

Butterfly Supporter Circle

Foundation for Eating Disorders



Message from CEO, Christine Morgan

Welcome to all friends and supporters of the Butterfly Foundation. We are happy to be able to bring to you news and updates on our recent work, information about our programs and upcoming events.

2017 has started with great activity in all areas of our services and we anticipate increased momentum as we work towards increasing awareness about eating disorders and negative body image. Butterfly would firstly like to thank everyone that donated to our 2016 Christmas Appeal; we extend our gratitude for your generosity and ongoing support. Butterfly's programs and services would not be possible without the wonderful generosity from supporters like you.

As always, our key focus is working with people with a lived experience to inform health research, advocacy and the development of services. Butterfly again in May will be launching our MAYDAYS for Eating Disorders campaign with a call for what is needed in national care. I would encourage you all to get involved in this important campaign and show your support.

Once again thank you from everyone at Butterfly for your generous support. We acknowledge and appreciate those that have joined with us to fight this battle.



BUTTERFLY HOUSE RENOVATIONS

Welcoming The Sydney Children's Hospitals Network Child and Adolescent Day Program for Eating Disorders into Butterfly House, building and renovation works began on the 4th of January 2016. Butterfly's carpark transformed into an activities room, dining room, teachers' room and a fully equipped commercial kitchen. In addition to these renovations, a warm and inviting environment for participants of our numerous programs, as well as an upgrade of amenities throughout the corporate spaces, was built in our heritage listed cottage, thanks to the generous support of Sportsgirl and the NSW Government. We are ecstatic about our new building, which enables us to provide essential services to those living with eating disorders and their families and loved-ones.

BUTTERFLY'S SUPPORT SERVICES

When support for people with an eating disorder is so hard to come by, particularly for people living in smaller towns and remote areas, Butterfly is delighted to be able to offer Recovery Support Services for those in Sydney, Adelaide and Townsville. Butterfly now offers monthly face-to-face support groups for both those living with eating disorders, as well as their carers, in each location as well as two six week long programs designed to address various stages of recovery. We are excited that we've been able to bring these groups to Adelaide and Townsville with the support of Sportsgirl who has partnered with Butterfly for over 10 years.

BUTTERFLY'S EDUCATION SERVICES

Did you know that over the past eight years Butterfly Education has reached over 550,000 young people across Australia with our programs on positive body image and self-esteem? We are proud of all we have achieved, but there are so many others that we hope to reach with this important message in 2017. Your dollars help us to work across so many communities to deliver evidence based sessions that assist in developing resilience, awareness of positive body image and hope for young people.

A Quick Snapshot



BUTTERFLY EDUCATION IN ALICE SPRINGS

In 2015, Butterfly was the chosen charity for a community fundraising event 'Walk for Clare' which was organised by Alice Springs resident Marg Harrison and her family who tragically lost their beloved daughter to an eating disorder.

With the funds raised, Butterfly Education collaborated with several local organisations to deliver programs specifically tailored to the Alice Springs community. This included a Body Esteem Educator Training for professionals, as well as a parent session and a Champions for Change youth day, which brought together students from various schools to discuss body esteem, the impact of media and social media and how they can support their friends.

The Value of Sharing Your Story



Butterfly knows that sharing stories is a valuable tool in the recovery process. It can not only help people heal, but it can offer hope, understanding and vital information to others going through a similar experience. With this in mind, Butterfly piloted the National Eating Disorders Collaboration (NEDC) Storytelling Resource, designed to help people share their stories responsibly, while at the same time ensuring that their own well-being is protected. At the conclusion of the workshops, attendees felt that they were now comfortable that they would be comfortable in being able to share their own personal stories in a safe and non-triggering way, and all felt it had been an extremely valuable experience.

'This is an excellent programme...I was not expecting this course to have such a deep impact on me personally. As well as providing clarity about how to tell my story it showed me where I really was in my healing process and that there were more realisations to be had and parts of me that still needed to heal. I was able to process the insights and received more healing as a result. Thank you!!'



MEET OUR COMMUNITY FUNDRAISING CHAMPIONS

Simone Brick & Bendigo Bank Beaumaris Fundraising

Simone Brick, one of our community supporters, raised funds and awareness for Butterfly through a number of extremely successful initiatives. As part of Simone's community engagement, she approached her local Bendigo Bank branch in Beaumaris, Victoria to support her in her efforts. We are so grateful to have had both parties onboard raising much needed funds and awareness for Butterfly.

Bendigo Community Bank (Beamaris Branch) Branch Manager, Lew Rimington & Simone Brick, Community supporter.

"I chose to support the Butterfly Foundation because I believe there is no one better at understanding, preventing and treating eating disorders in Australia. The Butterfly Foundation helped me and my family get through my own recovery and I wouldn't be where I am today without them, so I will always do anything I can to give back."

Girl Guides Australia NSW/ACT

Butterfly was delighted to be a charity partner of the Great Guide Sleep out on Cockatoo Island at the end of August 2016. Butterfly also really appreciated the donation of \$10,000 on the day. This was as a result of some fantastic fundraising activities undertaken by the Girl Guides.



BUTTERFLY IN YOUR COMMUNITY

Community Fundraising – Get Involved!

Community fundraising is an essential part of Butterfly's fundraising activity. This not only generates much needed financial support, but also raises community and government awareness about the reality of eating disorders and body-image issues.

Butterfly are fortunate to have so many amazing, passionate and selfless community supporters on board, from schools bake sales, to individual and workplace film-nights.

We are so thankful to have such wonderful supporters, who come together as a community to contribute to bringing about positive change, helping Butterfly continue to provide vital support across Australia.

Ways you can get involved

FUNDRAISE

VOLUNTEER

WORKPLACE GIVING

DONATE

REGULAR DONOR

MAKE A BEQUEST

Remember YOU are part of the solution in bringing a positive future for so many suffering from eating disorders! The team at Butterfly thank you in advance for your valued support.

STAY CONNECTED

