



EDEN

EATING
DIFFICULTIES
EDUCATION
NETWORK

EDEN is Looking for a New Home

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EDEN is Looking for a New Home!

EDEN – The Eating Difficulties Education Network - is a small (but mighty!) not for profit organisation which carries out counselling and support work, alongside health promotion and education. We are the only community based eating difficulties organisation doing early intervention and prevention work in the North Island.

We are currently looking for a new space to call home. This document provides detailed information about EDEN and the space we are looking for.

Are you, or someone you know, a generous individual/organisation who is able to provide us with a space to keep doing the important work we do? If so, we want to hear from you! We don't take up much room, but we have a big impact. You'll be amazed at what we do with a small, dedicated team in a small space!

Contact: Deb Schwarz (nee Levy) - manager@eden.org.nz or (09) 3789039 x4

Introduction to EDEN

EDEN is a small not for profit community organisation, established in 1990 to provide community based services for people with eating difficulties. Our focus over the last 13 years has shifted from problem based service provision to include prevention and health promotion that recognises the interconnectedness of weight and size issues in all their forms.

There are two broad areas into which EDEN service provision falls:

- working with individuals, and
- working at the level of public health promotion and eating issues prevention.

Our work with individuals is based on self-referral and aims to provide an environment in which people can share their difficulties, identify their options, and access counselling support and resources.

Our health promotion work is informed by EDEN's experience working with individuals, combined with research evidence concerning the cultural origins of eating and body image difficulties.

We recognise that focussing at the level of the individual around issues of eating, weight management and body image can be limited given a cultural context of confusing and contradictory messages and values about weight.

EDEN believes that a culture of dieting and body dissatisfaction potentially leads to body image problems and eating difficulties. We seek to promote environments that celebrate diversity, support body satisfaction and sustainable physical activity and that encourage eating in response to appetite.

EDEN's Mission

EDEN's Mission Statement:

To promote body trust and satisfaction, size acceptance and diversity on an individual and societal level.

EDEN's Philosophy



EDEN's Values

Advocating for change

We understand that the 'personal is political' & that there are links between women's & men's distressed experiences of eating & body management, & the societies in which they live. Eating issues cannot be separated from issues to do with gender & power.

People are resourceful

We assume that all people have unique understandings about the eating difficulties they experience. EDEN seeks to make visible the knowledges & competencies of clients so that they can value & harness these resources in their struggle with eating issues.

EDEN does not support a weight loss focus

Such approaches may introduce people to disordered eating & have not been shown to independently improve health.

Health is a holistic concept

It incorporates physical, emotional, spiritual, individual, family & community elements.

Diversity

EDEN respects, celebrates & promotes diversity & accepts that a 'one size fits all' approach is inappropriate.

Empowerment

EDEN is responsible for working in ways that promote individuals' control over their lives & which respect their ability to make decisions & change, in the light of their own belief systems. In line with this EDEN has a policy of self referral.

Health at every size

This includes eating when hungry & stopping when satisfied; taking part in enjoyable & sustainable exercise; & finding ways to appreciate & enjoy our bodies regardless of size & shape.

Te Tiriti O Waitangi

EDEN recognises Te Tiriti O Waitangi as the basis for the relationship(s) between Maori & Pakeha & is committed to the development & support of services that promote equity for Maori.

Professional Practice

EDEN strives to work in ways which are professional & ethical. Current research informs our practice.

Collaborative Approaches

EDEN seeks to work in collaborative ways within the agency, with individuals & within the wider community

EDEN's Aims

EDEN aims to:

- Support and resource individuals who contact us regarding their own or another's eating issue.
- Resource and educate health professionals, community agencies, and schools.
- Work to create environments that support body satisfaction.
- Advocate for a view of health that is indexed to well-being rather than weight.
- Contribute to the development of public health policy concerned with issues of nutrition, weight, and activity.
- Raise awareness of EDEN's approach so that it is well known, incorporated and accepted in NZ Education, Health and Social Sectors

Charity Status

EDEN is a Registered Charity No: CC20159

EDEN's People -Staff and Contractors

EDEN currently has four staff positions and several additional contractor roles:

Staff

EDEN currently has four staff roles which altogether make up 2.5 FTEs

- Acting Agency Manager- Deb Schwarz (nee Levy)* (approx 32 hours)
- Accounts Administrator - Rebecca McMillan (20 hours)
- Support Coordinator - Victoria Marsden* (20 hours)
- Education Coordinator - Marcela Cameron (28 hours)

Contractors

- Facilitator - Deb Schwarz (nee Levy)*
- Facilitator - Chris Johannis
- Counsellor/Facilitator - Maree Burns
- Counsellor/Facilitator - Victoria Marsden*
- Counsellor/Facilitator - Jane Tyrer

** Note: Vic and Deb currently hold dual roles*

EDEN's People - Governance

EDEN's Governance Board is made up of volunteers with a wide range of skills, qualifications and experience:

- Fiona Critchon (outgoing)

- Janet Whiteside (outgoing)
- Christy Parker
- Annalise Roache
- Toni Ingram
- Stephanie Slaven (incoming)

Governance is currently undertaking recruitment for more members.

EDEN's Services and Resources – Overview

EDEN offers a range of support and health promotion services. These are mainly based in Auckland, although we are able to extend some of our services nationwide.

Support Services

- Phone support.
- Email support.
- Face-to-face support meetings for individuals, families and supporters
- Resources (including posters, postcards, stickers, comprehensive support booklets for individuals/families/etc).
- Library (including books and literature, videos and DVDs).
- Support groups for individuals affected by eating difficulties.

Counselling services

- Individual counselling services on a sliding scale reduced rate.
- Access to three EDEN Counsellors (including after hours counselling).

Nourish Training

- EDEN's latest resource and training package for those working with youth.
- Nationwide Delivery (Workshops held in Auckland and Wellington, and coming up in Whangarei, Christchurch and Dunedin).
- Package includes 4 hour training, Nourish workbook (includes information, activities and worksheets), facilitators guide (tips, ideas, questions, variations), safety guide and DVD.



Body Image Leader Peer Education Program

- Secondary School Students trained as health promoters, referrers, activists and educators.
- Around 50 Body Image Leaders in five schools across Auckland.
- Training, support and resources provided by EDEN.

- Working alongside an in-school counsellor or teacher who runs the programs in their school.
- Three inter-school trainings per year.
- Fortnightly visits from the EDEN Education Coordinator.

Other In-Schools Health Promotion

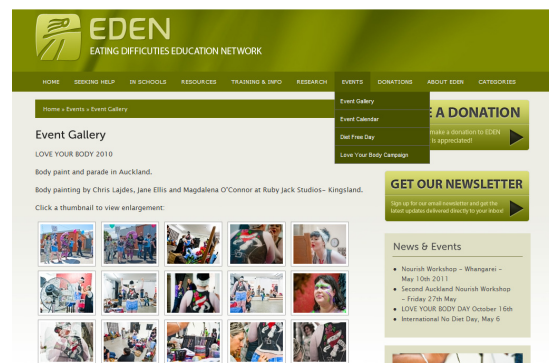
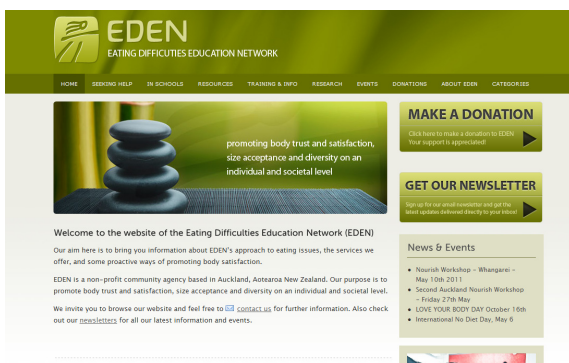
- Teacher training.
- Parents evenings.
- Curriculum development.
- Policy advice and support.

Other Services

- Training and workshops – including health professionals, university lectures, specialist organisations, community groups, and others.
- Weekly University of Auckland Drop In Service and Workshops
- Community education.
- Advocacy (including EDEN's annual LOVE YOUR BODY DAY campaign).
- Active member of the research community, presenting at national and international conferences
- Media response and specialist commentary in the area of disordered eating.

More Information on Resources and Services - EDEN Online

For more information on the work EDEN does and the resources and services listed above see EDEN's website - www.eden.org.nz.



EDEN's website is regularly updated and includes:

- Additional information about EDEN's resources and services
- EDEN's information (background, values, mission, people, contact)
- Information for those seeking help
- Information for those in supporting roles
- Information for health professionals and educators
- Research
- News and Events (including newsletter, calendar, gallery, etc)

- Donations online

EDEN also has regularly updated Facebook and Twitter accounts which are maintained by the Education and Support Services Coordinators. To find us, search for 'EDENAuckland' or link from our website.

People Contacting EDEN

Statistics for the 12 months to end of Nov 2010:

- counselling visits increase by 24% (677 visits in 11 months)
- new clients increased by 16% (324 clients in 11 months)
- 11403 hits made to our website
- 31234 contacts were made to EDEN in the 12 months to June 2010, through varied mediums – phone/email/mail/website.

Accommodation

EDEN's offices and counselling rooms are based at 1 Garnet Rd, Westmere.

We are now looking for a new home and would like to move to new premises.

EDEN's current accommodation requirements include:

- A minimum of four work stations (for the Manager, Support, Admin/Accounts, and Education/Youth roles)
- Waiting space with capacity for at least 4 people to be seated at any one time
- Access to two Counselling/Support Meeting rooms
- Access to a meeting room to fit up to 12 comfortably for occasional meetings (a few times a year)
- Space/phones that allow confidential calls to be made to clients, GPs, etc.
- Toilet facilities
- Tea/Coffee making facilities for clients

Our current use of space is outlined in the table below:

Space Currently Used

Day	Time needed	Services/Meetings
Monday	6.30pm-9.30pm (Weekly)	Counselling clients
Tuesday	9.30am – 5.30pm (Weekly)	Support Meetings
	9.30am – 10.30am (Fortnightly)	Staff Meeting
	3pm-7pm (Weekly)	Counselling Clients
	3.15pm-4.15pm (Fortnightly)	Peer Supervision
	2.15pm-3.15pm (Bi-monthly)	Full Agency Meeting
Wednesday	10am – 5.30pm (Weekly)	Counselling Clients
	8am – 4pm (Weekly)	Counselling Clients
	5.30pm-9.30pm(Monthly)	Governance
Thursday	10am – 5.30pm (Weekly)	Counselling Clients
	6pm - 9pm (3-Weekly)	On-going Support Group
Friday	9.30am – 5.30pm (Weekly)	Support Meetings
	<i>8am – 4pm (Weekly)</i>	<i>Counselling Clients (Future possibility as we get more clients)</i>
Saturday	8.00am – 2pm (Weekly)	Counselling Clients

Note: The above schedule means we would need access to two counselling rooms Tuesday-Wednesday