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## Body Image and Eating Disorder Awareness Week 2009

Body Image and Eating Disorder Awareness Week 2009 was a great success! Highlights of the week included:



The South West launch, hosted by St John of God Hospital Bunbury, with special guest speaker Chris Harris

Eating Disorders in Young people: A GP workshop. Presented by Associate Professor David Forbes and Julie McCormack

Supporting Parents and Families Experiencing Eating Disorders: A workshop for Mental Health Professionals. Hosted by South West CAMHS with presenters from Princess Margaret Hospital for Children

The Inspiration Evening - 'Voices of Hope' and 'Stitch in Time' exhibition. Presenters included individuals who have experienced eating disorders as well as family and friends of those with the lived



experience. W.A. service providers were also present on the night to provide information and support. The 'Stitches in Time' exhibition was on display, throughout the evening, which was comprised of artwork developed in The Black Dog Project workshop earlier in August. The night provided inspiration and hope while providing 'voice' to the experience of living with eating disorders.

Everybody's Different Sundowner. Special guest speakers included Karen Robinson (Director of Mango Leadership Group & WA Director of Women's Forum), Claire Vickery (Founder and Chairperson of the Butterfly Foundation), Janine Brown (Founder of The Black Dog Project) and entertainment by Wandering Minstrels: Flute and Veg featuring Alain Thirion and Kerry Fletcher.

A big thank you to everyone who supported these events including all the people behind the scenes and all those who attended. The week was a great success and we look forward to seeing you all next year at Body Image and Eating Disorder Awareness Week 2010!





***Bridges Presents***  
***MAO'S LAST DANCER***



This is the inspirational true story of Li Cunxin, adapted from his best-selling autobiography and telling how, amidst the chaos of Mao's Cultural Revolution, he was chosen to leave his peasant family and sent on an amazing journey ... as it turned out towards freedom and personal triumph.

Li's story unfolds as China was emerging from Mao's grand vision. It couldn't have been a better time for Li Cunxin to discover the west and for the west to discover Li Cunxin. This is about how Li overcame adversity, discovering and exploring his natural abilities and talent as a great classical dancer.



**Windsor Cinema**

**98 Stirling Hwy Nedlands**

**From 6:00pm Wednesday 7th October 2009**

**(Movie starts 6:30pm sharp)**

**Cost \$15.00 per ticket (Proceeds go to Bridges)**

**Tickets available at Body Image and Eating Disorders Awareness Week and from Bridges committee members**



# My Journey

By Tracey

## My Journey

I love to Journal and have been journaling for a while. I always find something different to use (different mediums a book with lines or a book with blank pages and then personalise it). I was thinking about what I was going to write for the Bridges newsletter, so I went through some of my Journals from when I was in hospital.

I found two entries that were like a light bulb moment for me.

### They were...

#### 23<sup>rd</sup> July 2007

I decided on the 23<sup>rd</sup> July 2007 that I have a new project and my new project is to restore my health and to get my life back. It seems almost selfish to focus on yourself for the next few months? It just didn't seem right, but if it makes me feel a little uncomfortable then it is change and growth.

#### 24<sup>th</sup> July 2007

Just for the moment I'm

entertaining the thought of being at my goal weight. To entertain the thought of life without Anorexia is it possible? I needed to change things, to do things differently.

Reading these reminded me that just to have these thoughts were new. What if?

Wow! Even when I was ill and trying to focus on my health, I knew that what I was going through I needed to write it down. I knew that when I was recovering that I was meant to share what I went through to help others.

I'm not going to focus on the illness Anorexia but more on the side of recovery. So me recover?

Yes it is possible and I am walking out my recovery each day. I am now living my life. My life is very different now. When I was discharged from hospital I knew that I needed to really focus on my self. If I was going to walk out this

recovery I needed to basically do everything differently if I was ever going to break the hold that Anorexia had on me.

For me it was this new great adventure, sure I did have a few concerns about relapsing but I made a decision with myself that I cannot go back; to go back is not an option for me.

What made the difference for me was having an amazing network of friends who are there for me and they have journeyed with me. I love them; they have made such an impact on my life.

When I left Hospital in late December 2007, I didn't go back to work straight away. I finally went back in March and came back slowly which was so good.

In March 2008 I went over to Sydney to 'Colour' a women's conference. I had wanted to go over for a while but I couldn't manage the trip how I was. I loved the conference it impacted on my life.

I still had to work through my recovery and every day I have a choice to look forward to the future with hope.

Discovering what I like was fun; what my favourite colours were and that I really loved shopping.

I was still seeing my Doctor as I needed to have the accountability. The world grew exciting for me.

I discovered that I have a creative side. I love singing so in August of 2008 I went to Melbourne and had a workshop with my music mentor. We worked on finding out what I like, creating my look and my

sound. I came back home and wow!

I had in place lots of changes.

I was lucky enough to go over to Melbourne in May this year to meet with my Music mentor. This time we did a songwriting workshop. I knew that I wanted to write a song about my journey and I knew that I wanted to call the song Princess Heart.

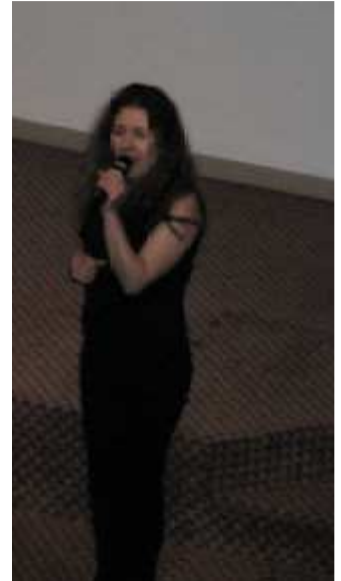
So we work-shopped the idea. It took a while and I really had to fight to write it. I didn't want to; it was difficult because I wanted to find the right words to say. So as the day went on and night come, Princess Heart,

my song that I had to write was written. Yeah!

I know now what my purpose in life is and I'm living, really living.

Love

Tracey



## Australian National Eating Disorders Workshop

### Australian National Eating Disorders Workshop

## INVITATION

We invite you to participate in a National Workshop on developing a National evidence based Framework on Eating Disorders.

The Framework will cover the promotion, prevention, early intervention, treatment and management of eating disorders, with a focus on youth and children. This will be an exciting opportunity for you to make a difference in an area of real need. We look forward to welcoming you to this landmark event.

Saturday 24th October 2009, Australian National University. The workshop will commence at 9am and conclude at 5:30pm. Register online at [www.anedw.edetails.com.au](http://www.anedw.edetails.com.au) by the 10th October 2009. For further enquiries please email [nationalworkshop@thebutterflyfoundation.org.au](mailto:nationalworkshop@thebutterflyfoundation.org.au) or call 02-8090 8195



The Butterfly Foundation  
Supporting Australians with Eating Disorders

## A note from the new Bridges President Madeleine Sewell

Welcome to the Bridges newsletter. For those who don't know me, I work with the Eating Disorder Program at PMH as a Body Awareness Therapist. I have long held an interest in treatment approaches and service provision for those living with eating disorders and their families. Therefore, it has been a pleasure to watch Bridges grow from its Launch in 2006 to its current status as a key component of the multi-faceted approach to eating disorder services.

I am honoured to have been appointed the position of Bridges President and I'd like to take this opportunity to acknowledge the significant contribution of my predecessor, Julie McCormack. Julie has worked tirelessly on behalf of Bridges since its inception, supporting its growth and development from an inspired idea to a key component in the provision of support services, and the promotion of

understanding for all people affected by eating disorders. I'm sure I speak for us all in expressing our gratitude for her efforts to date, thankfully, Julie isn't leaving us and will continue to assist Bridges in a number of capacities.

While extending gratitude, I'd also like to mention Karen Bush, Damien Cooper and Michael Minosora for their efforts in enabling our organisation to achieve Deductible Gift Receipt status with the tax department. Any donations to Bridges are now a tax deduction.

I'm very pleased with all of the events that took place for the *National Body Image and Eating Disorders Awareness Week, held in the first week of September*. I'd like to thank *Lotteries West, the Butterfly Foundation, the Black Dog Project, the Centre for Clinical Interventions, the Hollywood Clinic, Women's Health Works and the Western Australian Department of Health Child and Adolescent Health Service* for their generous

sponsorship and support of these events. I would also like to thank all the members of the Bridges Management Committee and the Bridges Reference Group for their efforts and enthusiasm during *National Body Image and Eating Disorders Awareness Week 2009* and for their ongoing commitment to providing support and advocacy for people affected by eating disorders.

On a final note, a quick reminder that we are always looking for new members. I have found being part of Bridges to be a very rewarding experience, if you interested in joining Bridges, helping out as a volunteer, participating on a committee or contributing in any way to enhancing the lives of people affected by eating disorders, please e-mail [info@bridges.net.au](mailto:info@bridges.net.au) for more information or to ask us any questions.

Kind Regards, Madeleine

## Question and Answer

As parents, friends, health professionals and sufferers, we understand the confusing and isolating experience of dealing with eating disorders. Like those before us, we have all asked ourselves questions to which there were no straightforward answers. While we don't contend to have all the answers, what we do have is a multifaceted body of knowledge which has come from our own personal experiences with eating disorders.

This section of our newsletter is where we will attempt to provide our readers with answers to their questions from the multiple perspectives of the people here at Bridges.

If you have a question you would like the Bridges team to discuss, or would like to hear from someone who has been in a similar situation, please contact us via...

**Email**  
[info@bridges.net.au](mailto:info@bridges.net.au)

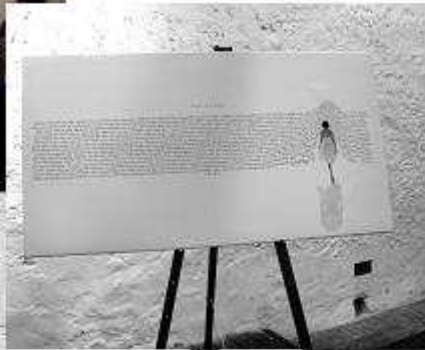
**Post**  
PO Box 138  
Karrinyup Shopping Centre  
Karrinyup WA 6018

Also feel free to check out our website [www.bridges.net.au](http://www.bridges.net.au) for further information and a list of resources

# Book Launch — In my room

## Book launch & exhibition—Kidogo Arthouse

Beginning with the exhibition of works from the book pages, ducked through the hole in the wall entering the 'white gallery' for some intimate conversation. (see below)



On the theme of 'transformation' artworks below were created by Ash and Maggie from 'chopping up' the book and using the pages to create works of their own.



In my room through the hole in the wall

...



Ash Browne



Maggie



Ash

Book—'In my room' is available from the Black Dog Project website [www.theblackdogproject.com](http://www.theblackdogproject.com)

The contents of this newsletter are for information purposes only. This information is not intended to replace professional medical treatment and should not be used for diagnosis or treatment purposes. The Bridges Foundation makes no warranty as to the accuracy of any of the information contained on or referred to in this newsletter.

## Service Updates Groups and Events

### Womens Health Works

**Carer/Parent Education Program** continuing from August 2009

This is an 8 week program for carers and parents of a loved one who has an Eating Disorder. The program has weekly presentations by professionals who specialize in Eating Disorders and also people who have successfully lived through their journey. Cost \$88.00 per person or \$132.00 per couple (family group rates available)

**Step Down Program** Starting mid- July.

Meeting twice monthly for 3 months as a continued support network for attendees of the Anorexia/Bulimia Support Groups. Cost \$99.00 per person

**Anorexia/Bulimia Self-Help Program** Starting October 15<sup>th</sup> 2009 meeting every week for 20 weeks. Location Central Perth. Cost \$330.00 per person

**Binge/Overeating Self-help Program** New 20 week program starting early 2010

*All programs are held at a venue in central Perth and are facilitated by fully trained staff from WOMEN'S Healthworks. To register or find out more information about these programs please call WOMEN'S Healthworks on 9300 1566 or e mail [cath@womenshealthworks.org.au](mailto:cath@womenshealthworks.org.au) or visit our site at [www.womenshealthworks.org.au](http://www.womenshealthworks.org.au)*

## 'Gaining: Life after Eating Disorders' by Aimee Liu Book Review by Emily Harper

In *Gaining*, Aimee Liu writes both from her own experiences with an eating disorder as a teenager, as well as from interviews of others who have recovered from eating disorders and interviews with treating clinicians. She integrates this insider knowledge with research findings to examine the factors that may contribute to the development of eating disorders, as well as the impact having an eating disorder has on a person after they have recovered. Her title *Gaining* refers not to the physical markers of recovery from Anorexia Nervosa, but to the psychological growth and discovery that lead to a happier and more fulfilling life outside of the constraints of eating disorders. *Gaining* is an engaging read, and Liu maintains a respectful and empathic stance throughout. She interviews people from a diverse range of backgrounds - including men - seeking to dispel the common myths and stereotypes about those who develop eating disorders.

Liu discusses a wide range of factors that may predispose people to eating disorders, from genetics, family life, socio-cultural pressures, to individual personality and temperament. She goes on to examine the ways these factors may shape life after recovery from the eating disorder, and the risks they pose for relapse. Far from painting an excessively rosy picture of recovery, Liu is realistic in observing the ways eating disorders may recur or play a background role in an otherwise healthy life. In this way her book serves to reassure those who may feel their own struggles with relapses or residual eating issues are unusual or abnormal. It may also help people to draw connections between the various aspects of their struggles (past and present), and think about ways forward.

One criticism of the book is that Liu refers to specific weights, which may be unhelpful for those currently struggling with a tendency to compare themselves with others. It is likely to be more relevant for individuals further down the path of recovery, or for family or friends who wish to understand eating disorders in greater depth.

# Unravelling Her

## A play

*Drama explores, deconstructs and exposes our creative selves. I hold the belief that many of us, unable to live with our distress, use creativity to bring language, colour, form and life to what lies stored within.*

Laura Crook, 2007

## One Year On...

**U**nravelling her - was a play performed last year for Body Image and Eating Disorders Awareness Week.

This theatrical performance was the creative result of two years investigation by several women who suffer from eating disorders. The performances reflected the individuality of each woman and explored unique themes collected throughout the process of enquiry.

*This play was essentially an unravelling of selves, an unravelling of discovery, and an unravelling of change.*

**O**ne year on, and images of the play still linger in my mind - like flashes. I think that as each year passes I could write another play sharing with you the new learning. The on going process of unravelling does not end with curtain call, and I often find myself wondering about the amazing women who created all of this with me - what is their script now? How would the scenes play out? What would our play be today?

**B**ut perhaps it is not *unravelling* only, for unravelling suggests that everything is there to start with. For me the creative process now begins for real...

*That with my life and in living it...*

*I now create self, create discovery, and create change.*

Laura Crook, 2009



# The Bridges Association Inc

## Book Of Hope – Fundraising Initiative

# Book of Hope

## *A call out*

*to all those individuals whose lives have been touched by an eating disorder.*

*Be it a person who suffers the disorder directly*

*Be it a carer*

*Be it a family member*

*Be it a friend*

*The Bridges Association Inc are looking for stories of hope and inspiration from those whom know the experience.*

*Be it in the form of words, images*

*Be it affirmation or poem*

*Be it story or picture*

*All contributions are welcomed.*

The Bridges Association Inc are interested in publishing a book filled with stories, images and words of experiences by all those people directly or indirectly affected by the issue of eating disorders. This work is to be about naming, sharing and hence empowering all those involved, and all those in the community that suffer the helplessness of this experience. This will be a fundraising project, with an aim to publish in 2010. The Bridges Association Inc hope this project will enable possibilities for achieving goals – spreading awareness and building support in our communities.

If you are interested in being a part of this project, please see the Bridges Association Inc website ([www.bridges.net.au](http://www.bridges.net.au)). Information will be available to you on the website, including a consent form which will need to be completed and sent in with entry.

*We look forward to hearing your stories of hope*



## who are we

Bridges Association Incorporated was established to promote understanding and to provide support services for all people affected by eating disorders in Western Australia.

We are an alliance of past sufferers, parents, carers and health professionals who are passionate about working together to advocate a holistic and team approach in the recovery process.

## short term objectives

- creating public awareness of eating disorders
- educate society about eating disorders
- advising direction to professional help and resources
- general support for sufferers, carers, families, friends & health professionals
- general support and assistance for people in rural areas
- Website, brochures and newsletters

## long term goals

- telephone support line
- a community multipurpose house and resource centre
- advocacy and support for the development of services in Western Australia

## CONTACT US

PO Box 138  
Karrinyup Shopping Centre  
Karrinyup WA 6018

We're on the net  
[bridges.net.au](http://bridges.net.au)

# Bridges is on Facebook!

facebook Home Profile Friends Inbox Settings Logout

**Bridges Association Incorporated**  
Global

**Basic Info**  
Type: Organizations - Volunteer Organizations  
Description: Bridges Association Incorporated was established to promote understanding and to provide support services for all people affected by eating disorders in Western Australia.  
We are an alliance of past sufferers, parents, carers and health professionals who are passionate about working together to advocate a holistic and team approach in the recovery process.

**Contact Info**  
Email: [info@bridges.net.au](mailto:info@bridges.net.au)  
Website: <http://www.bridges.net.au/>  
Location: Perth, Australia

**Members**  
Displaying 8 of 62 members See All

**Group Type**  
This is an open group. Anyone can join and invite others to join.

Show your support for Bridges by joining our Facebook group!