



EDENnews

No. 29 - October 2010

'Promoting Body Satisfaction'

Love Your Body 2010 has arrived! Turn to pg. 2 to read about how EDEN is going to celebrate this year! This edition's web-corner features some great LYB sites on the net (pg.6), and we also suggest some catchy tunes to begin your own LYB soundtrack!

2010 also sees EDEN turn 20! Check out pg. 4 for details on EDEN's 20th Anniversary. Finally, this newsletter, we farewell Rochelle Aitken and welcome Marcella Cameron and Rebecca McMillan to the EDEN team - pg.3.

We hope you enjoy it!



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 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

LOVE YOUR BODY 2010



Launched over a decade ago by American organisation -The NOW Foundation (National Organisation of Women), the Love Your Body initiative is celebrated internationally in October. EDEN has celebrated the three key LYB messages; promoting body satisfaction, celebrating body diversity and raising awareness and funds for eating and body image difficulties since 2008, in a number of exciting and different ways. These have included the creation of LYB merchandise, a LYB mural event in Aotea Square, an international movie premiere, and have supported our Body Image Leaders (BILS) to hold various events in their respective schools.

This year, we have jumped outside the box yet again, and will celebrate LYB with style! On Saturday **October 16th**, three gorgeous EDEN models Maxine Burbery, Jennifer Brewer and 'Curvaceous' Dee Morgan have volunteered to be painted by professional body painters; Chris Lajdes of Ruby Jack, Jane Ellis from Rainbow Rascals and Magdalena O'Connor, who are generously donating their services for the day. Thanks to all! A huge Thank you also to Ruby Jack who are donating their studio for the day! The body painting process will take 4-5 hours, after which Maxine, Jennifer and 'Curvaceous' Dee will head out to high traffic areas in Auckland city.

That's right... these EDEN volunteers, accompanied by EDEN staff and crew, will be clothed in paint only, as they spread the Love Your Body message throughout Auckland. They will be passing out stickers and postcards, and collecting donations to help EDEN continue to deliver the education and support and counselling services we currently provide.

So head down to Ponsonby, Newmarket, the Viaduct and Mission Bay in the afternoon of **Saturday October 16th** to help us celebrate Love Your Body month for 2010! And don't forget your wallets!! Every cent counts!

For more information about this event, including how you can be involved and media enquiries, please contact EDEN on info@eden.org.nz. See you all there!

Farewell!

This month we farewell EDEN's Accounts Administrator, Rochelle Aitken. Rochelle joined EDEN in 2008, and has played a crucial part in the smooth running of EDEN's accounts and administration. During her time at EDEN, she also completed many of the behind-the-scenes jobs that help an agency like EDEN function well, for which we are very grateful!

Rochelle leaves us to take up the position of Finance Manager at Variety - The Children's Charity. We wish you all the best in your new role Rochelle!



Welcome to EDEN!

Marcella Cameron has recently joined the team at EDEN after graduating from Health Science and Promotions at AUT in 2009. Marcella has stepped into the Education/Youth Services Coordinator role at EDEN and we are delighted to welcome her!

EDEN has also welcomed Rebecca McMillan, as Accounts Administrator to the team. Rebecca has a background in Chartered Accountancy and comes to EDEN from Belmont Primary School. She is a member of Board of Trustees at Belmont Primary and is a Budget Advisor for North Harbour Budgeting Services. Welcome aboard Rebecca!

Thank you to Deloitte's Computers for Charities!



EDEN would like to thank Deloitte for their very generous donation of a Laptop through their recent Laptops for Charities drive. A big thanks to Rachelle Betti also, for putting EDEN forward to be considered as a recipient. This has allowed us to set up an additional workspace in our front office!
Thank you!

*Why make your
dreams weight?*



www.eden.org.nz

1 Green Road, Belmont, Auckland 1021 | p. 09 375 9209
email: info@eden.org.nz | PO Box 78 305, Auckland 1340

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

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

EDEN's 20th Anniversary!

EDEN began as a small community agency called WEED (Women who Experience Eating Difficulties), in 1990, in response to the clinical services that were available for women who struggled with eating issues at the time. The founders of EDEN hoped to provide an alternative way of viewing eating issues, that stood outside of the pathologizing, biomedical view of disordered eating, that situates eating difficulties within individuals.



The first services that EDEN provided were around health promotion and general community support for those struggling with disordered eating. This gradually grew to include support groups, and community education for health professionals. Two decades later, EDEN is staffed by one full time Agency Manager, and three part-time staff members working in the areas of Education, Administration and Support Services. The agency now runs a thriving Counselling Service, staffed by four contract counsellors and provides support groups also. In addition to this, EDEN delivers a schools-based program that focuses on the prevention of eating issues, and this year, we rolled out our very own Nourish - a comprehensive workshop for those who work with youth and eating issues. EDEN is regularly consulted regarding body image and disordered eating issues by health professionals, the media and is seen as the leading community based specialist agency on such issues.

EDEN will celebrate its 20th Anniversary with a High Tea, in November, which will include an acknowledgment for those who have contributed to EDEN over the years.

At the High Tea, EDEN, in conjunction with the former Eating Disorder Services Incorporated (WEDS), will also be announcing the introduction of the Sandra Hamilton Award. This award of \$1500, created in honour of Sarndra Hamilton, will be awarded annually for research and community projects and activities that support positive body image, size acceptance and awareness and education around eating difficulties. Contact EDEN at info@eden.org.nz for more information about the application process for this award.



Do you have any unused storage cabinets, bookcases, shelving or a small computer desk in reasonable condition, sitting around home?

Yes? If you'd be interested in donating these to EDEN, we would be grateful recipients!

Please contact us on 379-9039 or email info@eden.org.nz.

“It's your body, you can do whatever you want to with it – including love it. Choose that, just for now.”

Sandy Kumskov

EDEN Governance Board Needs YOU!

Do you have an understanding and commitment to EDEN's philosophy and approach? Do you want to support EDEN to thrive by being on its Governance group? Do you have **Marketing/PR** skills? Then EDEN would like to hear from you! Please contact us for information and an application form at info@eden.org.nz

Auckland University EDEN Drop-In Service

Are you an Auckland Uni student? Are you worried about body image or eating difficulties?

Come in and chat with a friendly EDEN staff member on campus from 9th July 2010.

**Fridays
10am -1pm
@**

**University of
Auckland
Rec Centre**



LOVE
YOUR
BODY

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**



LYB Tunes!



October is Love Your Body month! Looking for some tunes to create your LYB soundtrack? Check out these songs—vids are worth looking at too!

Video - India.Arie.

A great song about listening to your body and loving it for the way it is!

Link: <http://www.youtube.com/watch?v=Mq86e4Fhja0>

Big Girls You Are Beautiful - Mika

A fun song appreciating women of size! Video is fantastic!

Link: <http://www.youtube.com/watch?v=ItfQe9IhGKo>

Beautiful - Christina Aguilera

A song celebrating beauty and diversity.

Link: <http://www.youtube.com/watch?v=hSRE2eBU-10>

Ani DiFranco - Evolve

A song about waking up to the inadequacies of conventional ideas of beauty.

Link: <http://www.youtube.com/watch?v=RzykNHgljM0>

I am not my hair - India.Arie

A song about being proud of who we are and not needing to conform to the expectations of others.

Link: http://www.youtube.com/watch?v=E_5jIt0f5Z4

These are just 5 suggestions for what could make up your very own Love Your Body soundtrack. If you come across any other good tunes, be sure to let us know so we can pass them on and ALL turn up the volume!

www.Web Corner

We couldn't let Love Your Body go past without reminding you of some of the great LYB sites out there on the net too, so....

Check these out!

- ⊗ <http://about-face.org>
Promoting understanding and critique of media messages about body image, gallery of offenders, gallery of winners, fact sheets, resources.
- ⊗ <http://www.anysize.org>
Sections include: Activism, signs protesting weight loss programs, gender, myths, resolutions, book reviews, why.
- ⊗ <http://www.size-wise.com>
Size acceptance site, focuses on challenging ideas about one-size. Sections discuss politics, health and fitness, size discrimination, relationships, book reviews and links to Amazon, comfort for car riding, flying and eating out.
- ⊗ <http://www.radiancemagazine.com>
Radiance Magazine site – the magazine for “all sizes of large”. Includes sections on: Tips for surviving summer, Radiance Kids, Getting Active, teenagers and young people talking about their experiences, school issues.
- ⊗ <http://www.eskimo.com/~largesse>
Network for size esteem, clearing house for size diversity empowerment. Features the Fat Liberation Archives and Deconstructing Healthism, Junk Science, and Disinformation.
- ⊗ <http://www.size-acceptance.org>
International Size Acceptance Association. Mission, Activism, FAQ, Podcasts, branches, downloads and an e-zine.



COMING EVENTS

National Services

Child and Adolescent Eating Disorders Service

National and Specialist CAMHS

We invite you to a two-day conference focusing on evidence-based services, with presentations from key researchers and clinicians in the field

Developing Evidence-Based Services
9.30am – 4.30pm, Thursday, 2 December and
9.30am – 3.15pm, Friday, 3 December 2010

Wolfson Lecture Theatre, The Institute of Psychiatry,
De Crespigny Park, London SE5 8AF

The central theme of the conference will be on the development and provision of specialist services for child and adolescent eating disorders with a specific focus on outpatient and day treatment models and the establishment of care pathways that are based on the best current empirical evidence.

The conference is aimed particularly at clinicians, service managers and commissioners who wish to develop new services that are both clinically and cost effective. Internationally renowned experts from the UK, United States and Canada will review the most up to date research evidence on effective treatments and service level research on different types of care pathways.

South London and Maudsley NHS
NHS Foundation Trust

Watch this space
for the
announcement of
**EDEN's new
look website!**



Nourish

Next Workshop
Wellington
[Date & location to be advised]

**Please contact EDEN today on:
admin@eden.org.nz to register.**

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!

If the definition of beautiful gets any thinner, no one will fit.

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
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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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