



# SERVICE ACTIVITY REPORT

1st Jan 2017 - 31st Dec 2017

# 2017



Eating Disorder  
Centre **Cork**

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This service activity report has been requested by the Health Service Executive to accompany the application by Eating Disorder Centre Cork for continued funding.



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- ▶ The process of writing this report reminds us of the many valuable things we have achieved this year. It gives an opportunity to pause, review and reflect on what has happened, and what needs to happen in the coming year.

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# INTRODUCTION FROM CHAIRPERSON

*Catherine Clancy*

Our Service Activity Report demonstrates our commitment to transparency, accountability and adherence to best practice.

It is currently estimated that there are 200,000 people suffering from an eating disorder in Ireland, with 400 new cases annually, representing 80 deaths annually (Bodywhys 2012). In the Munster region there are approximately 44,000 people suffering from this condition.

Eating Disorder Centre Cork (EDCC) is a voluntary organisation, registered for charitable purposes (Reg. No. 17771) and established in 2008 to provide a clinical service to people afflicted by eating disorders.

Eating disorders are marked by extremes. It is present when a person experiences severe disturbances in eating behaviour, such as extreme reduction of food intake, extreme overeating, a binge purge cycle, or feelings of extreme distress or concern about body weight or shape.

The main types of eating disorders are Anorexia Nervosa, (which has the highest mortality rate of all psychiatric conditions, an estimated 80 deaths a year in Ireland), Bulimia Nervosa, and Binge Eating Disorder (BED).

A third category is OSFED (other specified feeding & eating disorders), which includes several variations of eating disorders.

The latest Diagnostic and Statistical Manual (DSM 5) published in May 2013, shows binge eating disorder being accepted as an eating disorder, and also a treatable mental health condition.

Whilst eating disorders are treatable, they frequently present with very complex underlying psychological, biological causes and complications. They also frequently co-exist with other psychiatric conditions, such as depression, anxiety, or obsessive compulsive disorder.

Clearly these are serious mental health conditions, and consequently it is widely agreed that full recovery from an eating disorder can be a lengthy process.

EDCC's treatment approach continues to propose a holistic view of eating disorders. It addresses the biological, psychological, social and spiritual factors that contribute to the condition, and adopts an integrated multi-disciplinary approach to working with this complex area.



Our mission is to lead each client through to full recovery from their eating disorder.

*Our multi-disciplinary team is made up of Psychotherapists, a G.P, a Dietitian, Holistic Therapists, and in some cases, a Psychiatrist.*

At EDCC the scope of the work is broad. Our primary focus is dedicated to working directly with clients, their carers and families. However given the chronicity and life threatening nature of this illness, it also involves working in the areas of education and prevention.

By establishing itself as a specialist treatment service for eating disorder sufferers in the community, EDCC makes a statement that eating disorders are a serious mental health condition, and deserves to be understood and treated as such.

It also makes the important statement that it is time to lift the stigma of eating disorders, and instead move to develop a compassionate understanding of how serious, dangerous and complex this condition actually is.

Our mission is to lead each client through to full recovery from their eating disorder. We understand full recovery to mean not only the regaining of normal weight and normal eating behaviour, but more so, a process that allows the person to develop their full mental, emotional, psychological and spiritual potential.

To this end we believe that all people should have access to a comprehensive recovery service. We recognize their right to receive a service based on ethical, safe and evidenced based practice. This right is also extended to families and carers.

We believe we have achieved a lot in 2017. As we look back it is good to note that the plans for 2017 set out in the 2016 Service Activity Report have been realized and implemented. We now look forward to ensuring 2018 is an even more productive year for the strengthening and ongoing development of EDCC.

***"Eating Disorders are serious life threatening illnesses, not a life style choice."***

## ► CLINICAL STATISTICS

### Clinical Activity for 1st Quarter of 2017

	Current therapy sessions	Family therapy sessions	Current sliding scale	Number of clinical calls/ emails to service	Referrals - Long term therapy	Referrals - Short term therapy	Referral to clinical manager	Referred to outside agency/ other	General clinical enquiry
JANUARY	146	3	31	12 (3 emails)	3	3	+(1)	4	2
FEBRUARY	138	5	28	12	5	2	0	3	1
MARCH	164	2	23	8	4	0	+(1)	4	0
TOTAL	448	10	82	32	12	5	2	11	3

### Clinical Activity for 2nd Quarter of 2017

	Current therapy sessions	Family therapy sessions	Current sliding scale	Number of clinical calls/ emails to service	Referrals - Long term therapy	Referrals - Short term therapy	Referral to clinical manager	Referred to outside agency/ other	General clinical enquiry
APRIL	162	2	29	5	1	1	0	1	2
MAY	188	2	28	15	7	3	0	3	2
JUNE	141	9	23	9	3	4	+(1)	2	0
TOTAL	491	13	80	29	11	8	1	6	4

### Clinical Activity for 3rd Quarter of 2017

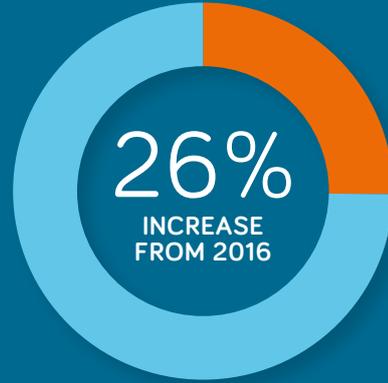
	Current therapy sessions	Family therapy sessions	Current sliding scale	Number of clinical calls/ emails to service	Referrals - Long term therapy	Referrals - Short term therapy	Referral to clinical manager	Referred to outside agency/ other	General clinical enquiry
JULY	178	6	24	9	3	3	+(2)	1	2
AUGUST	178	6	24	11	2	3	0	3	3
SEPTEMBER	141	7	22	12	3	1	0	1	4
TOTAL	497	19	70	32	8	7	2	5	9

### Clinical Activity for 4th Quarter of 2017

	Current therapy sessions	Family therapy sessions	Current sliding scale	Number of clinical calls/ emails to service	Referrals - Long term therapy	Referrals - Short term therapy	Referral to clinical manager	Referred to outside agency/ other	General clinical enquiry
OCTOBER	173	7	23	9	3	2	+(1)	0	4
NOVEMBER	140	7	24	12	3	4	0	0	4
DECEMBER	128	10	24	2	1	1	0	0	0
TOTAL	441	24	71	23	7	7	1	0	8

1,877 . . . . .

Total Number of Therapy Sessions in 2017



66 . . . . .

Total Number of Family Therapy Sessions in 2017



303 . . . . .

Sliding Scale Support in 2017



116 . . . . .

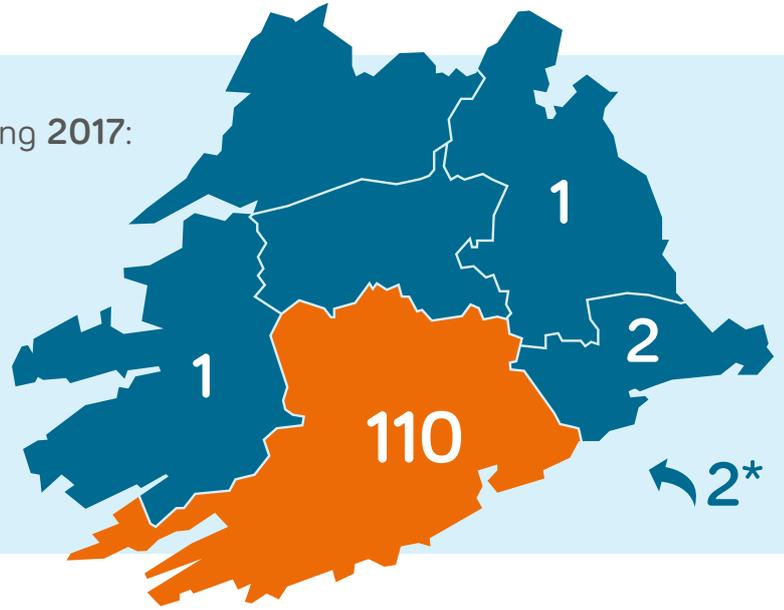
Clinical Calls to the Centre in 2017



## ▶ Geographical Presentation

Of the **116** clinical calls to the centre during **2017**:

- **110** clients from Cork (City & County)
- **2** clients from Co. Waterford
- **1** clients from Co. Kerry
- **1** client from Co. Tipperary
- **2** clients from Poland (relocating to Ireland\*)



## ▶ Presenting Problems

Other Co-occurring Problems with Eating Disorders	Number of Clients
Relationship difficulties	All cases
Anxiety	70 cases
Perfectionism	55 cases
Sexual abuse	3 cases
Depression/low mood	30 cases of depression/Low mood in all cases
Loss and bereavement	4 cases
Bullying/teasing	High majority of cases
Self harm i.e. cutting, hair picking	35 cases
Compulsive/excessive exercise	75 cases
Obsessive compulsive disorder	26 cases (mild form to extreme)
Body Image issues	All cases
Serious medical issues, i.e. low weight	30 cases

Age Group of Clients

13-60+

Clients range in age from 13 years to 60+ years of age, with contact being made to the service for a 9 year old child.

EDCC Waiting List During 2017

5-7 days

Within 5/7 days of their initial contact with EDCC, clients were seen for assessment by the Clinical Manager, with (if appropriate) an onward in-house referral for therapy happening within 5/7 days.

Number of Initial Assessments Completed

67

67 initial assessments completed with follow-up appointments made.

Staffing Details

1

Full-time Clinical Manager

5

Fully qualified and registered Psychotherapists working part-time (including the Clinical Manager)

1

Part-time Administrator (30 hours per month)

1

G.P. affiliated to the service

1

Dietitian affiliated to centre

3

Volunteers

## ACTIVITIES

### ▶ Education Programmes for Carers

This is an education programme specifically devised for carers and, in 2017, was rolled out to over forty people. This number includes parent's partners, spouses and siblings.

The course includes education on the predisposing, perpetuating and maintaining factors of an eating disorder. It also helps carers reflect and learn what 'type' of carer they are, and if this is maladaptive, to learn alternative ways to deal with their loved one with the eating disorder.



EDCC Information Leaflet for

Though this programme has an educational focus, also inter-woven is the much valued connection, support and links, with other carers.

The course was anonymously evaluated by participants, with evaluations being very positive. Part of the response from this group was a recognised need for ongoing support for carers.

### ▶ Monthly Support Group for Carers

This group continued to run monthly during 2017. It has proved to be a place of ongoing hope and support for people who feel fatigued and helpless by watching their loved one struggling with this chronic illness. It is also used as a supportive follow-up to the Carer's Education Programme.

### ▶ Telephone Support

We offered ongoing telephone support to families and members of the general public who's loved ones suffer from an eating disorder. We have also met with individuals to offer support and/or guidance. This service is always offered free of charge, but donations are accepted.

### ▶ Dietitian Appointments

# 103+

Total number of free dietitian sessions

★ Funding for free dietitian sessions ceased in December 2017



## ▶ Supervision

In compliance with best practice all psychotherapist are required to attend one personal supervision session on a monthly basis. This is to be with an accredited supervisor, and one skilled and experienced in the area of eating disorders.

Also in compliance with best practice therapists are requested to attend at monthly monitoring meetings with the clinical manager. All of these requirements have been met.

## ▶ Continuous Professional Development (CPD)

Part of the requirement by the therapeutic registering bodies is that all therapists undergo CPD's each year. Therapists at EDCC are required and encouraged to adhere to this protocol. All therapists at the centre have participated in CPD's during this period.

## ▶ In-House Training

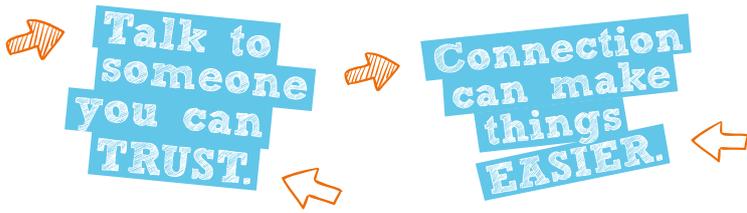
We continued to have regular in-house training mornings. We consider it vital to continually develop and upskill in all areas of eating disorders, and any related areas of mental health.

Because of the lack of any substantive training in relation to eating disorders in Ireland, a regular monthly in-house training on eating disorders for all therapists, continues to be run on a monthly basis. This proves to be highly informative and supportive for all staff.

## ▶ Professional Courses Undertaken

Clinical staff undertook training courses related to areas of Mental Health, including; Neuroscience and attachment, trauma related training, anxiety, mindfulness, and other related psychotherapy courses.

## ▶ Youth Outreach Programme



EDCC launched our Youth Outreach Programme during Eating Disorder Awareness Week 2017. This is essentially a prevention programme, aimed at youth between the ages of 12/14. It will 'de-glamorise' eating disorders and speak into the bleak reality of living with the condition.



EDCC Youth Outreach Leaflet



Julie Halissey (Psychotherapist EDCC) and Anna Lyons (Volunteer EDCC), at the launch of the Youth Outreach Programme, Mount Mercy School, Cork.

We envision that this programme will be delivered to secondary school students and to other community youth groups in the Cork area. On delivery, this programme was very well received by both students and teachers.

However, because of the costs of delivery, further presentation is suspended for the immediate future. The finance for the future delivery of this will be addressed at board level.

## ▶ Media

2017, as in other years, continued to see the media show an interest in the area of eating disorders. Both the clinical manager and an EDCC volunteer (recovered from the condition), contributed to articles in both local and national newspapers. Radio interviews were also given.

### LOCAL

- Evening Echo
- Cork Independent

### NATIONAL

- Irish Times
- Irish Independent
- Evening Herald
- Irish Examiner

## ▶ Evaluation of Service

2017 saw an evaluation of our service being initiated by the HSE. This evaluation involved service users, therapeutic staff and board members.

The results of this evaluation will be made available in February 2018.

## ▶ Education and Outreach Services

2017 saw EDCC staff present to many other community organisations, including; Chuain Mhuire, Drug and Alcohol Treatment Centre, UCC Social Work students, LGBT groups etc.

## ▶ Eating Disorder Awareness Week 2017



*Lord Mayor of Cork, Cllr. Des Cahill, Members of BoM & staff (EDCC), and UCC staff at the launch of EDAW at UCC.*

Eating Disorder Awareness Week (EDAW) is an international event that takes place in February each year. The aim of EDAW is to increase awareness and education about eating disorders and body image, for effective recognition, early intervention, prevention and pathways to treatment.

The week was officially opened by the then Lord Mayor Cllr Tony Fitzgerald at UCC Boole Library. Information stands were also on display in C.I.T. and the Cork Central Library.

EDCC, in a bid to raise awareness of eating disorders, outreached to the community in many different ways during this week, these included;

- Radio interviews
- Newspaper articles
- Newspaper interviews
- A lengthy article on the plight of carers
- Online videos
- Talks to community groups etc.



*Information videos were distributed through our social media channels*

## ▶ Clinical Manager

During 2017, a recruitment drive for the replacement of the current clinical manager proved unsuccessful. Recruitment involved advertising in national press, and all relevant online recruitment sites, social media etc. The current incumbent will remain in post until further recruitment takes place.

## ▶ Review of Plans from Service Activity Report 2016

It is good to note that the goals for 2017 set out in the 2016 Activity Report have been all (bar one) addressed and implemented. The plan for the media launch to highlight the findings of both the 2016 GP's Pilot Study and the findings of the research by the UCC School of Dentistry 2017, has been deferred to 2018.

# CHALLENGES AND PLANS FOR 2018

The process of writing this report reminds us of the many valuable things we have achieved this year. It gives an opportunity to pause, review and reflect on what has happened, and what needs to happen in the coming year.

## ▶ Premises/Service Delivery

Foundational to good service delivery, is a suitable premises. Our goal is to ensure that these premises are sought and secured, and we plan to engage in further talks with the HSE to ensure this end. As we move into 2018, we plan to continue to grow and develop our in-house clinical service.

We plan to do this by increasing the number of clients seen by therapists, by closely monitoring the professionalism of the service provided, and by ensuring ongoing training and clinical support is available to staff.

## ▶ Evaluation of Service

We are hopeful that 2018 will see the evaluation of our service being completed. We plan to use any recommendations from this evaluation to further grow and inform best practice of the EDCC service.

## ▶ Youth Outreach Programme

Restoring the delivery of this service is envisaged for 2018. Plans to secure funding for this programme will be raised during 2018.

## ▶ In-House Training

The essential ongoing up-skilling in the specialist area of eating disorder therapy will continue. The material on this course will be carefully sourced so that it is in line with what is evidence based and universally agreed to be most effective when working in this area.

## ▶ Community Liaison (Education/Outreach)

It is envisaged that EDCC will continue to give talks to the community in 2018. Plans are already made for a talk to the National Educational Psychological Service (NEPS), and to UCC Social Work Students.

## ▶ Intensive Days for Carers

We hope to continue offering full day intensive day programmes for carers. These days will focus on skills based learning for caring for a loved one with an eating disorder. It will be an adjunct to the other carer programmes on offer at EDCC.

Communication, skills, listening skills, anger management skills etc. will be taught on these days. It is envisaged that these will take place on a Friday evening with a full day on Saturday.



▶ Continued

## ▶ Eating Disorder Awareness Week

During EDAW we hope to work with the Students Union at UCC, along with hosting our launch on the CIT campus, accompanied by the Lord Mayor of Cork. Our aim, once again, is to erect an information stand in the Central Library, Grand Parade, Cork City. These prime locations will help keep focus on raising compassionate awareness of all aspects of eating disorders.

We also hope, as before, to raise awareness through the use of various media i.e. radio, social media and newspapers.



## ▶ Research Projects

A media launch is planned for 2018. This will highlight the findings of both the 2016 GP's Pilot Study, and the findings of the research project conducted by the UCC School of Dentistry. The focus will be on early intervention, highlighting how incidence of the condition (eating disorder) can be reduced by educating the relevant professionals on the early signs and symptoms of the illness.

In conjunction with UCC School of Dentistry, to support this work, we will develop leaflets for distribution to dental professionals and the general public.



# FINANCIAL ACTIVITIES

## Statement of Financial Activities for the year ended 31 December 2017

	Notes	Unrestricted Funds 2017 €	Restricted Funds 2017 €	Total 2017 €	Total 2016 €
Incoming Resources					
<b>Generated funds:</b>					
<b>Voluntary Income</b>					
Donations		210	-	210	1,805
<b>Activities for generating funds</b>					
Rents and Assessments		32,545	-	32,545	20,660
<b>Charitable activities:</b>					
Health Service Executive		-	108,543	108,543	111,500
Horizon		-	12,000	12,000	-
<b>Total incoming resources</b>	2	<b>32,755</b>	<b>120,543</b>	<b>153,298</b>	<b>133,965</b>
Resources Expended					
<b>Resources Expended on Charitable Activities</b>					
Cost of Charitable Activities		39,779	121,517	161,296	150,498
<b>Total Resources Expended</b>	6	<b>39,779</b>	<b>121,517</b>	<b>161,296</b>	<b>150,498</b>
Gross transfers between funds		(7,924)	7,924	-	-
<b>Net movement in funds for the year</b>		<b>(14,948)</b>	<b>6,950</b>	<b>(7,998)</b>	<b>(16,533)</b>
<b>Reconciliation of funds</b>					
Balances brought forward at 1 January 2017		98,928	-	98,928	115,461
<b>Balances carried forward at 31 December 2017</b>		<b>83,980</b>	<b>6,950</b>	<b>90,930</b>	<b>98,928</b>

Approved by the Board of Directors on 6 June 2018 and signed on its behalf by:

Mary McCarthy  
Director

Ray Buckley  
Director

# Balance Sheet

for the year ended 31 December 2017

	Notes	2017 €	2016 €
<b>Fixed Assets</b>			
Tangible assets	10	3,600	4,455
		<hr/>	<hr/>
<b>Current Assets</b>			
Debtors	11	71,000	70,000
Cash and cash equivalents		23,814	35,569
		<hr/>	<hr/>
<b>Creditors: Amounts falling due within one year</b>	12	94,814 (7,484)	105,569 (11,096)
		<hr/>	<hr/>
<b>Net Current Assets</b>		87,330	94,473
		<hr/>	<hr/>
<b>Total Assets less Current Liabilities</b>		90,930	98,928
		<hr/> <hr/>	<hr/> <hr/>
<b>Funds</b>			
Restricted trust funds		6,950	-
General fund (unrestricted)		83,980	98,928
		<hr/>	<hr/>
<b>Total funds</b>	15	90,930	98,928
		<hr/> <hr/>	<hr/> <hr/>

Approved by the Board of Directors on 6 June 2018 and signed on its behalf by:

Mary McCarthy  
Director

Ray Buckley  
Director

# Statement of Financial Activities

## for the year ended 31 December 2016

	Notes	Unrestricted Funds 2016 €	Restricted Funds 2016 €	Total 2016 €	Total 2015 €
Incoming Resources					
<b>Generated funds:</b>					
<b>Voluntary Income</b>					
Donations		1,805		1,805	35,589
<b>Activities for generating funds</b>					
Rents and Assessments		20,660		20,660	22,375
<b>Charitable activities:</b>					
Health Service Executive		-	111,500	111,500	99,093
Horizon		-	-	-	-
<b>Total incoming resources</b>	2	<u>22,465</u>	<u>111,500</u>	<u>133,965</u>	<u>157,057</u>
Resources Expended					
<b>Resources Expended on Charitable Activities</b>					
Cost of Charitable Activities		21,068	129,430	150,498	15,233
<b>Total Resources Expended</b>	6	<u>21,068</u>	<u>129,430</u>	<u>150,498</u>	<u>(141,824)</u>
Gross transfers between funds		-	-	-	-
<b>Net movement in funds for the year</b>		<u>1,397</u>	<u>(17,930)</u>	<u>(16,533)</u>	<u>15,233</u>
<b>Reconciliation of funds</b>					
Balances brought forward at 1 January 2016		-	-	115,461	100,228
<b>Balances carried forward at 31 December 2016</b>		<u>-</u>	<u>-</u>	<u>98,928</u>	<u>115,461</u>

Approved by the Board of Directors on 26 May 2017 and signed on its behalf by:

Mary McCarthy  
Director

Ray Buckley  
Director

# Balance Sheet

for the year ended 31 December 2016

	Notes	2016 €	2015 €
<b>Fixed Assets</b>			
Tangible assets	10	4,455	5,857
		<hr/>	<hr/>
<b>Current Assets</b>			
Debtors	11	70,000	70,000
Cash and cash equivalents		35,569	46,719
		<hr/>	<hr/>
		105,569	116,719
<b>Creditors: Amounts falling due within one year</b>	12	(11,096)	(7115)
		<hr/>	<hr/>
<b>Net Current Assets</b>		94,473	109,604
		<hr/>	<hr/>
<b>Total Assets less Current Liabilities</b>		98,928	115,461
		<hr/> <hr/>	<hr/> <hr/>
<b>Funds</b>			
Restricted trust funds		-	
General fund (unrestricted)		98,928	115,461
		<hr/>	<hr/>
<b>Total funds</b>	15	98,928	115,461
		<hr/> <hr/>	<hr/> <hr/>

Approved by the Board of Directors on 26 May 2017 and signed on its behalf by:

Mary McCarthy  
Director

Ray Buckley  
Director

# Statement of Financial Activities

## for the year ended 31 December 2015

	Notes	Unrestricted Funds 2015 €	Restricted Funds 2015 €	Total 2015 €	Total 2014 €
Incoming Resources					
<b>Generated funds:</b>					
<b>Voluntary Income</b>					
Donations		35,589	-	35,589	6,538
<b>Activities for generating funds</b>					
Rents and Assessments		22,375	-	22,375	19,455
<b>Charitable activities:</b>					
Health Service Executive Horizon		-	99,093	99,093	99,093
<b>Total incoming resources</b>	2	57,964	99,093	157,057	125,086
Resources Expended					
<b>Resources Expended on Charitable Activities</b>					
Cost of Charitable Activities		(20,068)	(121,756)	(141,824)	(125,740)
<b>Total Resources Expended</b>	6	(20,068)	(121,756)	(141,824)	(125,740)
Gross transfers between funds		-	-	-	-
<b>Net movement in funds for the year</b>		37,896	(22,663)	15,233	(654)
<b>Reconciliation of funds</b>					
Balances brought forward at 1 January 2015		-	-	100,228	100,882
<b>Balances carried forward at 31 December 2015</b>				115,461	100,228

Approved by the Board of Directors on 25 March 2016 and signed on its behalf by:

Mary McCarthy  
Director

Ray Buckley  
Director

# Balance Sheet

for the year ended 31 December 2015

	Notes	2015 €	2014 €
<b>Fixed Assets</b>			
Tangible assets	10	5,857	1,942
		<hr/>	<hr/>
<b>Current Assets</b>			
Debtors	11	70,000	76,500
Cash and cash equivalents		46,719	30,904
		<hr/>	<hr/>
		116,719	107,404
		<hr/>	<hr/>
<b>Creditors: Amounts falling due within one year</b>	12	(7115)	(9118)
		<hr/>	<hr/>
<b>Net Current Assets</b>		109,604	98,286
		<hr/>	<hr/>
<b>Total Assets less Current Liabilities</b>		115,461	100,228
		<hr/> <hr/>	<hr/> <hr/>
<b>Funds</b>			
Restricted trust funds			
General fund (unrestricted)		115,461	100,228
		<hr/>	<hr/>
<b>Total funds</b>	15	115,461	100,228
		<hr/> <hr/>	<hr/> <hr/>

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Ray Buckley  
Director

## ▶ Board of Management

Throughout 2017, board members have continued to oversee the growth of the service and to give freely of their time and support, in order to do so. Regular monthly meetings were held to discuss, plan, and implement necessary procedures for the continued evolution of the project.

A major area of concern during 2017, was the urgent need to secure new premises for the service. EDCC had been given notice to vacate the current premises by December 31st 2017. To address and discuss this issue, board members, along with the clinical manager, met with Sinéad Glennon (head of Cork & Kerry Mental Health Services), and other key representatives from the HSE.

The request of the Board of Management was that EDCC would be rehoused by HSE. This meeting took place in November, however by the year end, this problem of accommodation was not resolved.

As we move into 2018, the Board of Management remain committed to addressing this acute issue, and to generally oversee and provide the necessary governance to ensuring the continued smooth running of EDCC.



Eating Disorder  
Centre **Cork**





Eating Disorder  
Centre Cork



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[www.eatingdisordercentrecork.ie](http://www.eatingdisordercentrecork.ie)