

## What's on at EDQ

APRIL-JUNE 2023 EDITION

### Donate today!

All donations over \$2 to Eating Disorders Queensland are tax deductible and give real people access to counselling, practical assistance to support recovery, groups, equipment for the centre and books for our library.

[DONATE](#)

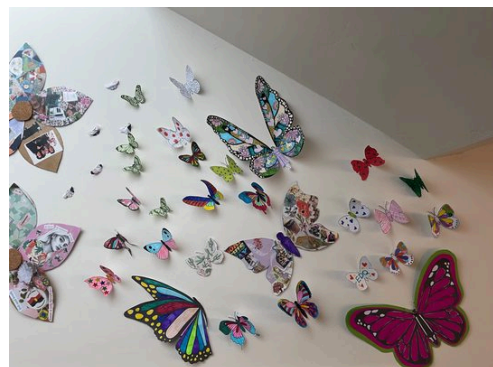


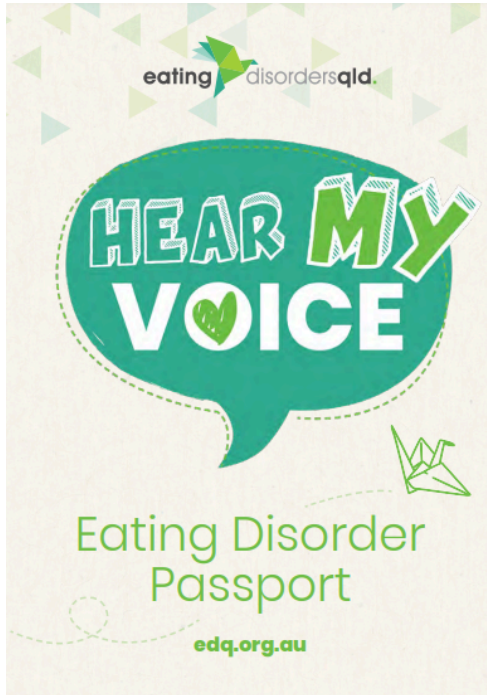
## EDQ News

### Calendar

Did you know we have a calendar that lists all EDQ programs and events for the year? We've added every program for the rest of 2023 so you can plan ahead!

[EDQ CALENDAR](#)





### EDQ Passport

Our Eating Disorder Passport is out! Clients and carers can use this self-directed resource to advocate for themselves and encourage their treating team to #HearMyVoice.

[CLICK HERE TO ACCESS YOURS NOW!](#)

### Seeking Volunteers

We are currently taking applications for volunteers interested in garden maintenance, general administration or cooking assistance. If you know someone who might be interested, please let them know. \*Please note that unfortunately, we can not accept current clients as volunteers.

[LEARN MORE](#)



### Setting the Table

Check out this special group art project our clients created! Each piece of the puzzle represented recovery for them. Contact [admin@edq.org.au](mailto:admin@edq.org.au) or call (07)3844 6055 if you are interested in learning more about this group.





## Opportunities

### We Are Hiring!

We are looking for an Eating Disorder Practitioner, Carer/Key Support Coach, BITE practitioner, & Public Health Officer to join an experienced and supportive team based in South Brisbane.



[APPLY HERE!](#)



### Carer Services

Our Carer & Key-Support Team have a range of services and support options for family members, carers and key support people who are supporting a loved one with an eating disorder. Our services include Individual Coaching, Fostering Recovery Workshops, Carer Connect Support Group, Carer Peer Mentoring and Re-Connect events throughout the year.

[LEARN MORE](#)

### Medicare & NDIS availability

Our Medicare and NDIS services are available for dietetics and counselling sessions. Contact [admin@edq.org.au](mailto:admin@edq.org.au) if you'd like to arrange an appointment.

[LEARN MORE](#)

**Medicare Appointments Available!**  
In-person & Telehealth Medicare & NDIS

*Counselling*  
Christophe Langlassé

*Dietetics*  
Sarah Why

eating disorders qld. [eatingdisordersqueensland.org.au](http://eatingdisordersqueensland.org.au)

## Upcoming Projects

EDQ is launching a super exciting project expected to launch at the end of July. Stay tuned to hear more... Check out a behind the scene sneak peak!





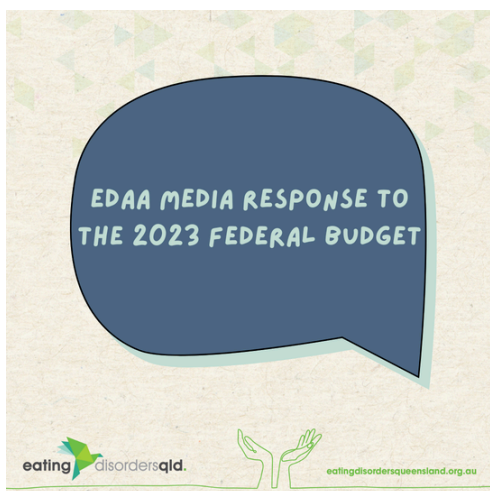
## Eating Disorder Sector News

### EDQ Recipient Grant

EDQ is extremely grateful to be the recipient of one of the Mental Health Program Community-Based Eating Disorder Support grants, and will be implementing a state-wide Brief Intervention Eating Disorder Therapy Program. Read our media statement below.



[MEDIA STATEMENT](#)



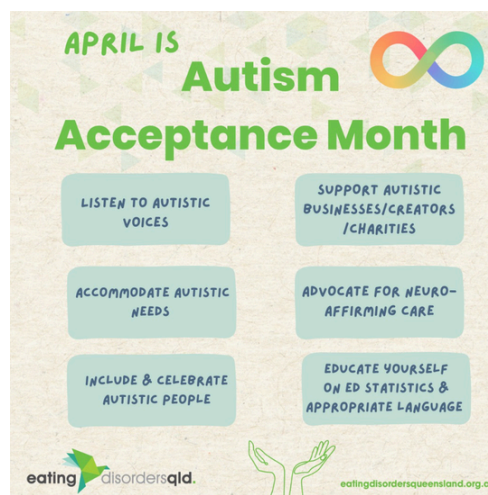
### EDAA Media Response

EDQ, as a member of the Eating Disorder Alliance of Australia (EDAA), have called the Federal Government to involve EDAA members in the system reform process.

[READ MORE](#)

### Autism Acceptance Month

EDQ is open to continually improving our understanding and representation of autism and eating disorders. April was Autism Acceptance Month, and EDQ wanted to highlight the link between autism and eating disorders. Did you know that 25% of people with an eating disorder are autistic?



## AUTISM & EATING DISORDERS



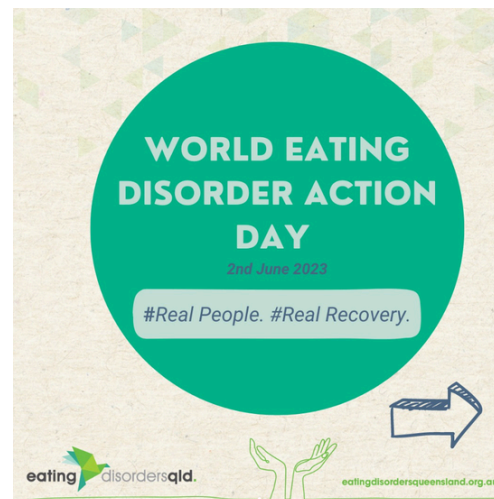
### Interactive Digital Resources for Eating Disorders

The National Eating Disorders Collaboration has Interactive Digital Resources for Eating Disorders. The self-paced resources aim to develop general knowledge and skill in eating disorders; increase your understanding of own experience of body and eating, and accessing support; how to provide support and skill enhancement for clinical practice.

[CLICK HERE](#)

### World Eating Disorders Action Day

June 2nd was World Eating Disorders Action Day (WEDAD)! This year's theme is: "Real People. Real Recovery". This year we are highlighting that recovery from an eating disorder IS REAL and POSSIBLE.



[LEARN MORE](#)



### International Day Against Homophobia, Biphobia & Transphobia (IDAHOBIT)

May 17th was IDAHOBIT and raises awareness for the work that is still needed to combat discrimination against sexuality and gender diverse communities.

[LEARN MORE](#)

### National Sorry Day and National Reconciliation Week

May 26th was National Sorry Day, a day of remembrance and apology for the historical mistreatment, forced removal, and injustice inflicted upon First Nations communities. Reconciliation Week was May 27th to June 3rd, with the theme 'Be a Voice for Generations'. We encourage you all to be advocates for change, amplifying the voices of past, present, and future generations.



### RECONCILIATION AUSTRALIA



### International No Diet Day

The 6th of May was No Diet day, an important day in our beautiful EDQ community. It reminded us that we can thrive when we treat our bodies with kindness and compassion rather than restriction and deprivation.

### National Volunteer Week

From the 15th to the 21st of May was National Volunteer Week. EDQ would like to say a big thank you to our incredible and selfless volunteers who dedicate their time and passion to our eating disorder community. We appreciate how much our volunteers contribute, and we would not be able to function without them.





## Research and Conferences

EDQ has attended the [International Conference on Eating Disorders \(ICED\)](#) conference! Our research officer Jess Tone headed to Washington, D.C., talking about our research on "Eating Disorder Recovery Through Connected Eating: The Implementation of Meal Support Groups in Community-Based Setting."

[READ MORE](#)

## QuEDS forum

The EDQ team attended the [Queensland Eating Disorder Service \(QuEDS\) annual forum](#) this year at the RBWH Education Centre. The theme was 'Coming of age in the care of people affected by eating disorders: transitions and opportunities'.







## Research and Conferences

Our practitioner Lucy Galbraith has attended the 24th [International Mental Health Conference](#) held at the RACV Royal Pines Resort on the Gold Coast. Lucy presented an oral presentation on Community Table and a poster presentation on the Peer Mentor programs run at EDQ.

[READ MORE](#)

## EDQ attended Health Work Education

### Day

Our peer worker Mandy Long attended the Health Workforce education day at Atherton, Cairns.

[READ MORE](#)



The wonderful Scarlett & Scott from [Queensland Injectors Health Network](#) delivered a sharps disposable training to our EDQ staff. Check out some of the important work they do for our community by clicking below!



## Good to know

If you're looking for an eating disorder practitioner in your area, there are now several different online databases you can search. We recommend checking all three, as each list has a different focus and may not include all practitioners in your area.

[Butterfly Foundation Professional Database](#)

connect-ed Credentialed Eating Disorder Clinicians List

Inside Out Treatment Services Database

## Support services



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