

BODYWHYS

The Eating Disorders Association of Ireland

STRATEGIC PLAN 2013 - 2017

Organisational Ethos

Bodywhys – The Eating Disorders Association of Ireland is committed to the belief that:

- People with eating disorders can and do recover. As such, the organisation strives to empower people affected by eating disorders to access information, support and treatment.
- People with eating disorders have a right to have their healthcare needs met including access to appropriate information, quality services and choices in treatment provision.
- People have a right to be treated with respect and in confidence.
- An eating disorder should not be a cause of discrimination, stigmatisation or prejudice in any form, nor should it inhibit the individual's right of equal access to opportunities available to any other member of society.
- Endeavours to foster partnerships and collaborative approaches with all relevant agencies, organisations and other stakeholders.
- Is committed to the concept and practice of volunteering and believes that volunteers have a central and fundamental role to play in the ongoing development of Bodywhys.

Vision Statement

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.

Mission Statement

Bodywhys – The Eating Disorders Association of Ireland is the national organisation dedicated to offering support, information and understanding for people affected by eating disorders including families and carers. We work 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.

1 To empower people with eating disorders and their family members and carers in their search for healing through support, information and education.

Bodywhys will continue to provide, expand and develop specific services including:

- National helpline service
- Support groups for people with eating disorders and their family members and carers
- Online support services
- The provision of up-to-date information
- The ongoing development of outreach services
- The ongoing strengthening of links with health and education workers
- Strengthening partnerships and links with other agencies for appropriate supports

2 To engage in public awareness activities including activities aimed at challenging discrimination and stigma and advocating for the rights and needs of all those affected by eating disorders.

Bodywhys undertakes to:

- Continue the development of education and awareness programmes
- Develop a partnership approach and opportunities for collaboration to promote the needs of people affected by eating disorders nationally
- Exploring the development and ongoing support needs of consumer panel/fora
- Further develop media guidelines on mental health and eating disorders and work to educate the media on the unique role they have in potentially triggering and maintaining eating disorders in those at risk
- Develop a shared resource approach including training on understanding eating disorders to other agencies

3 To engage in activities aimed at addressing the support and information needs of young people in relation to eating disorders and educating those working with them.

Bodywhys is committed to the:

- Ongoing development of eating disorders prevention programmes with particular focus on development of primary school programmes
- Provision of high quality training workshops and talks to relevant agencies, organisations and groups requesting input from the organisation
- Provision of youth specific information and supports
- Establishment of dialogue and partnerships with youth related media and organisations in relation to issues concerning eating disorders
- Developing appropriate models of training

4 To ensure the continued development of a national organisation which is resourced, accountable and dedicated to providing support, information and understanding to people affected by eating disorders.

Bodywhys will continue to work to:

- Ensure Bodywhys is well resourced with competent personnel (directors, staff, volunteers) who are committed to the vision, mission, ethos and work of the organisation
- Increase the number of people who contribute to the work of Bodywhys
- Increasing membership objectives in a representative way
- Develop networking opportunities with other alliances
- Develop mechanisms that enable the active participation of people with eating disorders, their family and friends to support the organisation
- Secure the resources and build the reserves required to successfully implement the mission and objectives of Bodywhys
- Ensure that satisfactory governance structures and procedures are in place to oversee the activities of Bodywhys
- Ensure best practice in all areas within the Organisation and being committed to reviewing and updating all policies, procedures and protocols.

5 To enable valid and reliable research into Eating Disorders

Bodywhys will meet its research objectives by:

- Informing service provision through the development of applied evidence policies and position statements based on ongoing qualitative and quantitative research
- Developing opportunities to promote scientific and clinical contacts in research
- Supporting research opportunities where appropriate

Bodywhys

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Social Media Follow Bodywhys at twitter.com/bodywhys or facebook.com/bodywhys

Vimeo channel: <http://vimeo.com/user14658313>

Youtube: <http://www.youtube.com/user/BodywhysVideo/videos>

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