ANNUAL REPORT
17/18
The Eating Issues Centre
OUR MISSION

At The Eating Issues Centre we believe in the importance of making sense of eating issues in respectful and non-judgmental ways. We acknowledge the multifaceted and interactive factors that contribute to the development of eating issues and seek to promote empowerment, connections and change on individual and social levels.

NOURISH. CONNECT. THRIVE.

INDIVIDUAL COUNSELLING

GROUP THERAPY

PEER MENTORING

INFORMATION and REFERRAL

WORKSHOPS/TRAINING
The Eating Issues Centre acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We would like to respectfully acknowledge the traditional custodians of the land on which TEIC operates. Sovereignty has never been ceded. We pay our respects to ancestors and Elders past, present and emerging.

We honour the women elders in diverse communities of which we are a part and we celebrate the extraordinary diversity of women’s bodies, genders, sexualities, capacities and relationships that we all represent.

We acknowledge the lived experience of those with an Eating Issue and other mental health issues, those impacted by suicide or substance use and the contribution families, friends, carers and professionals make to their recovery. We respect and value their opinions and integrate their opinions into serviced delivery and change.

We pay respects to those amongst the community who have tirelessly advocated for positive social and political change around issues predominantly impacting women and children including women’s rights, equality, sexual and domestic violence, and changes for the LGBTIQ+ community.
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ABOUT US

The Eating Issues Centre is a statewide community based not-for-profit organisation promoting positive body image and prevention of eating issues. We provide supportive therapeutic options for individuals living with eating issues and their families and friends.

Funded by Queensland Health, TEIC provides information and referral, free counselling, therapeutic groups, and peer support for people with eating issues throughout Queensland. We work closely with the Eating Disorders Association (EDA) to provide support to people living with and recovering from eating issues and their carers and loved ones.

OUR GOALS

• Provide a range of services that respond to the diverse needs of individuals with eating issues
• Contribute to the evidence base and practice knowledge of working with people with eating issues, from a feminist perspective
• Enhance the support options available to people with eating issues through increased community awareness, understanding, and recovery options
• Develop and maintain TEIC as a dynamic organisation leading the field of providing therapy for people with body image and eating issues
• Provide services under Medicare and NDIS

OUR SERVICES

• Individual Counselling
• Group Therapy
• Peer Mentoring
• Information & Referral
• Workshops/Training
• Medicare Rebated Services
I present to the members the audited Financial Statements for the year ending 30 June 2018. The Statement of Profit or Loss shows the consolidated result for all auspices and operations of THE EATING ISSUE CENTRE INC (The Centre).

Overall The Centre achieved a loss of $298 compared to last year's surplus of $16,140.

Performance Summary

Despite a significant increase in revenue, the Centre wasn't able to maintain a surplus position, instead achieving its budget forecast of break-even.

During 2018, the Centre received additional funding from Qld Health.

Further, in 2018 the Centre received a one-off grant of $63k from Queensland Mental Health Commission for Peer Mentor and Wellbeing Program.

In addition, the other contributors to the break-even position was an increase in program costs as well as an increase in employee provisions.

The budgeted profit outlook for the 2019 year is break-even.
Turning to the Statement of Financial Position, the Centre has net assets of $131,109.

Our current assets at $333,832 are $131,109 greater than our current liabilities (Current Ratio of 1.6:1). The Centre continues to hold sufficient funds to cover all of our liabilities and provisions.

The staff and committee are to be congratulated on their continuing efforts in providing the high standard of service to the community.

I would like to thank Rex for his support during the transition process and the committee for their warm welcome.

Karolina Pemberton (Treasurer)
Rumbling with our vulnerability we did!

2017 was truly a year of adjustments, letting go of what we thought the service delivery landscape ‘needed to look like’ and moving towards let’s try the ‘new’.

As a well-established specialist Eating Disorder treatment and community support not for profit, we had to evaluate what works, how do we keep what is working well and what needs adjustments.

For starters, Our Peer Mentor group worked exceptionally well, yet we needed more funding to improve, enhance and add to this phenomenal – history-making group.

In May after negotiations with Queensland Health, we received $284,000 over two years, to expand the current Peer Mentoring and Meal Support Wellbeing Programs for individuals post-hospital discharge into a community stepped care treatment approach. The funding has been identified under Connecting Care to Recovery 2016-2021: A Plan for Queensland’s State-funded mental health, alcohol and other drug services to enhance state-wide services for groups and individuals with complex and high-level needs, including specialist eating disorder services.

In true Community NGO fashion, we stretched the funds to enhance the current program to include a brand-new pilot program (again the first of its kind) in collaboration with QuEDS- Community Table – Recovery Through Connected Eating (see the details of this program on page 25). This program is accompanied by online support comprising a Vodcast interviewing our current Mentors - all Vodcasts are available to watch on our website.
We were able to expand some of our counselling services and reduce our ever-growing waitlist, prioritising our regional and remote clients via telehealth.

TEIC made its mark on the community by being out and about, active on social media and running a very successful media campaign - Busting the myths around Eating Disorders for International World Eating Disorder Day (June 2, 2018) - available to watch on YouTube by searching 'Eating Disorders Queensland'.

This year also marked the historical move towards forging a merged entity between TEIC and our sister organisation EDA. Strategic planning and board negotiations have been set in motion to complete this task. Both TEIC and EDA have agreed to a merger and the hard work has commenced toward creating the largest community service in Queensland offering support and treatment for individuals living with and recovering from eating disorders, their carers and loved ones.

Our ever-growing team was nominated as a finalist for The Mental Health Week Achievement Awards, that recognise and celebrate individuals, groups and organisations working tirelessly to reduce stigma and support and empower those living with mental illness.

On this note I would like to express my admiration, respect and gratitude to TEIC’s phenomenal #recoverywarrior team, for your dedicated, committed and compassionate work with individuals impacted and affected by eating disorders.

To our Management Committee, thank you for sitting with me in the uncomfortable space of change and supporting us as an organisation to ‘Rumble with Our Vulnerabilities’ in scaffolding change with courage.

Always with gratitude
Belinda Chelius
OUR PEOPLE

Belinda Chelius - General Manager
Georgina Bullock - Administration Coordinator

Emily Stanley - Eating Issues Practitioner
Nat Scales - Eating Issues Practitioner
Bridie Stewart - Eating Issues Practitioner
Alison Lee - Eating Issues Practitioner
Claire Day - Eating Issues Practitioner
Mental Health Week Expo - October '17.
TEIC was nominated as a finalist in the Mental Health Week Achievement Awards.

General Manager Belinda Chelius met with Senator Deb O'Neill to discuss Eating Disorder prevalence across the state.

General Manager Belinda Chelius and Senior Mentor Lexi Crouch were interviewed during World Eating Disorder Day for Katherine Feeney's show on ABC Radio Brisbane.

Aunty Dawn Daylight and Paul Martin (Brisbane North PHN) attend our International Women's Day Breakfast 2018.
Paul Martin, Zoe Cunningham (Brisbane South PHN), and Sandra Eyre (Qld Health) attend our International Women's Day Breakfast 2018

Zoe Cunningham and Karen Dare (Communify) attend our International Women's Day Breakfast 2018

TEIC received a grant from Queensland Community Foundation to offer an ED group in Toowoomba

Eating Issue Practitioner Claire Day presented at the annual ANZAED Conference
TEIC Clients - Who did we support?

To be counted as a 'client', a person must have received at least one contact with the service, during a non-administration related service provision, e.g. brief intervention, counselling, education or care coordination. Since the last financial year, TEIC’s service type changed to counselling, which gives a better understanding of the level of clinical work done, rather than personalised support. TEIC's therapeutic groups and community engagement groups are also now separated out in reporting, as therapeutic groups fit under counselling, and count towards counselling hours.

Anorexia Nervosa is currently the most commonly presenting eating disorder type for our clients, followed by Bulimia and Binge Eating Disorder. We also note that often there will be more than one presentation of eating disorder type - e.g. the same client may have both Anorexia and Bulimia.

We do not require clients to have a formal diagnosis in order to receive treatment at TEIC, and we believe this is why there is a high number of clients with no ED type entered. We have changed our data collection methods in order to amend this for the next financial year report. Further details are below.
TEIC Clients - Who did we support?

<table>
<thead>
<tr>
<th>Eating Disorders Type</th>
<th>Females</th>
<th>Males</th>
<th>Other</th>
<th>Total</th>
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<tbody>
<tr>
<td>Anorexia, Binge Eating Disorder</td>
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<td>0</td>
<td>2</td>
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<tr>
<td>Anorexia, Bulimia</td>
<td>11</td>
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<td>11</td>
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<td>Anorexia, Bulimia, Unspecified Feeding or Eating Disorders</td>
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<td>0</td>
<td>0</td>
<td>1</td>
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<tr>
<td>Anorexia, OSFED</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Binge Eating Disorder, Bulimia</td>
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<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Binge Eating Disorder, OSFED</td>
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<td>0</td>
<td>0</td>
<td>1</td>
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<tr>
<td>EDNOS</td>
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<td>2</td>
<td>1</td>
<td>11</td>
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<tr>
<td>Bulimia, Binge Eating Disorder</td>
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<td>0</td>
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<td>1</td>
</tr>
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<td>Anorexia</td>
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<td>Binge Eating Disorder</td>
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<tr>
<td>Bulimia</td>
<td>44</td>
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<td>0</td>
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<td>Compulsive Eating</td>
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<td>Orthorexia</td>
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<td>0%</td>
<td>0</td>
<td>6</td>
</tr>
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<td>OSFED</td>
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<td>3%</td>
<td>0</td>
<td>6</td>
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<td>42</td>
<td>18%</td>
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<tr>
<td>Total</td>
<td>299</td>
<td>744</td>
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</table>

EDNOS: Eating Disorder Not Otherwise Specified
OSFED: Other Specified Feeding and Eating Disorders

THERAPEUTIC GROUP AND COMMUNITY EVENTS

Inclusive of Therapeutic Group, Community Events, and Education

299 TOTAL HOURS
744 TOTAL CLIENTS

PEER MENTOR AND SPEAKER PROGRAM

Combined Data

733 TOTAL HOURS
700 TOTAL CLIENTS

COUNSELLING

1,634 TOTAL HOURS
1,398 TOTAL CLIENTS inclusive of brief interventions

Peer to Peer Phone Contacts
Counselling

The Eating Issues Centre (TEIC) has continued to provide quality counselling services in 2017 and 2018 which have continued to be accessible for free or through our Medicare Arm.

Our one-on-one therapeutic counselling draws on a range of evidence-based counselling models and techniques that continue to be client centred and driven. We continue to work closely with treatment teams and medical professionals and we highly value connecting individuals to support people with a lived experience and also to their own support networks. To ensure we continue to deliver high quality services, TEIC practitioners undertake regular supervision and peer supervision. TEIC has further developed a more streamlined intake process to ensure people experiencing eating issues are able to connect to the right counselling and support through TEIC and external services.

1,634  🎨TOTAL HOURS

1,398  🎨TOTAL CLIENTS inclusive of brief interventions

In 2018, TEIC introduced the Medicare Arm which involved contracting practitioners to deliver evidence-based treatment under the Better Access Scheme. The goal was to increase the capacity for individuals to access affordable and quality counselling for eating issues at reduced waiting times.

To continue with assessing the quality and continuous improvement of our individual counselling support TEIC has changed their measurement tools to the Eating Disorder Examination Questionnaire (EDE-Q), Recovery Assessment Scale (RAS-DS) and continues to use the Depression Anxiety Stress Scale (DASS). TEIC has also been able to make these accessible electronically which allows for comparison of pre and post measurements through a database.

TEIC acknowledges the valuable contributions made by students, volunteers and Medicare-rebate counsellors to our counselling services who are integral to service delivery.
"Counselling services at [TEIC] have been crucial to moving forward into recovery. From the very first session I have felt accepted, understood, and valued as a person, above and beyond my eating disorder and this in turn has helped me to start to see my true self without ED."

SOME FEEDBACK FROM COUNSELLING CLIENTS

"It's a service that provides unequivocal assistance, to those going through an unbearable experience; while often believing hope is completely lost at times. Then, when you do finally seek out the help of TEIC, you are welcomed with such compassion and understanding and support; you can actually dare to believe that recovery to start with: is a possibility, and as the journey proceeds: a goal capable of achieving...

'hope is the intake of precious, rare breaths of essential fresh air
When you're drowning in a storm filled ocean, you are having to bear'

...TEIC is the life-line from a rescue helicopter when you're just about to go under. While I've (thus far) only partaken in one-on-one counselling and completed the ten week group program - of which is yet again another welcomed and valued service - I believe with all my heart the services TEIC provides: are fundamentally prudent towards the possibility and achievement of recovery; for people going through the heinous experience of an eating disorder."
THERAPEUTIC GROUP PROGRAM

Our long-running group therapy program is open to people of all genders from age 16 years. The popular therapeutic group aims to create a safe and supportive environment for people to explore some of the underlying reasons why we might be struggling with eating issues.

We look at a range of topics including feelings and needs, relationships and communication, body image and how gender roles, cultural and family expectations might play a factor in eating issues.

The group explores these different topics through discussions and expressively based therapeutic activities which serve to increase our insight and build our support networks, skills and resources in our recovery journey.

The sense of community created in the groups and the story sharing by participants support people to counter the sense of shame, guilt and isolation that can come with having an eating issue.
THERAPEUTIC GROUP PROGRAM

A 10-week and 18-week therapeutic group were run at TEIC between 2017-2018.

Our service has now run over 50 groups since its inception, providing therapeutic group support to a range of participants. Through our groups, we provide a safe and confidential space for people to connect, share their stories and explore some of the underlying reasons why they might be struggling with eating issues. This is a great achievement by the service and we continue to enjoy providing group work support and the unique experiences that come with this type of support and seeing the insights, learnings and growth that participants experience along the journey.

"I have drawn strength and support from hearing other women’s stories."

"It has been really helpful to connect with others and feel a sense of togetherness around this."

"It has helped me learn that it’s ok, I can talk to others and reach out more, even in simple ways."

"I have learnt ways to take action in life outside of Group."

"I was able to push myself each week to share something that I consider 'secret' in my head and I was able to find support."

"I found the group very helpful in that I felt a lot of shifting however that doesn’t mean that it is comfortable but having a safe space to share was a huge help."

"It has been great to meet such amazing women who embrace me (all) of me."
THERAPEUTIC GROUP PROGRAM

Group 51:

This group trialled an 18-week program, instead of the previous 10 weeks. Ultimately it was found that the extra duration did not provide any additional benefit to participants.

Participants of the group are a range of ages and show a mixed representation of eating issues.

Some of the themes that came out of the group included:

• childhood experiences of violence and abuse,
• feeling numb and also ‘flooding’ of feelings and shame,
  • perfectionism,
• comparisons and competition and how they can affect connection and relationship,
  • school bullying
• difficulty expressing needs in relationships.

Group 52:

This group returned to the 10-week format. As always, a range of ages and eating issues were represented in the group.

Some of the main themes of this group included:

• Difficulties around comparisons
  • Childhood bullying
    • Alcohol use
  • Intergenerational trauma
  • Relationship with mothers
    • Body hatred
    • Grief and loss
• Externalising the EI versus feeling that it’s a part of the self
• Safe relationships and sharing.
• Recovery and reality of it not being a quick fix.
  • Strategies for self-care.

Mindfulness activities were added to the content of this group and were very well received by the group participants and were skills they felt they could use after the group going forward.
The EDQ Mentoring Program supports people who are recovering from eating issues by partnering mentees with mentors. Each mentor will provide support for the mentee over a period of six months. Successful mentoring requires thorough training through our program and a commitment to regular mentoring contact agreed to by the mentor and mentee for the duration of the program. Mentors are in turn supported by senior mentors, and by the organising Eating Issues Practitioner.

The design and structure of the Peer Mentor program is based on best practice national and international standards from other mentoring programs.

**Round 1: July - December 2017**

9 mentors and 9 mentees were matched and began the program. 3 mentors and 3 mentees dropped put during the six-month period. A total of 12 mentees and mentors completed the full program.

**PARTICIPANTS**

<table>
<thead>
<tr>
<th>18</th>
<th>MENTOR AND MENTEES - as matched pairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>SENIOR MENTORS</td>
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</table>
PEER MENTOR PROGRAM

Round 2: January- June 2018

9 mentors and 9 mentees were matched and began the program. Two mentors and two mentees elected to leave the program before completion.

**PARTICIPANTS**

<p>| | |</p>
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<tbody>
<tr>
<td>14</td>
<td>MENTOR AND MENTEES - as matched pairs</td>
</tr>
<tr>
<td>2</td>
<td>SENIOR MENTORS</td>
</tr>
</tbody>
</table>

Completion Rate

- Completed
- Did not complete

This round was the first time that our Eating Issues Practitioner Emily acted as coordinator. She introduced monthly, one-on-one supervision for all mentors. This provides them with an avenue to discuss their mentorship and boundaries and ensures they remain safe throughout the program. This supervision has proven to be a very helpful and appreciated addition to the PMP program.

"I found the supervision super necessary and helpful. I would make new mentors aware of it."
At the end of each program we receive feedback from our mentors and senior mentors regarding their own wellbeing and recovery in the context of mentoring relationships. This is what some of our mentors and senior mentors reflected when asked about their learnings and perceived benefits of being part of the program:

Quotes from Mentors:

- "It’s ok to be vulnerable in a safe space. Shared experiences are important in recovery. Belonging and feeling a sense of community is also important."
- "I think this program has helped me with some personal issues I have been facing because it has reminded me of the importance of having hope."
- "My goals for the program shifted because I was doing it for my career, but I realised the role actually was more important to strengthen my own recovery and connect with other people with similar experiences…and feel less alone. The meetings also challenged my social anxiety! Which was great."
- "Growth: open and accepting of my journey. I always found it difficult to define my ED journey because it wasn’t what the media portrayed ED as. TEIC changed that."
Quotes from Mentees:

I GOT A LOT BETTER AT SHARING AND BEING OPEN WITH OTHERS...

I FEEL MORE PREPARED TO RECOVER.

- "It was great. I felt supported the entire time and gained of lot of skills, perspective from it."
- "I got better at recovery as well as more confident and accepting of myself, etc- things outside of the ED that got so much better."
- "I am far more accepting of myself and am more self-compassionate. I can be more honest and open with people than I could previously."
- "My relationships have improved since I’ve become more comfortable with being open with people and not being afraid/ashamed of who I am."
- "It was fantastic! Having a mentor was such a great source of support, friendship and knowledge. Also, a great example that recovery is possible."
- "I felt like I was part of this incredible group of amazing women where I could speak freely and hear other people’s stories. I felt like I wasn’t alone, and it was such a fantastic experience."
- "Going out to dinner at a Turkish restaurant and eating food that I hadn’t eaten in a long time...it was this turning point in my head where I realised food wasn’t the enemy and hope exists!"
- "[My mentor] was really positive and logical in a caring way. She taught me to see things in a more positive way and to question my inner critic."
- "I think the support and community feeling of this whole program has been incredible. TEIC is this amazing safe place."
- "It was so comforting knowing that other people were on my side in this journey."
A literature review was completed by David Langford (Social Work student), which found that despite several developments in eating disorder interventions, there has been limited change in recovery rates. The research discussed the multifaceted nature of recovery and the importance of targeting the biological, psychological and social facets. Meal-support program is one of the steps in a stepped care approach to working with eating issues. To date, groups that focus on meal-support occurs predominately in medical settings, i.e. hospitals or day programs. There are limited community-based meal-support programs. Previous research has shown the efficacy of combining meal support program and ‘guided self-help’ (i.e. vodcasts/podcasts) to help reduce anxiety around meals. It was therefore decided that through consultation with eating issue professionals, and those with a lived experience, a program could be created that would provide community-based meal-support and ‘guided self-help’.

A focus group was completed in March 2018, followed by an Instagram poll and an online survey. Based on these, the Community Table program was developed. All documents were regularly reviewed by both TEIC and QuEDS staff.

The Community Table program is set to begin in August 2018, with a program structure as follows:

- 5 sessions per program
- 6-8 participants
- Group to be co-facilitated by TEIC Eating Issues Practitioners, QuEDS psychologist and TEIC Peer Worker/student
- Groups 3 hours in duration and over lunch period
- Developing a quarterly vodcast to be published on the TEIC website.

- Themes included
  - Soul Food principles
  - Distress tolerance skills, including the use of sensory items
  - Acceptance and Commitment Therapy
  - Engaging activities – craft-based, gardening, etc.
OUR VOLUNTEERS

Anastasia Blake heads up the catering volunteers for the Group and Peer Mentor Programs.
Initial meals in the group programs provide separate ingredients, always using fresh, seasonal produce. As the course progresses, meals become more complex until the final weeks when main meals are served.
A few volunteers helped occasionally during the year giving them an insight into the sector, and providing new menu ideas.

Providing meals during the course of TEIC’s group programs, enables us to model healthy eating behaviors, eating in a social context and offering support to individuals around their relationship with food. TEIC’s focus is not so much on food, what you eat or how much you eat, rather creating an environment of a shared experiences, mutual support and learning skills to manage the unhelpful thoughts and anxiety that often accompanies eating.

VOLUNTEER HOURS

2 011
Total

Pictured: Anastasia Blake, and just some of the compliments we receive about her amazing cooking!
Funding Bodies
- Queensland Department of Health

Business Partners
- Julian’s mowing
- Grill’d Toowong
- Tim Stewart - website development and graphic design

Community Partners
- Queensland Eating Disorder Service (QuEDS) for partnering with us to deliver and continuously improve statewide services to people with Eating Issues and their loved ones
- Queensland Eating Disorders Service (QuEDS) for their ongoing collegiate support and engagement with the Peer Mentor Program. Dr Warren Ward for his continuing support
- Headspace Redcliffe - For support, especially setting up our Medicare ARM
- Child and Youth Mental Health Service (CYMHS) at Children’s Health Queensland
- The Butterfly Foundation
- Eating Disorders Victoria
- The Australia & New Zealand Academy for Eating Disorders (ANZAED)
- QLD Alliance for Mental Health
- The Queensland Council of Social Service (QCOSS)
- Arafmi
Student Placements

We partnered with University of Queensland and Queensland University of Technology to host several Counselling and Social Work students throughout the year.

Volunteers

- Aunty Dawn Daylight
- The TEIC Management Committee for their time, leadership and skills
- The Mentors, Senior Mentors, Mentees for their incredible devotion, humour, and hard work
- Anastasia Blake
- All others who generously volunteered their time and resources

Management Committee

- Chairperson: Stacey Horder
- Treasurer: Rex (Ramandeep) Brar
- Secretary: Susan Gobbert
- Ordinary member: Suzannah D’Juliet
- Ordinary member: Anastasia Blake
- Ordinary member: Marc Bryant
- Ordinary member: Vanessa Fabre

Thank you to all of our supporters and community
"I don't remember hunger
I remember the vastness of space.
I could create more space by remaining silent
Until my mind would stretch me out of the room
To elsewhere
I hate this place
This is not a good place.
But it’s the only place I’ve got
Because no one is going to understand
This feeling. ///
I don’t remember fullness
I remember warmth
I can create more warmth by voicing my experiences
Until I am vulnerable, but connected
To a greater narrative than my own
And to all of those who have also experienced eating and mental health issues.
Because, as it turns out
Everyone understands
This feeling"

Shannon, Mentor, PMP