

FUND A PROGRAM

- \$50,000** **Health Education Officer**
Appoint a half-time Health Education Officer to provide training in early identification and intervention techniques for those working with young people eg. Dance & Fitness instructors, Coaches, Youth Clubs, Youth Workers.
- \$50,000** **Subsidy for Treatment**
This donation enables EDF to establish a fund to subsidise an outpatient treatment program for a patient with a serious eating disorder who is unable to afford or access appropriate treatment.
20 weeks at \$50 each = \$1000
50 people on an as needs basis
- \$50,000** **Extension of Rural Project**
Current project involved mentoring young people from rural areas. Extending the project would enable EDF to train workers in key regional areas to provide local services and support. This would also include a health worker training local community staff to develop group programs to people with bulimia and binge eating disorder.
- \$50,000** **Indigenous Outreach Project**
Appoint an indigenous worker with qualifications in allied health to work with indigenous people. This will be the only specialised program in Australia and demand for this service has been highlighted by the recent Mission Australia National survey of Young Australians which indicated that 42% of indigenous young people aged 11 – 14 indentified body image as a major concern. This initiative would be a world first.
- \$30,000** **Media and publicity Relations**
Enable the appointment of a part time officer to create greater awareness of eating disorders and to dispel damaging myths and stereotypes. They would also highlight the work of the Foundation to assist sufferers and their families.
- \$30,000** **Purchase and Maintenance of an EDF vehicle**
This would enable EDF staff to run an outreach service to patients and enable the health education worker to work in outlying and remote areas of Sydney.
- \$20,000** **Inpatient Program Subsidy**
This donation enables EDF to subsidise a place in an intensive hospital program for 4 weeks for a patient with a life threatening eating disorder who is unable to afford or access appropriate treatment.
- \$10,000** **Online Project**
Enables EDF to extend an online Chatline and bulletin board using a fully qualified health professional as facilitator. Would assist patients in rural and remote areas, patients who are at risk of relapse as well as families in crisis. Includes the cost of design and maintenance of the site.

- \$5,000 Accommodation Subsidy for Rural Families**
Would enable 10 families with financial distress from rural areas to receive a \$500 subsidy to stay in city motels to visit their sick children.
- \$5,000 Computer and equipment for volunteer interns**
Enables EDF to purchase computers and software to make better use of the time donated by our volunteer trainees.
- \$5,000 Day Program Subsidy**
This donation enables EDF to subsidise a place in a day hospital program for 4 weeks for a patient with a serious eating disorder who is unable to afford treatment.
- \$4,000 Art Therapy**
Relapse prevention program over 10 weeks enabling participants to develop new skills in different fields of art while learning positive life skills to overcome their self doubt. Program includes costs of materials and 2 qualified Art Therapists.
- \$2,000 Drama Therapy**
Relapse prevention program over 10 sessions using drama and creative arts to help patients overcome body dissatisfaction and develop core resilience and social skills.
- \$2,000 Life Skills (cooking & shopping)**
Program for those making the transition from hospital program or those who lack the confidence to learn to cook and shop in a safe and relaxed environment.
- \$1,000 Recovery Support Groups**
Enables 10 – 15 participants to attend a group program under two qualified group leaders for 10 sessions to assist in their recovery. The aim will be to prevent relapse of their illness.
- \$1,000 Family and Friends Support Groups**
Enables family and friends to attend a group program over 10 sessions with a qualified group leader to provide them with coping skills and support for their sick relation.
- \$1,000 Feel Good/Look Good Program**
Enables 10 – 15 people recovering from an eating disorder to attend 10 group sessions with expert beauty and fashion stylists in order to feel much better about their bodies.