



# EDCC ANNUAL REPORT 2018

1st Jan 2018 - 31st Dec 2018

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



Eating Disorder  
Centre Cork



When we **reflect** on the past year, we see that **EDCC** has taken **substantial steps** toward continuing to fulfill our **primary mission**.

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# Compassionate & Professional Support

## • Introduction

Eating Disorder Centre Cork

### **PURPOSE AND MISSION OF THE ORGANISATION**

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.

In 2007 a group of parents of young people with eating disorders formed a support group in Cork city. This was in direct response to the acute lack of support of any dedicated treatment centre for eating disorders outside the Dublin area.

Their vision was to see a treatment centre established in Cork. The centre opened its clinical doors under the name Shandon Therapy Centre, in January 2008. In 2012 changed its name to the current one, Eating Disorder Centre Cork as it was felt this properly reflected the specialist service provided by the organisation.

### **PRIMARY MISSION**

Our Primary mission is to provide compassionate, professional, evidenced based, psychotherapy and support for people and their carers living with an eating disorder.

### **SECONDARY MISSION**

Our Secondary Mission is to raise awareness of eating disorders, and work toward the prevention and early intervention of the condition.

## • Administrative Details

Eating Disorder Centre Cork  
(A COMPANY LIMITED BY GUARANTEE)

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**Names and Administrative details of the Company, its Trustees & Board of Management for the Year Ended 31st December 2018.**

### **CATHERINE CLANCY** Chairperson

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Public representative in Cork City from 2003 – 2014.  
Lord Mayor of Cork City - June 2013 – May 2014.

I had contact with Eating Disorder Centre Cork. I was pleased to be asked to be a Board Member in 2014.

Eating Disorder Centre Cork is non-profit organisation that creates a space for individuals living with eating disorders and to avail of their service in a secure and therapeutic environment and above all is first and foremost client focused.

### **RAY BUCKLEY** Treasurer

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I have been self-employed in the retail sector all my business life, (now retired).

I was one of the original founding members of Shandon Therapy Centre, now EDCC. I became involved in the area when my daughter presented with ED, and our family supported her along the journey to recovery.

As my interest in ED grew, I eventually became a member of the Board of Management.

### **DR. MARY MCCARTHY** Secretary

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Graduated from UCC in 1974. Consultant Psychiatrist HSE and Private Practice, now retired.

Currently provides Independent Medical Examination Reports to the Mental Health Commission. I was privileged to be asked to join the board.

**COMPANY REGISTRATION  
NUMBER**  
440625

**REGISTERED CHARITY  
NUMBER**  
CHY 17771

**INDEPENDENT AUDITORS**  
J Neenan & Co,  
Bishopstown,  
Cork, Ireland.

**BANKERS**  
Bank of Ireland,  
70 Patrick Street,  
Cork, Ireland.

## ● Chairperson's Report

**On behalf of the Board of Management of the Eating Disorder Centre Cork (EDCC), it gives me great pleasure to present the organisation's Annual Report for 2018.**

When we reflect on the past year, we see that EDCC has taken substantial steps toward continuing to fulfill our primary mission of providing a comprehensive specialist clinical service to people and their carers, living with, and affected by an eating disorder. We also see that we have endeavoured to stay true to our secondary mission, - that of reaching out to the wider community to raise awareness of the condition.

So, this report gives an account of our work in 2018, and also gives an account of the larger organisational context within which that work took place. On reflection, we see that 2018 was a particularly busy year for the organisation.

### **January** saw us **celebrate** our **10th year** of service.

We began in 2008 by offering this specialist service to just two service users and their carers, to now offering this specialist service to over 65 people and their carers. When we began, one founding member said "whatever we do must be for the benefit of the client". I feel it is fair to say that we have, by remaining faith to a Person Centered approach, been able to adhere to this dictum.

January 2018 saw the board of Management and staff working closely with the HSE to secure alternative accommodation for the organisation. Despite what might have been a very vulnerable time for delivery of the clinical service, this transition to our 'new home' was made smoothly, and with least disruption to the clinical service.

Eating Disorder Awareness Week took place during the last week in February, and was officially launched by the Deputy Lord Mayor of Cork, Cllr Fergal Dennehy. Working with the Students Union, Cork Institute of Technology, to focus on the importance of the Early Intervention in eating disorders. The event was used to showcase a joint project between EDCC and UCC's School of Dentistry.

The research centered on the role of the dental professional in the early detection of an eating disorder. To support the research, leaflets were printed entitled Eating Disorders and Oral Health - Information for Eating Disorder sufferers and their carers. These leaflets continue to be used and distributed widely to dental clinics in the Cork area.

Civic support in Cork was shown to Eating Disorders, when our City Hall lit up in purple for the week. Input to local and national media garnered attention on social media. This platform ensured that awareness of eating disorders was optimised.

May 2018 saw us work to promote the Green Ribbon initiative, while in June, EDCC took part in International Eating Disorders Day.

### **In June 2018**, we saw the completion of the joint **HSE & UCC Evaluation** of our service.

The evaluation was anonymous and included both service users, Board of Management and clinical staff. The conclusion and findings of the report were very positive, and showed the efficacy, and necessity for the ongoing functioning of the EDCC. The official launch of the evaluation took place in September and was hosted by Department of General Practice UCC.



## • Continued

This event was attended by staff, and relevant stakeholders of EDCC. Also in attendance at the launch was the Tánaiste, Simon Coveney, Minister Jim Daly, Senator Deirdre Clune, and Ms Sinead Glennon Head of Cork and Kerry Mental Health Service.

Whilst the results of the report were very positive vis a vis the clinical service, what the report did highlight was that the EDCC service should be made more financially accessible for all current and future service users.

We **acknowledge** and are **grateful** for the state funding that we currently receive. We could **not exist** without it.

However, fueled by the findings of the evaluation report we are committed to securing funding that will enable us to provide a much-reduced fee to all. Proper funding of an eating disorder service is a state obligation and we will continue to discuss the concept of adequate funding with them.

Allied to the funding is the ongoing security of tenure of EDCC. 2018 has seen us in discussion with the HSE. These discussions have been supported by politicians, most notably the Tánaiste Simon Coveney, for who's support we are immensely grateful. We are also very grateful to all our other funders, without whom we would not be able to do as much as we did in 2018. Those who funded us directly, or through foundation grants.

In May 2018, EDCC implemented the recommendations of the General Data Protection Regulation (GDPR), ensuring the organisation became compliant with this new data protection law.

To maintain our ongoing commitment to the highest care standards, we have adhered to the standards laid down in the Governance Code.

On behalf of the Board, I want to acknowledge the magnificent work done by our staff and volunteers. They have worked incredibly hard, in what is a complex area of work. They bring commitment, expertise, and perhaps most importantly compassion and kindness to the people they work with. They can only be commended.

We believe we have **achieved** a lot in **2018**.

As we look back it is good to note that the plans for 2018 set out in the 2017 Annual Report have been realised and implemented. We now look forward to ensuring that 2019 is an even more productive year for the strengthening, growing and ongoing development of EDCC.



**CATHERINE CLANCY**  
Chairperson and Director

## ● Clinical Manager's Report

**The main focus/mission of this organisation is the provision of a specialist clinical psychotherapy service to people who suffer with an eating disorder, and also to their carers.**

Whilst we are 10 years old, we are still, in many ways, a fledgling organisation. Eating disorders have the highest mortality rate of any mental health condition, they are complex, and recovery can be a lengthy process. EDCC clinical staff carry a commitment to ensuring that the therapy we offer is safe, evidenced based and effective.

However, despite the proven effective service that we already offer, we believe, that in order to address the full needs of our service users, we need to offer a much more intensive programme. To do this we need matched dedicated funding.

Eating disorders have been the **Cinderella of Mental Health** for far too long.

As stated in the Chairpersons report, we are very grateful for the state funding we receive, but, recognise too that in terms of adequate funding, eating disorders have been the Cinderella of Mental Health for far too long. Our vision is that eating disorders will find parity with other mental health organisations, who have funding that ensure their service is accessible to all, at either subsidised rates, or for free.

Whilst generally starting in early teens or before, eating disorders, affect people of all ages, all sexes and all nationalities. Our clinical team have offered 1,877 specialist

therapy sessions to our service users, and 119 family therapy sessions over 2018.

The ages of these service users ranged from 13 years – 61 years. Being able to offer this service to people in Cork and the Munster region, means there is no need for these service users and their carers to travel to Dublin, or indeed farther afield to receive help.

Coupled with this, and in keeping with our secondary mission, we have, through ongoing training, educated carers in the skills needed to support their loved ones to recovery.

Whilst we work to heal, it is also important to stop the condition from happening in the first instance, or to catch the condition in its early stages. We have a strong commitment to raising awareness of these issues. Our team have devised and delivered a Youth Outreach Programme to schools in the Cork area.

Educational presentations have also been made to many different professional groups during 2018. As part of our education initiative, I want to offer a huge thank you to both our administration staff and volunteers who all helped to make the delivery of these programmes possible.

Throughout **2018**, EDCC continued their insightful **collaboration** with **UCC's C.A.R.L.** department.

Coupled with the above, EDCC has over the last number of years collaborated with UCC's Community and Academic Research Links department (CARL), in joint projects to highlight various issues pertaining to prevention and early intervention.



## • Continued

These research projects included;

1. An exploration of General Practitioners Knowledge of Eating Disorders.
2. An Exploration into the Possible Factors that can Prevent a General Practitioner from the Early Identification of an Eating Disorder in their Patients.

We want to thank the GP's who willingly participated in these projects, and who show a commitment to helping the lethal condition of an eating disorder receive early identification, and subsequent early treatment.

Because the clinical work is demanding and needs a particular "positive energy and stamina", I want to acknowledge the wonderful professional and kind work that is done at EDCC. Also a special thank you to the volunteers, and to their very generous sharing of time to support and compliment this work.

I also wish to extend sincere thanks to the Chairperson, Catherine Clancy, and all the board members for their voluntary, and tireless commitment to EDCC, to myself, and the clinical team. We could not, and would not exist without them.

Going into 2019 together, the board, volunteers, clinical staff and funders, we will continue to work collaboratively together to work toward fulfilling our primary mission, to provide a professional, clinical service to those with eating disorders, and their carers. We will also continue to implement our secondary mission of raising awareness of eating disorders, and working toward prevention and early intervention of the condition.



**TRISH SHIEL**  
Clinical Manager

## ● Clinical Statistics

### Clinical Activity for 1st Quarter of 2018

	Current Therapy Sessions	Family Therapy Sessions	Current Sliding Scale	Number of Clinical Calls/ Emails to Service	Referred to Outside Agency/Other	General Clinical Enquiry
<b>JANUARY</b>	175	11	20	14 (1 emails)	3	6
<b>FEBRUARY</b>	167	6	20	11 (1 emails)	1	4
<b>MARCH</b>	136	6	20	19 (3 emails)	5	10
<b>TOTAL</b>	478	23	68	44	9	20

### Clinical Activity for 2nd Quarter of 2018

	Current Therapy Sessions	Family Therapy Sessions	Current Sliding Scale	Number of Clinical Calls/ Emails to Service	Referred to Outside Agency/Other	General Clinical Enquiry
<b>APRIL</b>	168	11	20	6 (1 emails)	1	0
<b>MAY</b>	188	16	28	10 (3 emails)	1	0
<b>JUNE</b>	170	5	22	22 (3 emails)	3	15
<b>TOTAL</b>	525	322	74	29	5	15

### Clinical Activity for 3rd Quarter of 2018

	Current Therapy Sessions	Family Therapy Sessions	Current Sliding Scale	Number of Clinical Calls/ Emails to Service	Referred to Outside Agency/Other	General Clinical Enquiry
<b>JULY</b>	171	10	27	14	0	8
<b>AUGUST</b>	152	6	26	12 (1 emails)	1	5
<b>SEPTEMBER</b>	163	12	25	7	2	2
<b>TOTAL</b>	486	28	78	31	3	15

### Clinical Activity for 4th Quarter of 2018

	Current Therapy Sessions	Family Therapy Sessions	Current Sliding Scale	Number of Clinical Calls/ Emails to Service	Referred to Outside Agency/Other	General Clinical Enquiry
<b>OCTOBER</b>	177	14	25	17	5	6
<b>NOVEMBER</b>	177	14	24	9	0	3
<b>DECEMBER</b>	101	8	22	6	0	3
<b>TOTAL</b>	455	36	71	32	5	12

## • Clinical Statistics

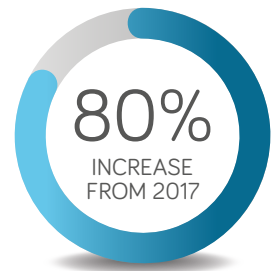
1,877

Total number of  
therapy sessions  
in 2018



119

Total number of  
family therapy  
sessions in 2018



362

Sliding scale  
support in 2018



136

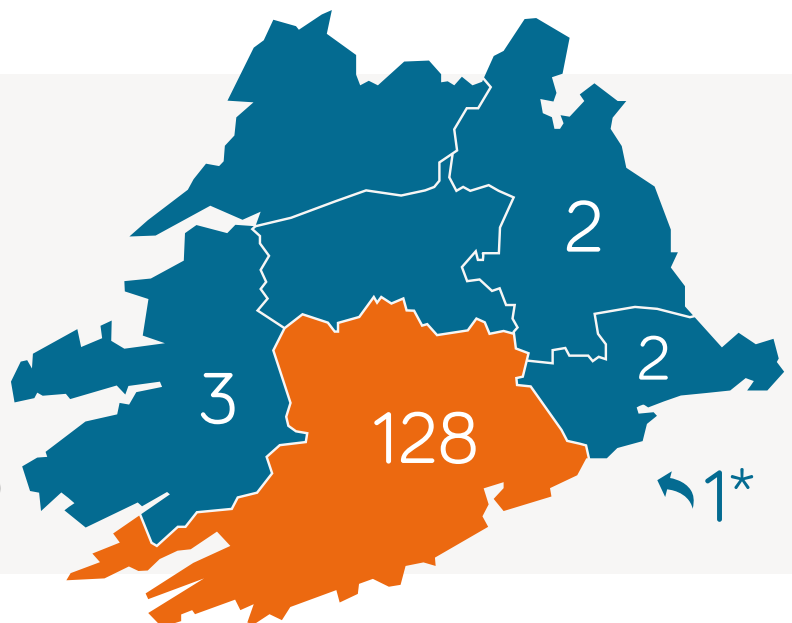
Clinical calls  
to the centre  
in 2018



## • Geographical Presentation

**Of the 136 clinical calls to the  
centre during 2018:**

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



## • Co-occurring Issues

Anxiety, depression and Obsessive Compulsive Disorder are just a few additional mental health issues that frequently co-occur with eating disorders. As well as the above issues, during 2018, clients presented with body-image issues, serious medical issues, compulsive/obsessional exercise, relational difficulties, perfectionism, loss and bereavement, self-harm and bullying/teasing. Also difficulties with eating disorders and pregnancies.

## • Age Groups of Clients

**Clients range in age from 13 years to 52 years of age.**  
Contact was made to the centre for several children under 13 years of age, the youngest being 9 years of age.

## • EDCC Waiting List During 2018

As in keeping with EDCC policy, we endeavour to see all new clients within 7 days of their initial contact with EDCC for assessment by clinical manager. If appropriate an onward in-house referral for therapy is made, with the new client been seen within 5/7 working days.

## • Initial Assessments Completed

**56** initial assessments completed with follow-up appointments made.

## • Dietitian Appointments

**103+** number of free dietitian sessions.  
Funding for free dietitian sessions ceased in December 2017.

## Staffing Details

1

**Full-time clinical manager**

1

**Part-time administrator**  
(30 hours per month)

5

**Fully qualified & registered psychotherapists working part-time**  
(including the clinical manager)

1

**G.P. affiliated to the service**

1

**Dietician affiliated to centre**

3

**Volunteers**



## ● Carer's Education Programmes

As in other years, we were pleased to deliver an education programme for carers based on the Maudsley Hospitals "Skills Based Learning For Caring For A Loved One With An Eating Disorder". Specifically devised for carers, in 2018 it was rolled out to over 25 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.

Though this programme has an educational focus, also inter-weaved in this 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 carers support.

Three members of the EDCC clinical team attended the Carers Training, delivered by Gillian Todd of the Maudsley Hospital London. This event was held in Cork in the Autumn of 2018.

## ● Monthly Support Group for Carers

This group continued to run monthly during the early part of 2018. However, in order to ensure carers are getting the most appropriate and regular support that they need, EDCC decided to discontinue delivery of the service in its current format, and instead, are re-evaluating the programme with a view to develop a new format. The new programme is planned to be rolled out in 2019.

## ● 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.

A grayscale photograph of a lit candle. The candle is white with a textured surface, showing signs of melting. A bright, pointed flame is visible at the top. A teal-colored rectangular overlay is positioned on the left side of the image, partially covering the candle. Inside this overlay, the text "Grounded & well Informed" is written in white, bold, sans-serif font. The background is a soft, out-of-focus gray.

**Grounded &  
well Informed**





- ## Supervision

In compliance with best practice, all psychotherapists are required to attend one personal supervision session on a monthly basis. This is to be with an accredited supervisor. Also, in compliance with best practice, therapists are requested to attend a monthly monitoring meeting with the clinical manager. All of these requirements have been met.

- ## Continuous Professional Development (CPD)

Clinical staff, as part of the requirement of their therapeutic registering bodies, continued to attend various trainings throughout the year. CBT training, anxiety management and trauma training being some of the training undertaken.

- ## In-House Training

In 2018, we continued to deliver regular in-house training mornings at EDCC. We consider it vital to continually develop and up-skill in all areas of eating disorders, and any related areas of mental health. Because of the lack of any substantive training in 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 & attachment, trauma related training, anxiety, mindfulness and other related psychotherapy courses.

- ## Academy of Eating Disorders

EDCC continues to be a member of the Academy of Eating Disorders. This is a global professional organisation committed to leadership in eating disorder research, education, treatment and prevention.

Being a member means regular updates and ongoing debates on all aspects of eating disorders. It connects practitioners from all disciplines i.e. (therapeutic, medical, dietetics) via 'live stream' email links. It is supportive, informative and collaborative.

More importantly, it gives the professional service of EDCC ongoing input about what is current best practice, and helps us stay grounded and well informed.

## ● Eating Disorder Awareness Week 2018



Professor Anthony Roberts, UCC; Marcia Domingos, UCC Student; & Trish Shiel, Clinical Manager, EDCC.

Eating Disorder Awareness Week (EDAW) is an annual, international event. It takes place in February each year. The aim of EDAW is to increase awareness, and educate about eating disorders.

The week was officially opened by the Deputy Lord Mayor Cllr Fergal Dennehy. The launch took place at Cork Institute of Technology and was invited and welcomed by the CIT Students Union president, Mr Barry O' Connor, and their general manager. The launch was also attended by the UCC School of Dentistry Professor, Anthony Roberts, and CARL student, Marcia Domingos. Information stands were also on display in C.I.T. and the Cork Central Library.



Cllr Fergal Dennehy, Deputy Lord Mayor of Cork; & Catherine Clancy, Chairperson, EDCC.

EDCC, in a bid to raise further awareness of eating disorders, outreached to the community in many different ways during this week, i.e. radio interviews, newspaper articles, newspaper interviews, a lengthy article on the plight of carers, online videos and talks to community groups.

## ● Liaison with UCC

2018 saw us once again engage with UCC Community Academic Research Links (CARL), on a joint research project. This year's project saw us engaging with the Social Science Department. The project was entitled 'An Exploration into the possible factors that can Prevent a General Practitioner from the Early Identification of an Eating Disorder in their Patients'. This research piece was again aimed at raising awareness of importance of Prevention & Early Identification of eating disorders. This report will be published in 2019.



BSC Science students Hazel McDermott & Cadhla O'Sullivan (UCC) with Trish Shiel, Clinical Manager, EDCC.



## Education and Outreach Services

2018 saw EDCC staff present to many other community organisations.

Some of these included;

- National Education Psychological Society (NEPS)
- UCC Social Work students
- St Colman's College Midleton (parents & teachers)

Radio interviews were also given throughout the year.



## Media

2018 continued to see the media show an interest in the area of eating disorders. Both the clinical manager and an EDCC volunteer, contributed to articles in both local and national newspapers.

These included;

### **NATIONAL**

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

### **LOCAL**

- Evening Echo
- Cork Independent

Radio interviews were also given throughout the year.



## Youth Outreach Programme

Due to new ring-fenced funding, our Youth Outreach Programme was re-launched in late 2018.

Essentially aimed at prevention, this programme sets out to 'de-glamorise' eating disorders, and speaks about the bleak reality of living with the condition.

It is planned to deliver to both school group, and other youth groups in the community.



# Results were Overwhelmingly Positive

## ● Evaluation of Service

Undoubtedly a highlight of the year for us was the launch of our Service Evaluation Report in UCC. Conducted by the HSE and commencing in 2017, the evaluation involved EDCC service users, clinical staff & board members completing anonymous questionnaires pertaining to the service.

The results of the evaluation were overwhelmingly positive, showing the effectiveness and serious need for our service.

The evaluation presentation was attended by (amongst others) The Tánaiste, Simon Coveney, Minister Jim Daly, Senator Deirdre Clune, Sinead Glennon (head of Mental Health Services, Cork/Kerry Community Healthcare), and other stakeholders.

However, whilst the response from EDCC service users was highly positive, what was negatively highlighted was the financial burden that accessing the service is to people. We therefore used this platform to highlight the need for the clinical service, provided by EDCC, be free of charge.

This is a vital need, and one that is the norm for many other services, i.e. Sexual Violence Centres, Harbour Counselling Service, and others. We plan to continue to lobby and advocate for this provision of a free service.



### TOP

Deirdre Clune MEP; Catherine Clancy, Chairperson, EDCC; Cllr Mick Finn, Lord Mayor of Cork; Professor Helen Whelton, head of College of Medicine & Health; Jim Daly TD, Minister for Mental Health.

### RIGHT

Simon Coveney TD, An Tánaiste, Minister for Foreign Affairs & Trade; Professor Helen Whelton, head of College of Medicine & Health.

## ● 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 2017

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 2019

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.

### SECURITY OF TENURE/SERVICE DELIVERY

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Foundational to good service delivery is a suitable premises. Our goal is to ensure that these premises are sought and secured, and further talks with the HSE to ensure this end are planned for 2019. As we move toward 2019, 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.

### YOUTH OUTREACH PROGRAMME

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Continuing the delivery of this service is envisaged for 2019.

### IN-HOUSE TRAINING

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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)

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It is envisaged that EDCC will continue to give talks to the community in 2019. Plans are in place to speak to UCC Social Work students, HSE's Harbour Counselling Service and Medical and nursing staff at Corks Apple campus.

### EATING DISORDER AWARENESS WEEK

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During EDAW we hope to work with transition year student at St Colman's College Midleton. The theme of the week will be on the Prevention of Eating Disorders. Once again raise awareness by outreaching to the community giving talks, distributing leaflets etc.

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

### RESEARCH PROJECTS

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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 the early intervention and 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

## Shandon Therapy Centre Limited

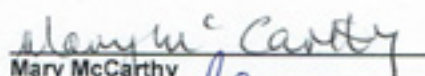
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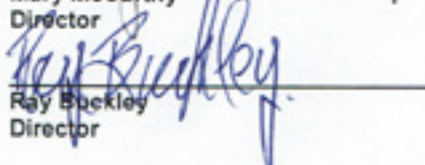
### BALANCE SHEET

as at 31 December 2018

	Notes	2018 €	2017 €
<b>Fixed Assets</b>			
Tangible assets	11	4,167	3,600
<b>Current Assets</b>			
Debtors	12	73,500	71,000
Cash and cash equivalents		54,253	23,814
		127,753	94,814
<b>Creditors: Amounts falling due within one year</b>	13	(9,846)	(7,484)
<b>Net Current Assets</b>		117,907	87,330
<b>Total Assets less Current Liabilities</b>		122,074	90,930
<b>Funds</b>			
Restricted trust funds		47,379	6,950
General fund (unrestricted)		74,695	83,980
<b>Total funds</b>	15	122,074	90,930

Approved by the Board of Directors on 7 March 2019 and signed on its behalf by:

  
 Mary McCarthy  
 Director

  
 Ray Buckley  
 Director



## Financial Activities

### Shandon Therapy Centre Limited

(A company limited by guarantee, not having a share capital)

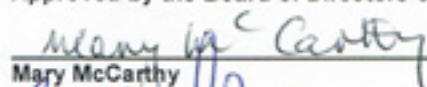
### STATEMENT OF FINANCIAL ACTIVITIES

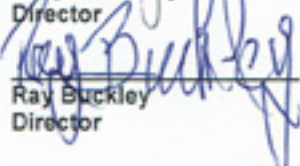
for the year ended 31 December 2018

	Notes	Unrestricted Funds 2018 €	Restricted Funds 2018 €	Total 2018 €	Unrestricted Funds 2017 €	Restricted Funds 2017	Total 2017
<b>Incoming Resources</b>							
Voluntary Income	4.1	570	-	570	210	-	210
Charitable activities	4.2	-	-	-	-	-	-
- Grants from governments and other co-funders		-	162,777	162,777	-	120,543	120,543
Activities for generating funds	4.3	26,925	-	26,925	32,545	-	32,545
<b>Total incoming resources</b>		<b>27,495</b>	<b>162,777</b>	<b>190,272</b>	<b>32,755</b>	<b>120,543</b>	<b>153,298</b>
<b>Resources Expended</b>							
Charitable activities	5.1	36,780	122,348	159,128	39,779	121,517	161,296
<b>Net incoming/outgoing resources before transfers</b>		<b>(9,285)</b>	<b>40,429</b>	<b>31,144</b>	<b>(7,024)</b>	<b>(974)</b>	<b>(7,998)</b>
Gross transfers between funds		-	-	-	(7,924)	7,924	-
<b>Net movement in funds for the year</b>		<b>(9,285)</b>	<b>40,429</b>	<b>31,144</b>	<b>(14,948)</b>	<b>6,950</b>	<b>(7,998)</b>
<b>Reconciliation of funds</b>							
Balances brought forward at 1 January 2018	15	83,980	6,950	90,930	98,928	-	98,928
<b>Balances carried forward at 31 December 2018</b>		<b>74,695</b>	<b>47,379</b>	<b>122,074</b>	<b>83,980</b>	<b>6,950</b>	<b>90,930</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.  
All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 7 March 2019 and signed on its behalf by:

  
Mary McCarthy  
Director

  
Ray Buckley  
Director



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Centre **Cork**



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