

EDA MEMBERSHIP FORM

Annual EDA membership provides members with library borrowing rights and a bi-monthly newsletter Through the Looking Glass. The Newsletter is peer driven and full of up-to-date eating disorder information, events, recovery strategies & personal stories.

EDA members have voting rights at the Annual General Meeting (AGM). Association members are welcome to attend monthly board meetings, stand for election for official board positions at the AGM or volunteer. People affected by eating disorders and carers are included at all levels of service delivery.

The EDA relies on memberships and donations in order to raise funds for community needs. All donations over \$2 are tax deductible.

COST OF ANNUAL MEMBERSHIP

- | | |
|---|-----------------------|
| <input type="checkbox"/> Individual | \$30.00 |
| <input type="checkbox"/> Organisation | \$50.00 |
| <input type="checkbox"/> Concession | \$15.00 |
| <input type="checkbox"/> Postage option | \$5.00 |
| <input type="checkbox"/> Donation | \$ _____ |
| Total Amount | \$ _____ Includes GST |

To receive the newsletter as a hardcopy by post, please tick the extra \$5.00 postage option.

Name _____

Phone _____

Email _____

Address _____

METHOD OF PAYMENT

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Cash | <input type="checkbox"/> Direct Debit |
| <input type="checkbox"/> Money Order | <input type="checkbox"/> Paypal via EDA website |
| <input type="checkbox"/> Cheque | |

Cheques and Money Orders to: Eating Disorders Association

Direct Debit Payments to: Eating Disorders Association
BSB: 484 799
A/C: 1638 10445

Please leave your surname as a reference for direct debit or paypal payments. Contact us when you have made payments so we can send you a receipt and match your payment to your membership.

Date Online Payment _____

Reference Name _____

New Members Signature _____

Date _____

Send completed membership form to:
EDA PO Box 1221, Toowong Q 4066
Or email to admin@eda.org.au

HOW TO FIND US



Our Location
Close to public transport – bus stop and train

Location

89 Sherwood Rd
Toowong Q. 4066

Mailing Address

PO Box 1221
Toowong Q. 4066

T (07) 3077 7320
E admin@eda.org.au
W eda.org.au
eatingdisorderscarerhelpkit.com
f facebook.com/edaqld
facebook.com/eatingdisordersassociation
@ instagram.com/edaqld

Monday – Thursday
9:00am – 4:00pm

*Please contact centre for appointment
or to book for a community education session*

ABN 99 308 211 550



facebook.com/edaqld

Opening the doors to recovery!

EATING DISORDERS ASSOCIATION INC. (QUEENSLAND)

Support · Information · Referral · Education
Peer Support and Networks for Carers and Families



About the Eating Disorders Association Inc.

The Eating Disorders Association Inc. (EDA) was founded in 1996 by people who have been personally affected by eating disorders, either as someone with a lived experience of having an eating disorder or as a carer. The EDA values the lived experience of recovery, and individuals and families affected by eating disorders are included at all levels of service.

The EDA is funded by Queensland Health to provide free individualised counselling, group support, psycho education, information and referral to Queensland carers, families and friends who are supporting someone living with an eating disorder. The EDA also provides community education and other programs.

EDA Mission Statement

The mission of the EDA is to improve the intervention, education and support for all people affected by eating disorders, and to work towards the prevention and elimination of these disorders in society.

EDA Philosophy

- The EDA is a non-profit organisation which is dedicated to providing a service to people of all ages, genders and cultures.
- The EDA recognises that eating disorders are serious and complex issues which require a multi-dimensional approach to care and support.
- We believe that all people experiencing eating disorders and their friends, family and carers, should be treated with dignity and compassion and should be included in all levels of service.
- The Association promotes the acceptance of all body types and sizes, and is committed to valuing people as whole beings.
- Recovery is possible, help is available.

EDA Service Hours

The EDA is open Monday to Thursday between the hours of 9am and 4pm. Service users are always encouraged to call the centre before dropping in, as sometimes staff maybe in training, in sessions or working off site.

Volunteers

The EDA values and needs volunteers to help operate the services. There are many ways to get involved at the centre and we look forward to discussing how you can volunteer.

We particularly invite people who have recovered from an eating disorder or those who have helped someone recover to become involved.

EDA Services

Individualised Support

One off or ongoing Counselling support is available for carers and families throughout Queensland. Sessions are free of charge and can be held face to face, by phone, skype or email.

Information and Referral

The EDA holds regular information sessions for carers, families and health professionals on a variety of topics. All information sessions are advertised on our website, Facebook, Instagram and in our bi-monthly newsletter. The EDA library is available for members to access.

Support Groups

The EDA regularly holds carer support groups and workshops for carers and families. All groups and workshops are advertised on our website, Facebook, Instagram and in our bi-monthly newsletter.

Peer support networks of carer volunteers, who have supported someone through recovery, offer one to one peer support, including after-hours support. New volunteers are encouraged to join this network.

Information and Community Education

Understanding eating disorders can be vital to recovery, information on evidenced based treatment and recovery strategies is available to assist carers and health professionals in their supporting roles. EDA offers body image and eating disorder workshops to schools, universities, and the broader community to raise awareness, increase prevention and improve treatment responses.

Referral

The EDA can connect people with health professionals that can support them on an on-going basis. The EDA maintains a list of health professionals for different regions throughout Queensland, who have expressed a special interest in treating and supporting people with eating disorders.

The health professional referral lists are continually updated and interested health professionals can contact the centre to join, so that our service users have greater access to health professionals in their local area.

Please Note: Although the EDA provides information about the best evidenced based treatment options for eating disorder recovery and how to choose your health professional team, we do not endorse any particular treatment, therapy or health professional. It is up to the individual to find a therapy team best suited to their needs.

Newsletter

The EDA publishes a bi-monthly newsletter called 'Through the Looking Glass'. The newsletter has contributions from people who identify as having a lived experienced of an eating disorder, people who have recovered and carers. The newsletter includes personal stories, peer support and networking opportunities, recovery strategies, art work, book, media and web reviews, eating disorder sector events and research, health professional contacts and opportunities to get involved at the EDA.

The EDA Newsletter Editorial Committee is made up of a group of individuals with a lived experience who contribute to the decision making, writing and editing. The EDA also accepts newsletter contributions such as personal stories, artwork, poetry, recovery strategies, etc. from anyone wishing to contribute. We also welcome suggestions for articles you would like to read.

The Newsletter contains a list of Peer Support Contacts for carers who are seeking one on one support from those who have supported someone to recover. The EDA highly values the recovery experiences of individuals and carers whose lives have been affected by eating disorders, as they can provide hope and practical support to others.

Website www.eda.org.au

The EDA website contains information about the EDA services and comprehensive information about eating disorders, with links to interstate and international websites. It also has up-to-date information on eating disorder sector research, events, initiatives and information.

eda.org.au
eatingdisorderscarerhelpkit.com

Facebook and Instagram

Find Eating Disorders Association Qld on Facebook and Instagram for regular up-dates on eating disorders, events we are holding, research and information.

facebook.com/edaqld
Instagram: edaqld

Library

The EDA maintains a specialist library with resources for eating disorders recovery. EDA members throughout Queensland may borrow items for a period of four weeks. .

Client Rights

EDA client rights, complaint procedures and legal information are advertised at the centre and on the EDA Website.