celebrate Love Your Body day in 2011!

Would you like BILS in your School?

The Body Image Leaders (BIL's) programme is a training programme for a group of 8-10 students who are interested in becoming peer educators.

The aim is to train these students to provide for their peers; education, information and referral; and to promote awareness in their schools around body image and eating issues. EDEN provides these peer educators with four offsite trainings per year, fortnightly school visits, support for the school coordinator and the students involved, assistance with school wide issues as they arise, referral pathways, and access to resources.

Contact: info@eden.org.nz today for more information!

New Year's Resolutions for 2011

1. Appreciate at least one thing about myself every day.
2. Start a gratitude journal - write down three things that I feel grateful for, each day.
3. Approach myself and my body with kindness.
4. Accept my body exactly the way it is.
5. Celebrate size diversity at all levels.
6. Boost body image in myself and those around me.
7. Give dieting the boot, once and for all.
8. Celebrate health at every size.
9. Eat when I am hungry, stop when I am full and rest when I am tired.
10. Live life to the fullest every day!



EDEN AGM

Date: Friday 17th December 2010

Time: 4.30pm

Location: EDEN — 1 Garnet Rd,
Westmere.

Drinks & Nibbles to follow AGM

Please RSVP to admin@eden.org.nz by
4pm, 14th December

**Eating Difficulties Education
Network**

Phone: (09) 378 9039

Web: www.eden.org.nz

**Keen to keep up with all the news
and events at EDEN ?????**

**Why not Become our friend on
Facebook?!!**

**EDEN,
Auckland**

Look us up, today!



If Not Dieting Empowerment Cards (\$30)

A pack of 64 cards containing a key message and a beautiful nature photograph. Pick a card each day to provide help, support and inspiration to: enjoy food without feeling guilty, increase your eating awareness, enjoy moving your body, and improve how you feel about yourself. **Email: info@eden.org.nz**



Why make your dreams weight?



New EDEN posters available now!
Contact: admin@eden.org.nz



www.eden.org.nz

1 Canal Road, Westmere, Auckland 1022 | p: 09 279 8039
email: info@eden.org.nz | PO Box 79 205, Auckland 1240

Our purpose is to promote body trust and satisfaction, size acceptance and diversity on an individual and societal level.

www.web/corner

This edition, we preview some of the great positive body Facebook pages. If you are reading this online, click on the links or add these to your profile today!

◆ Eating Difficulties Education Network (EDEN)

Yes, our very own FB page! EDEN is based in Westmere, Auckland NZ and our purpose is to promote body trust and satisfaction, size acceptance and diversity on an individual and societal level.

<http://www.facebook.com/eatingdifficultieseducation>

◆ The Body Image Project

A movement to reframe body image and enable everyone, everywhere, to discover and celebrate the real you.

<http://www.facebook.com/bodyimageproject>

◆ Any-body

A website giving women a voice to challenge the limited physical representation of females in contemporary society.

<http://www.facebook.com/pages/Any-Body/110917209795?v=info>

◆ REVOLUTION OF REAL WOMEN.

A global movement advocating the empowerment of females in reclaiming their freedom of individuality, self-esteem and unique beauty.

<http://www.facebook.com/RevolutionOfRealWomen?v=wall>

◆ Real Beauty Is

At Real Beauty Is, we empower women to let go of limiting beliefs about yourself and define beauty on your own terms.

<http://www.facebook.com/pages/Real-Beauty-Is/393000672245?v=wall>

◆ Eating Awareness Team (EAT)

Eating Awareness Team - offering support, education and prevention for those affected by eating disorders and disordered eating in the South Island, New Zealand

<http://www.facebook.com/eat.nz>

◆ End Fat Talk

Tri Delta End Fat Talk page. Some great End Fat Talk clips can be found here.

<http://www.facebook.com/FatTalkFree>

◆ Letters To My Body

Fostering body kindness and promoting stronger self-esteem; One letter at a time.

<http://www.facebook.com/pages/Letters-To-My-Body/130475635958?v=info>

Why make your dreams weight?

www.eden.org.nz

Are you hungry for change?

For eating and body image issues, information and support, call Eden on 379 8039



www.eden.org.nz

Thank you for not talking about your diet.

Please be considerate of others... please don't obsess about your weight in this area.

www.eden.org.nz

Promoting body satisfaction

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New EDEN postcards available now!
Contact: admin@eden.org.nz

Take care of your body. It's the only place you have to live.

~ Jim Rohn ~





COMING EVENTS

Eating Disorders Awareness Week

"It's time to talk about it"

February 20th — 26th 2011

EDEN's new look website has been launched! Go to www.eden.org.nz & check us out!



Nourish

The aim of Nourish is to promote body confidence, self-esteem and critical thinking for young people. Nourish fills a gap in resources currently available for young people in New Zealand.



Nourish fits comfortably into a five module plan covering; influences on body image, critical media literacy, dieting and body trust, breaking the mould (challenging appearance bullying and promoting diversity) and taking up space (using the ideas from Nourish to create personal and social change).

EDEN's 'Nourish' training package includes a facilitator's workshop, the 'Nourish' booklet, a DVD, CD of images, and Facilitator's Guide (with safety guide).

Nourish is suitable for: Nurses, Counsellors, Gym Instructors, Youth Group Leaders, Mental Health Workers, Support Staff, Therapists, Youth Workers, Teachers, Tutors, Life Coaches... and anyone else who works with youth on a regular basis.

Would you like to be informed about upcoming Nourish workshops in 2011? If so, please email info@eden.org.nz and ask to be put on our 2011 information list to hear more closer to the workshop dates!

EDEN
Holiday
closedown



Please note that EDEN will be closing at the end of business on Thursday 23rd December 2010 and re-opening on Monday 17th January 2011. If you need urgent support during this period, please contact your GP or call LIFELINE on (09) 522-999 or 0800 543 354.

DO YOU KNOW ABOUT PAYROLL GIVING?

From Jan 7th 2010, IRD have introduced payroll giving. That means that if your employer is registered, you can donate to EDEN through your payroll and you get 33.3 cents back for every dollar you give, in the same pay period.

EDEN gets **NO** government funding...so sign up with your employer now and help us continue to help the community!! Donate \$20 per month and it only costs you \$13.33!

Thanks to all of our funders ...

including the ASB Community Trust, United Way New Zealand, the Auckland Community Organisation Grants Scheme, the New Zealand Lottery Grants Board, the Auckland City Council, the JR McKenzie Trust, ARA Lodge Charitable Trust, the Todd Foundation, Waitakere Licensing Trust, Working Together More Fund, Vodafone NZ Foundation and the Lion Foundation.



ASB Community Trust
Te Kaitiaki Putea o Tamaki o Tai Tokerau

supported by **ASB**



EDEN

**EATING
DIFFICULTIES
EDUCATION
NETWORK**

Services & Support

If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on (09) 378 9039 or email us at:

support@eden.org.nz

To check out EDEN's resources (books, stickers, postcards), visit:

www.eden.org.nz

Yes I would like to give a gift and support EDEN



- \$20 funds a face-to-face session with our support worker
- \$50 funds a counselling appointment for somebody struggling with disordered eating
- \$150 funds a young woman to attend EDEN's 10-week support group
- \$250 subsidises a young 'Body Image Leader' to train and work for a year in their school promoting body satisfaction.

I would like to donate: \$20 \$50 \$100 \$150 \$250 Gift of choice \$_____

Payment options:

You can pay online via our website **www.eden.org.nz**
(Under 'About EDEN' tab—'Make a Donation')

Cheque (payable to EDEN)

Direct credit:

Account name: EDEN

Account number: 12-3077-0329692-000

Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Please add me to your mailing list

Please take my name off your mailing list

Please return this slip to: EDEN, PO BOX 78 005, AUCKLAND 1245.

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