

# BODYWHYS

The Eating Disorders Association of Ireland

Annual Report

2012

“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's & CEO's Report



Siobhan Bereen

## Welcome to our Annual Report 2012

Another year has passed and we are delighted to report that the impact of our support services is at its strongest in our 17 year history. This Annual Report of Bodywhys provides an opportunity to reflect, review and highlight the many achievements throughout 2012. The activities of Bodywhys – the Eating Disorders Association of Ireland, continued to focus on enabling people affected by eating disorders, throughout the country, to avail of much-needed support through a wide range of services.

A core aspect of our work is to provide support, information, and a 'listening ear' to those affected by eating disorders and it is therefore most rewarding to know that our services are now reaching more people than ever and stimulating thinking on other possible areas of innovative development. We are reaching a growing number of people through our helpline, support groups, education, social media and web based services.

During the year, calls to the Helpline represented 25.9% of service provision with 8.9% of those representing a crisis call. Contact to our email service saw an increase of 10.8% when compared to the same period in 2011 and thanks to an increase in our volunteer base, our response rate has improved considerably. With a growing public demand for information and support online and the trend set to continue, the challenge for us, is to allay any concerns in relation to issues of safety by constantly reviewing policies and procedures to ensure that our online services are of the highest attainable standards to continue to offer a safe, confidential, non judgemental and supportive environment to explore issues relating to eating disorders. In order to support and inform future developments in this area of web based support, during the year we engaged with Dr. Niamh McNamara, UCD, on a research project entitled 'Online Support Groups: Benefits and Challenges' to evaluate the benefits of BodywhysConnect and YouthConnect.

This research has been designed to generate evidence and will provide valuable data to inform practice. We look forward to the outcomes, results and conclusions of the research which will be available in 2013.

A continued focus for Bodywhys is to meet the growing demand from schools, youth groups and youth focused agencies, to address issues of body image, self-esteem and media literacy and this is being met, in the main, through our 'Be Body Positive' programme with approx. 2,600 students benefitting from participation in 2012. This vital component of our youth work will be reviewed and expanded to maximum effect through extension of our volunteer presenter panel with increased focus on capacity building. While we faced many challenges during 2012, not least reduced funding, our services in the main were thankfully unaffected and indeed expanded in certain identified areas – most notably through the launch of the 'Responding to Eating Disorders and Body Image Issues : A Resource for Social, Personal and Health Education (SPHE) Teachers' in Post-Primary Schools; and also through a range of innovative projects introduced in Third Level Colleges and Universities which delivered many positive outcomes during 2012. The 'Size Doesn't Matter' (SDM) campaign was designed to engage directly with third level students on college campuses to challenge common misconceptions, including the perception that someone with an eating disorder is attention

# Chairman's & CEO's Report

seeking; that eating disorders only affect women and that eating disorders are a lifestyle choice.

Public and media interest in the general area of eating disorders and related issues remained high throughout the year with some new and some recurring themes evident. The findings of the Dail na nOg report 'How We See it', Report of a Survey on Young People's Body Image, launched in October, supported the rising concerns of the impact of negative body image as primarily related to teenagers and young people. Bodywhys will continue to engage in a pro-active way to utilise the power of the media to reflect the issue of eating disorders and related issues, in an accurate, sensitive and responsible way.

The year brought a number of changes in personnel as we said goodbye to our colleague Ruth Ni Eidhin, who had been Communications Officer since December, 2007, as she headed to the west coast of America. Following Ruth's departure, we welcomed Barry Murphy to fill the breach and to continue this important brief. Elizabeth Murray joined the team as Projects Officer in May to progress the strategic focus with students in third level colleges. In February, Valerie Kilkenny resigned from the Board and Breda Naddy was appointed as a Director in December. 2012 concluded with a move from the portacabin, our home for 15 years, on the grounds of St. John of God Hospital, to an office complex within the hospital.

As we reflect back over 2012 it is important to recognise that our achievements and successes are due in no small way to the resilience and drive of the many people involved in Bodywhys. This juncture in our year, is an ideal opportunity to acknowledge all those concerned for being part of our organisation which has delivered support services, information and projects so successfully throughout the challenges of 2012. Tribute is due to the Board for their continued support and commitment and to our small but strong staffing team who ensure the integrity of Bodywhys is maintained at all times and seem to have an endless supply of energy and enthusiasm.

It is with much gratitude that Bodywhys recognizes the immense work and commitment provided by our volunteers across all our support services, without whom none of this would be possible. We also recognise and appreciate the support of our colleagues in the HSE and Department of Health and Children.

Finally, the Board of Directors, Staff and Volunteers of Bodywhys wish to record a sincere thanks to all those who have been a part of our development so far – to those who volunteered, who supported or donated during 2012 – your interest in and support of our work is much appreciated. Our sights are now firmly set on developing our vision and focus for the future and I look forward to another active year ahead and the many challenges and opportunities that it will no doubt present us with.

**Siobhan Bereen**, Chairman

**Jacinta Hastings**, CEO



*Jacinta Hastings*

# Welcome

# Overview of Services



Harriet Parsons

A core aspect of the work that Bodywhys does is to provide support, information, and a listening ear to those affected by eating disorders. We endeavour to offer support services which both recognise the uniqueness of everyone's experience, while at the same time listening and providing information to inform a service user as to the decisions they can make, in terms of how to help and support themselves. At Bodywhys, we recognise that an eating disorder is not primarily about food or weight, but rather it is a coping mechanism that a person uses to help them manage and live their lives. In this way, Bodywhys support services strives to listen first and foremost, and in doing so helps the service user reflect upon their situation and consider the options they have open to them on how to proceed and move towards recovery.

It is with much gratitude that Bodywhys recognises the immense work and commitment provided by our volunteers on our support services. Our dedicated volunteers continue to ensure that the support and information we provide is done so in a respectful, non-judgemental and open way. With this in mind the ethos upon which all of our support services operates is that we:

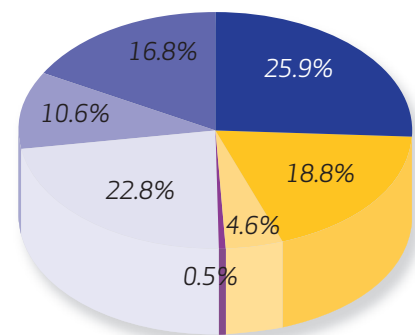
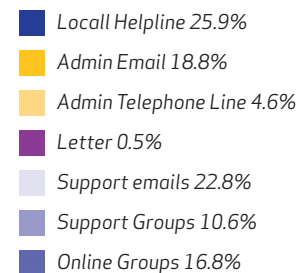
- **Recognise that an eating disorder is not about food or weight but underlying issues and feelings.**
- **Recognise that everyone has a different experience.**
- **Ensure that our support space is safe for everyone. We focus on how you are feeling and not what you are doing – our focus is how you are feeling about what you are doing.**

2012 has been another busy year for the Bodywhys support services. New volunteers were trained across all of our services. The knowledge base and experience of our volunteers has continued to develop. We would like to thank our volunteers for the support they have given the organisation.

Looking at the overall picture, and all of the ways in which Bodywhys provides support and information to people who contact us individually, we have provided support services to approximately 2,573 people. The breakdown of how these individuals contacted us is illustrated in the pie chart, but it is also important to remember that these are individuals

who contacted us directly through services, and does not reflect those who availed of our school's programme, our SPHE resource, our third level campaigns, the many and varied talks and information sessions that we provide on an ongoing basis, as well as the number of people who visit our website each year.

## How people contacted us for support

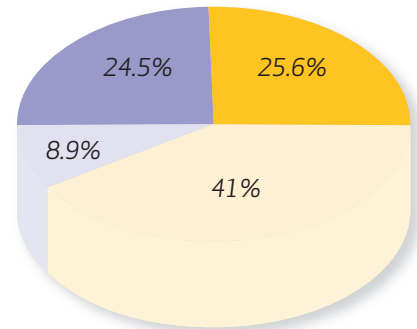
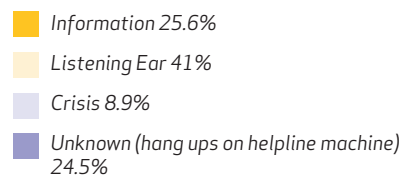


# Helpline – 1890 200 444

The Bodywhys helpline is a 'listening ear' service and all our volunteers are trained to deliver a safe, non-judgemental, non-directive, listening, support and information service to people affected by eating disorders. During 2012 our helpline was available for 2 hours per day, 6 days per week.

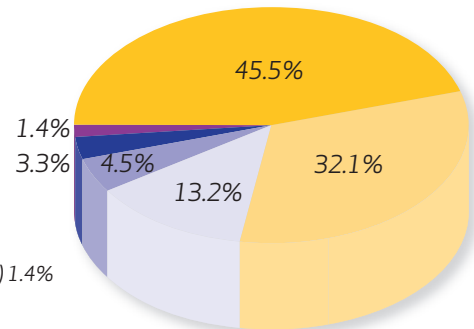
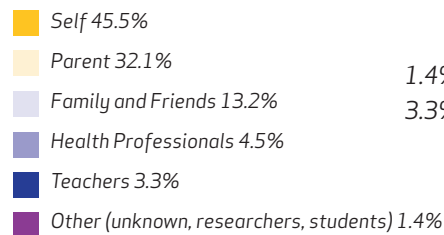
Looking at the overall figures, it is clear that a large proportion of individuals use the phone line to access support and information. Over a quarter of all support contacts were made via our telephone helpline, and when we look at the number of helpline calls that come through our admin line this figure increases to 30%. The reasons for contacting the helpline vary, from straightforward information calls to longer 'listening ear' and support calls. As illustrated in the breakdown for the reason individuals contacted the helpline, the trend of calls on the helpline is towards the 'listening ear' type calls as opposed to information type calls, which reflects the fact that the majority of people use our website as a source of information, and the support helpline to talk their situation through.

## Reason contacted



When we look at who called our helpline during 2012, we can see the repetition of a trend from previous years. Our calls are approximately evenly divided between callers who have an eating disorder, and calls from family and friends of those with an eating disorder.

## Type of contact



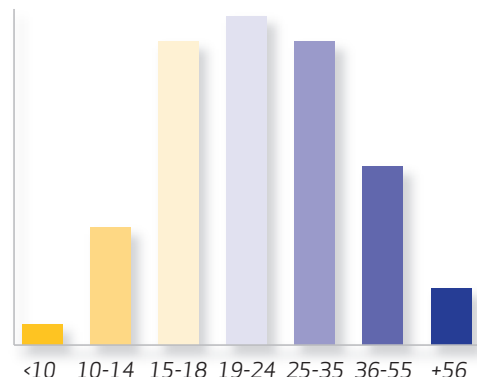
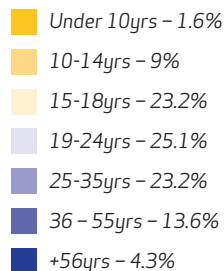
Where we know the gender of the person with an eating disorder, 91% are female, and 9% are male. When we look at the age of people with eating disorders, we can clearly see a normative curve when it comes to ages, with the peak being in the 19-24yrs age group. Eating disorders are not just a teenage issue, and the spread of ages identified on our helpline would support this.

# Helpline (continued)

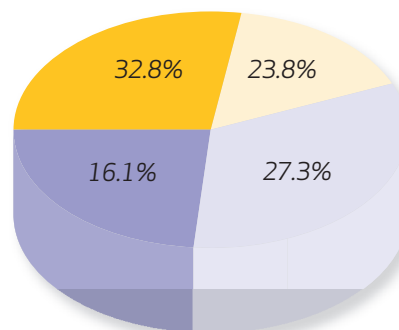
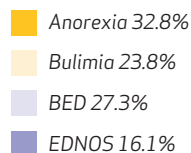
When we look at the different eating disorders, when an eating disorder was specified in a call, 32.8% concerned Anorexia Nervosa, 23.8% concerned Bulimia Nervosa, 27.3% concerned Binge Eating Disorder, and 16.1% concerned Eating Disorders Not Otherwise Specified.

The majority of callers concerned a person who has an eating disorder for over 10 years.

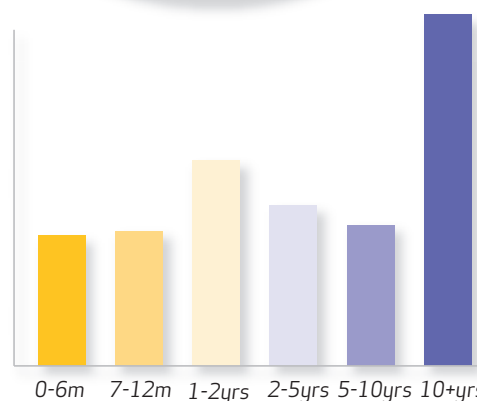
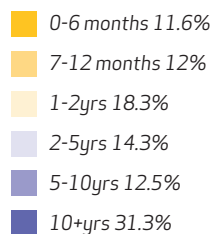
## PWED Age



## Eating Disorder Type



## Duration of Eating Disorder



It is also worth noting that in 2012 where known, 50.8% of callers to the helpline were not engaged in any form of treatment, and 49.2% were currently in some form of treatment. The breakdown of types of treatment are as follows: GP only = 24.7%, Counselling / Psychotherapy = 47.7%, Psychiatrist / Hospital = 27.6%



# Support Groups

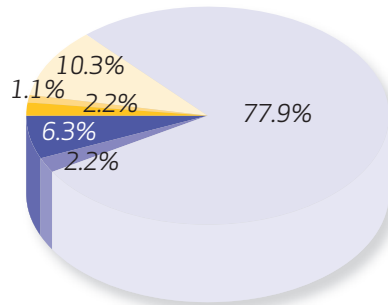
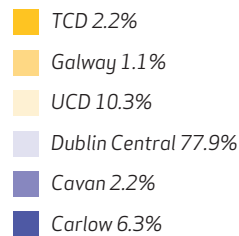
Bodywhys provides two types of support groups, one for people with eating disorders, and one for family and friends. We took the regretful decision in 2012 to close the groups in Galway and Cavan due to lack of attendance. This is an ongoing challenge for us with our regional groups. Issues such as population size, stigma and anonymity, are all factors in the challenge of sustaining face-to-face support groups.

The groups in Carlow and Dublin have continued throughout 2012, and this is in no small part to the group of extremely committed volunteers in both those areas. In Dublin, our longest established group in Temple Bar has continued to be accessed by many people throughout the year, as have the groups in UCD and TCD. There have been peaks and troughs with attendance at the UCD and TCD groups, with the changes that occur within the college year.

Our goal is that when a person needs support for an eating disorder, they can access it one way or another. When we look at the average age of onset for an eating disorder, having a presence at third level institutions is crucial for us to provide one avenue of support to those students. We would like to thank the Trinity Student Counselling Service for their ongoing support of the support groups, and Mícheál Gallagher, the Welfare Officer in UCD, without whose support the group would not have continued.

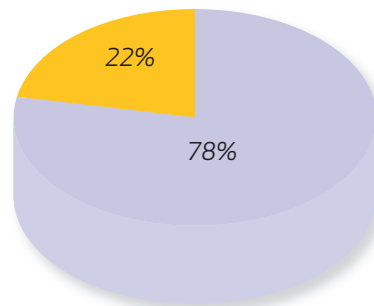
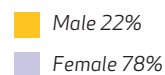
In 2012, the breakdown of attendance at groups was as follows:

## Support Groups



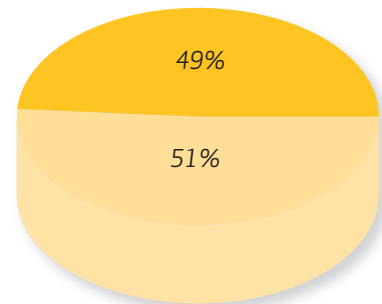
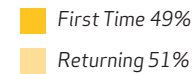
When we look at the gender breakdown of those attending groups we find that 22% were male and 78% were female.

## Support Groups Gender



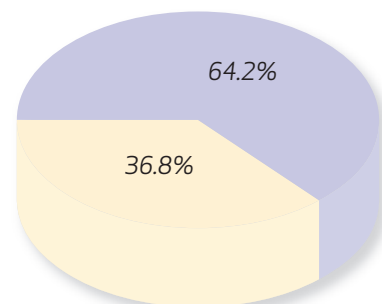
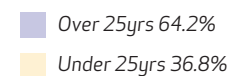
When we look at attendance of our support groups, 49% of attendees at the group were there for the first time, and 51% of attendees were returning to the group.

## Support Groups Attendance



With this level of people returning to our groups for support, we are encouraged that the support ethos that underpins all of our services makes the group a safe place for people to articulate their experiences and to get and give support to one another. It is also worth noting that 64.2% of people attending groups in 2012 were over 25 years, and 36.8% were under 25 years old.

## Support Groups Age



*Carlow, Donegal, Dublin*

# Online Services

## Online Support groups

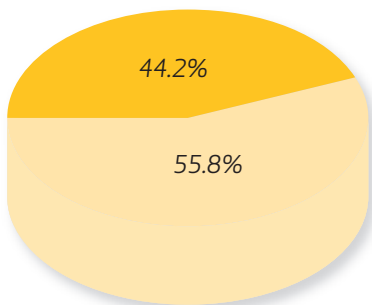
Bodywhys offers two online groups, one for adults and one for teens. Our adult online support group, Bodywhys-Connect, runs every week either on a Monday or a Wednesday evening, and our groups for teens, YouthConnect, is held every Sunday evening.

In 2012, BodywhysConnect had 316 new registrations, and 303 people participated in the groups. 55.8% of users are over 25, and 44.2% are aged between 18-25 years.

For our teen online group, Youth-Connect, we had 96 new registrations, and 87 people participated in groups. Of these participants, 24% were aged between 13-15 years, and 76% were aged between 16-18 years. 95% of users were female and 5% were male.

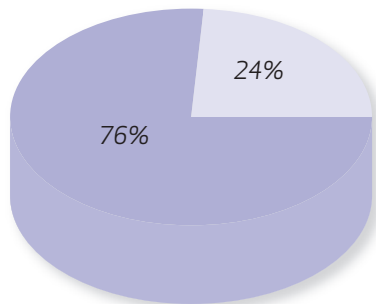
## BodywhysConnect User Age

- 18-25yrs - 44.2%
- Over 25yrs - 55.8%



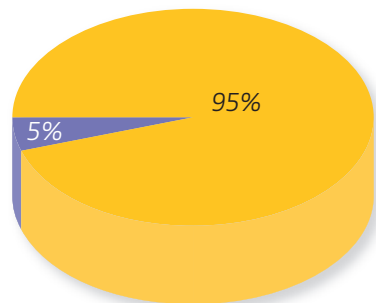
## YouthConnect User Age

- 13-15yrs - 24%
- 16-18yrs - 76%



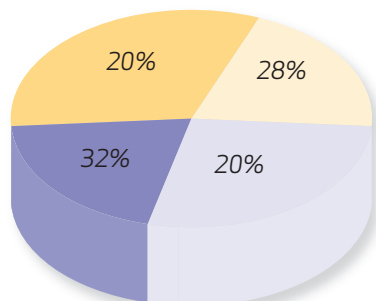
## BodywhysConnect / YouthConnect Gender of User

- Female 95%
- Male 5%



## BodywhysConnect User PWED Type

- Anorexia 20%
- Bulimia 28%
- Anorexia / Bulimia 20%
- Binge Eating Disorder 32%

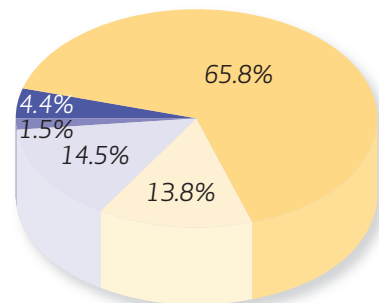


## Email support

In 2012, the email support service dealt with 586 emails. Where known, the breakdown for the type of person who contacted us is as follows, and it is worth noting the high percentage of people who have an eating disorder that use the email service as a way of getting support and information.

## Type of Contact Person

- Self 65.8%
- Parent 13.8%
- Family / Friend 14.5%
- Health Professional 1.5%
- Other (student, researcher, teacher) 4.4%



During 2012, we took the decision to close our **messageboards** and our **text service**. As there was insufficient demand for these services, we have focused our resources to those online services that people engage with regularly.

Bodywhys would like to acknowledge that it is only with the generous gift of our volunteer's time, energy and enthusiasm that our support services continue to be the cornerstone of our organisation.

# Communications



Barry Murphy

Early in the year, binge eating disorder, along with the pressure felt by men, such as feeling a need to replicate the physical appearance of successful peers, were also highlighted in the media.

During the summer concerns about children's body image and self-esteem, eating disorders in those aged 50, and the body-related pressures on Olympic athletes formed part of the media's coverage.

The Autumn saw further disclosures of past experiences from individuals who had experienced eating disorders. In October, the Dáil na nÓg 'How We See It' report was released. This report examined young people's perspectives on the topic of body image and how it affects their lives. Some brief highlights include; 77% of those surveyed ranking body image as being important to them. The survey found that positive body image rapidly declines throughout the teenage years and negative body image is considerably more prevalent among girls than boys. Comparison with others ranked as the most negative influence on girls' body image. Bullying was identified as the most negative influence on boys' body image.

Towards the end of the year, the emphasis on body image remained a part of the media's focus. This was primarily related to teenagers and young people. In addition, stories about binge eating disorder, concerns surrounding 'pro-anorexia' websites, and discussions about fashion models were given some attention.

## General Communications Work

### Traditional Media

Media reporting of eating disorders and related issues continued steadily throughout 2012.

The issue of body image received significant media coverage whilst disclosures by individuals with personal experiences of eating disorders were also reported upon at various points during the year.

Throughout the year media outlets and students contacted Bodywhys with requests for information, comment and interviews. February was the busiest period for queries from students and also for requests from radio stations. Requests from the print media peaked in July, including one from the Irish language publication, *Foinse*, who published a piece about the issue of eating disorders and pre-teen children.

## Online

### Bodywhys eBulletin

Four issues of the Bodywhys eBulletin were sent out during 2012. Subscriber numbers were up by 12% from 2011. An archive of the eBulletins can be found on the Bodywhys website.



## Bodywhys Website

The main Bodywhys website ([www.bodywhys.ie](http://www.bodywhys.ie)) continued as a source of significant interest during 2012. Overall visits were up by over 8% compared to figures from 2011. February, May, October and November were the busiest months for traffic to the website. There were over 40,000 unique visits during 2012, an increase of over 16% compared to figures for the previous year.

## Social Networking

Our presence on social media websites grew throughout 2012 as we reached over 1,100 'likes' on our Facebook page, and over 1,500 followers on Twitter.

In late 2012, we posted our Youth Panel's videos online through Vimeo, a video sharing platform. These videos are also available through our website.

# Youth Development



Fiona Flynn Dăscălescu

## Contribution to Education

A continued focus for the Youth Development Officer in 2012 was meeting the requests from schools and youth groups nationwide to speak with students about eating disorders and body image through our 'Be Body Positive' programme. The programme was expanded in 2012 to include additional information on media literacy as this was an area which received very positive feedback from both students and teachers. Over 2,600 students received the programme in secondary schools or youth groups in 2012.

Training for volunteers to deliver the 'Be Body Positive' programme in the Dublin area was carried out in early 2012. Four volunteers completed training and shadowing in March 2012.

Bodywhys continued to provide an input to training at third level as part of social studies, nursing, teacher training and other courses through lectures to promote awareness and understanding on the area of eating disorders. We also engaged third level journalism students in discussion on the importance of responsible reporting in the area of eating disorders and how this could be achieved.

We met the ongoing demands for input to continued professional development at in-service days and events nationwide – including SPHE Training and talks with medical teams and Counselling Services in Universities and Colleges.

We also provided talks for parents on the area of eating disorders and talks or information stands at other events as requested.

A new focus for Bodywhys in 2012 in the area of education was the development of materials for teachers in primary schools. We received several requests from primary schools with concerns about students. Following meetings with school Principals and teaching staff, we developed materials to assist with their concerns. Such a programme would be designed to dovetail and expand on the current SPHE curriculum in conjunction with advice from experts in the area.

Key findings from the 'Growing up in Ireland Study',\* (2012) indicate that by 9 years old, body image is already important, with children who believe they are not 'the right weight' exhibiting higher levels of emotional and behavioural difficulties and lower self esteem.

Key findings from this study also indicate that by 13 years old, over a quarter (27%) rated themselves as below average in terms of physical appearance. Dieting behaviours were also prevalent by 13 year olds with 39% of girls and 30% of boys surveyed, reporting that they were trying to lose weight.

Low self-esteem, negative body image and dieting are factors often associated with the development of an eating disorder. Such findings at primary school level indicate the need for a greater focus on improving and strengthening body image and self esteem at this stage to assist in the prevention of eating disorders and other potential mental health problems. A programme of this nature would also focus on improving media literacy to enable students to critically examine media messages to offset the negative effect the media would appear to have on body image, self-esteem and eating behaviours.

\* Department of Children and Youth Affairs in association with the Department of Social Protection and the Central Statistic Office

# Youth Development *(continued)*

## Youth Panel & Events

During 2012 the youth panel were involved in range of different activities. In January, one of our Youth Panel team was involved in organising a fashion show in UCD to raise money for various charities. The event used models in a variety of ages, shapes and sizes to celebrate the idea of having a positive body image regardless of shape or size and to challenge media stereotypes of beauty. Bodywhys hosted an information stand and awareness talk prior to the event.

On 25<sup>th</sup> February as part of Eating Disorders Awareness Week the youth panel hosted a 5km Awareness Walk in Phoenix Park to celebrate positive body image.



On the 8<sup>th</sup> of March, to mark International Women's Day, Bodywhys were involved in the screening of 'Miss Representation' in the Google offices in Dublin 4. 'Miss Representation' is an award winning documentary which interweaves stories from teenage girls which include interviews from **Condoleezza Rice, Nancy Pelosi** and **Rosario Dawson** to give an inside look at the media and its message that the focus on women in the media which often tends to be on physical appearance rather than achievement. Bodywhys gave a brief talk and had an information stand at the event. We also extended invites to girl's secondary schools and to our Bodywhys Youth Panel.

In May we had an information stand at the Young Social Innovators showcase in Citywest. This is one of the largest youth events of the year with over 2,000 young people attending. As always, there was a lot of interest in the Bodywhys stand.



Believe in it. Act on it.



# Projects Officer



Elizabeth Murray

## Role and Activities

In May 2012, Liz Murray took up the position of Bodywhys Projects Officer. Core objectives of this role included:

- To develop projects and initiatives to address the support and information needs of students attending Third Level Colleges in Ireland
- To work in consultation with the Student Union Welfare Officers who are responsible for mental health awareness campaigns at Third Level
- To develop material to meet the needs of individual colleges, and to distribute information packs
- To assist Students' Union in updating website information about Bodywhys and to raise awareness about the organisation

## Raising Awareness

The Union of Students in Ireland (USI) represents approximately 250,000 third level students on a national level. The union provide supports and organise events for many of the third level organisations in Ireland. The USI mental health booklets, provided to Welfare Officers for students on campuses nationwide, listed Bodywhys as a support organisation.

Through working with the College and University Sports Association of Ireland (CUSAI), all of the third level sports departments nationwide were contacted to raise awareness of Bodywhys' services.

## Size Doesn't Matter Campaign

Through meeting with representatives from Students' Unions, a number of areas of concern to students were identified: body image; peer pressure and disordered eating support seeking.

The 'Size Doesn't Matter' (SDM) campaign was designed as a direct response to these concerns. The campaign's function was to address the issues by engaging directly with students on college campuses.

The 'Size Doesn't Matter' banner highlighted:

- The fear that people may perceive someone with an eating disorder to be attention seeking
- The fact that eating disorders are not a choice
- That talking about an eating disorder can be the first step to recovery
- That both genders can be affected by eating disorders and body image issues

The 'Size Doesn't Matter' banners attracted significant attention and generated much discussion on campuses. Interestingly, a greater number of males than females wanted to discuss eating disorder and body image issues during the campaign. Bodywhys also developed a sticker with support contact information for use in washrooms in colleges around the country.



## Photo Project

Bodywhys also undertook a photographic project to encourage discussion around positive body image and eating disorders. Students were invited to write positive messages about themselves, body image and support seeking behaviours on the palms of their hands. The photos focused on individuals' hands, and as such, all images were anonymous, but involved students promoting positive messages.



# Other Activities



Mary Crean

## Education

2012 also saw a number of exciting developments in terms of educational programmes that Bodywhys offer.

In February 2012 we launched **Responding to Eating Disorders and Body Image Issues**, a resource pack to assist SPHE teachers in responding to eating disorders and body image issues in the school environment.

This resource was a collaboration between Bodywhys and the Department of Education and Skills' Social Personal & Health Education (SPHE) Support Service providing detailed information for teachers on issues ranging from anorexia nervosa to self-esteem issues. The resource also contains a series of lesson plans to assist trained SPHE teachers when addressing these issues with both Junior and Senior cycle students in the classroom. Training and distribution for the resource is provided through in-service training provided by the SPHE Support Service.

We have long recognised the need to tackle issues like negative body image and low self-esteem which are so often at the core of disordered eating behaviours and our hope is that this resource will give both students and teachers the confidence to address body image concerns at an early stage so that problematic behaviours around food and diet may ultimately be prevented.

A further initiative was the development of a ten week evening diploma course in conjunction with Independent Colleges, entitled 'Understanding Eating Disorders. Dispelling Myths' presented by Harriet Parsons. This diploma ran from April to June 2012 and received very positive feedback from participants. We would like to thank Dr. Eve Watson for the opportunity to develop this diploma and her continued support in making this diploma available to the public.



In addition to this, Bodywhys was asked to present at the annual Irish Association of Suicidology conference, which was a fantastic opportunity, and a fantastic conference. The focus of our input, and of the conference was the importance of being able to listen to allow the opportunity for change.

During 2012, we have delivered many education talks, on 'Understanding Eating Disorders' to relevant groups including ISPCC, St. John of God Public lecture series, one day conference to child and Adolescent Psychiatrists, The Peter McVerry Trust, Tiglin's Women's centre (Wicklow), UCD school of Nursing, TCD counselling staff, Jigsaw clinical co-ordinators, UCD graduate diploma in child psychiatry.

We were delighted to be asked during 2012 to be the Reachout.com 'Ask the Expert' on two occasions. During these months we responded to emails that members of the public submitted on the issue of eating disorders.

# Other Activities (continued)

## Annual Awareness Campaign



Eating Disorders Awareness Week (EDAW) ran from February 20<sup>th</sup>-26<sup>th</sup>.

Throughout awareness week, a variety of information and awareness events took place across the country, including:

- The launch of a new Social, Personal and Health Education (SPHE) resource for schools, “Responding to Eating Disorders and Body Image Issues”.
- A public information evening in Dulhallow in Cork
- A talk for parents and carers on “Understanding Eating Disorders in Adolescents” in association with the Lucena Clinic, Dublin
- A talk for GPs in association with St. Patrick’s Hospital, Dublin
- A youth fancy dress fun walk in the Phoenix Park

## Bodywhys Literature

During 2012, Bodywhys distributed over 8,100 information packs, leaflets and resources via our support services along with hundreds of other resources distributed through school talks and information stands.

## Research

We have also been delighted to work with Dr. Niamh McNamara on research to explore and evaluate the benefit of the support that we provide in our online groups. This has been an important part of our work, and we are looking forward to the results and conclusions that will be made available in 2013. In a pre-trial short research study, by two UCD medical students during the summer of 2012, initial results found that the online group helped to provide a safe place where people would move away from identifying themselves as having an eating disorder, to an identification with recovery. The online environment also works to break the isolation people experience which has the knock-on effect of providing a sense of belonging. It was interesting to see how the sense of isolation also contributes to the sense of stigma that people internalize. This stigma not only functions as a barrier to seeking help, but it also compounds and intensifies the eating disorder thinking. The online support groups therefore provide a way of breaking this pattern and reducing stigma which people have identified as being helpful in moving towards recovery. We thank David McHugh and Marie Bolton for the time and commitment they gave to this research.

## Fundraising Activities

Once again Bodywhys participated in the Flora Women’s Mini-Marathon in 2012. We had approx. 15 volunteers who took to the streets of Dublin on behalf of Bodywhys last June and we would like to say a huge thank you to them for their generosity and support.



## Bodywhys Office Move

The end of 2012 saw a momentous change for our organisation as we said goodbye to our home for 15 years, the portacabin on the grounds of St. John of God’s hospital, and moved to offices within the hospital complex. We would like to extend our sincere thanks to St. John of God Hospital management for providing us with our new office space, and also for the many varied and wonderful years of work and growth that happened in the portacabin.



# Statement of Financial Activities

## for the year ended 31 December 2012

	Notes	Restricted Fund 2012 €	Unrestricted Funds 2012 €	Total Funds 2012 €
<b>Incoming Resources</b>				
Incoming resources from generated funds				
- Voluntary Income		-	5,746	5,746
- Activities for generating Funds		-	411	411
- Deposit Investment Income		-	-	-
Incoming Resources from Charitable Activities				
- Government Grant Income	2	6,000	264,480	270,480
- Other Grant Income		10,061	-	10,061
Other Incoming Resources		-	-	-
<b>Total Incoming Resources</b>		<u>16,061</u>	<u>270,637</u>	<u>286,698</u>
<b>Resources Expended</b>				
Costs of generating Funds				
- Costs of generating voluntary Income	5	-	85,892	85,892
- Fundraising Costs		-	234	234
Charitable Activities	5	3,690	224,680	228,370
Governance Costs		-	4,551	4,551
<b>Total Resources Expended</b>		<u>3,690</u>	<u>315,357</u>	<u>319,047</u>
<b>Net Incoming Resources before other recognised gains and losses</b>		12,371	(44,720)	(32,349)
Fund Balances brought forward at 1 <sup>st</sup> January		<u>209,772</u>	<u>122,227</u>	<u>331,999</u>
<b>Fund Balances carried forward at 31<sup>st</sup> December</b>		<u>222,143</u>	<u>77,507</u>	<u>299,650</u>

There are no other recognised gains or losses for the above two financial years.

All the company's activities are continuing operations.

Approved by the board on 20 May 2013 and signed on its behalf by:

**Jennifer Kelly**      **Parvez Butt**  
Director                      Director

# Balance Sheet

as at 31 December 2012

	Notes	2012	2012	2011	2011
		€	€	€	€
<b>Current Assets</b>					
Cash at bank and in hand		<u>347,188</u>		<u>367,350</u>	
		347,188		367,350	
<b>Creditors: amounts falling due within one year</b>	7	<u>(47,538)</u>		<u>(35,351)</u>	
<b>Net current assets</b>			<u>299,650</u>		<u>331,999</u>
<b>Total assets less current liabilities</b>			<u>299,650</u>		<u>331,999</u>
<b>Funds</b>					
Unrestricted Funds			-		-
Restricted Income Funds	10		222,143		209,772
Unrestricted Income Funds	10		<u>77,507</u>		<u>122,227</u>
<b>Member's Funds</b>			<u>299,650</u>		<u>331,999</u>

Approved by the Board on 20 May 2013 and signed on its behalf by:

**Jennifer Kelly**      **Parvez Butt**  
 Director                      Director

# Acknowledgements

The Chairman, Board of Directors and Staff wish to record their sincere thanks to all those who volunteered or donated to Bodywhys in 2012. Your interest in and support of our work is much appreciated.

Accenture

Department of Health & Children

Double Dutch Design - Gabie Devaney

ESB Electric Aid

HSE National Lottery Grants Scheme

Health Service Executive - Martin Rogan & Staff

Health Service Executive - Jim Ryan & Staff

Independent Colleges - Dr. Eve Watson

Monahan Family Partnership

National Office for Suicide Prevention

SPHE Support Service - Siobhan Foster, Regional Manager

St. John of God Hospital - Management Team & Order

# Thank You

# Company Information

Company Information as of  
31st December 2012

## **Directors**

Parvez Butt

Alison Darcy

Marie Devine

Siobhan Bereen

Jennifer Kelly

Breda Naddy *(joined 2012)*

Valerie Kilkenny *(resigned 2012)*

## **Secretary**

Jennifer Kelly

## **Registered office**

18 Upper Mount Street

Dublin 2

## **Auditors**

Dillon Kelly Cregan & Co

18 Upper Mount Street

Dublin 2

## **Registered Charity No**

11961

# BODYWHYS

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