



Community
Compassion
Connection

endED's House of Hope
Woombye, Sunshine Coast Hinterlands.

To support those affected by eating disorders through
compassionate lived experience support, connection and
hope in the community.

Throughout this overview, you will notice imagery that centres; ceramics, flora and fauna, landscape and decorative arrangements.

We need not say too much, only that we are always conscious of that which surrounds, shapes, inspires, and moves us.









Community Organization Framework

We wish to acknowledge and celebrate the essential and life-saving nature of our National Evidence Based Treatment Schemes across Eating Disorders & Eating Issues.

Here at endED, we seek to stay highly involved and relevant in the discourse of treatment revisions and growth across Eating Disorders and common co-occurrences. We are present at all [possible] conferences, seminars and webinars as well as actively involved in discussions to improve treatment approaches.

We dedicate significant time and energy to building relationships with clinicians [both clinical & holistic] across the state and nation-wide. We do so to stay present to the language, treatment goals & intentions prefaced across these spaces so that we can continue to orient to the matrix of integrated treatment approaches.

Importantly, we want to acknowledge and celebrate our intentional scope of practice. We wish to situate our offerings that invite a 'gathering, a coming together' to find a momentary 'softening' or 'resting' where individuals are welcomed to arrive and engage in our multidisciplinary activities, allowing space and time for multiple healing processes toland and invite a 'coming back to self' or 'coming to know a new way of being in the world.'

Our scope of our practice is guided by a "Community Organisation," one that focuses our time on;

- identifying common issues/goals
- mobilizing resources
- building alliances
- providing [a form of] continuity of care & connection
- development of strategies in order to align to the macro and micro needs and goals identified by the extended community.

Here, we orient ourselves by Local, State and National Mental/Health Organisations Guidelines & Policy, as well as the QMHC Lived Experience Framework celebrating the value of Lived Experience to inform our decision making and diverse spaces of engagement. Though our active revision with these frameworks, we position ourselves as a key community voice/body that highlights, advocates and encourages visibility and connection in the 'spaces between.'





Cocoon-ED Mindful Studio

*COMING SOON

Multiple sessions per week
\$10 per class

Timetable includes:

Yoga [varying styles]
Sound Healing
Cacao Ceremony
Vocal Anchoring

We are thrilled to announce the unfolding of our very own House of Hope Yoga Studio.

Cocoon-ED has been in the making for some time. Our earliest engagement with 'restorative yoga' was with a wonderful yoga practitioner, Bri. Bri invited mindful movement & meditation to our community and together we softened into this way of connecting; with self, each other and the environment on which we met.

We have since experienced further engagement from the yoga community. Currently we have a few key facilitators who have been running trauma-informed yoga sessions in our new dwelling out at the House of Hope.

We were recently successful in the very first Australian Young Living Grant that has facilitated the necessary growth to establish a permanent in-house studio.

This studio will launch in April. It will invite a range of classes throughout the week for;

- Participants [only]
- Families, loved ones, carers, siblings and the wider community [only]
- Mixed, everyone welcome.

"Gathering Here" Kitchen Series

*COMING SOON

WEDNESDAY
10am-2pm
or
2pm-6pm
*alternating weekly
\$35 per session

We are making the necessary developments towards creating a "farm-to-plate experience." In time, we hope to plan and collect our lovely fresh produce from our property.

Over the duration of four hours, we will engage in a range of experiences associated with planning, preparing & making. First, we will gather at the House of Hope and engage in morning or afternoon tea. During this time, we will share the recipe cards and allocated produce item cards [who will collect what from the shops!] We will then jump on the endED bus and head to a range of produce spaces [Organic Market Place, Woolworths, Bulk Foods, IGA etc] to embark on a range of shopping experiences. We will then return and begin the process of 'making.'

We hope to highlight; the cuisine's origins, learn phrases of thanks from these spaces, explore traditions around shared meals and curate music that will fill our space and bring the experience to life.

Throughout and in-between we will dedicate some time to also 'make' complimentary items to our shared experience - such as candle making, flower arrangements, embroidered table runner/place mats etc.









endED has encountered an organic unfolding of immeasurable support and allyship. Without prompt, we have had individuals reach out and with no pre-determined pursuit. Our volunteers have willingly joined our community to strengthen and inject vibrancy that we are grateful for.

Volunteers & Extended Community

Monday
Monthly
9.30am-11am
Free

Amongst our community is a strong representation of Recovered individuals as well as an extensive volunteer community [both with lived experience and without] who together create a space that is representative of the wider community, but still contained within a safe, supportive environment.

In the spirit of 'coming together and connecting' we hold a very informal morning cuppa out at the House of Hope in Woombye, monthly on a Monday morning. The intention of this coming together, is to stay connected to our facilitators, our extended endED family [whoever is around!] and most importantly,time for you. We welcome you to show up however you are, and have some time in the quiet of our Woombye residence, to form new/strengthen existing relationships, dream/ideate on ways our community can continue to unfold/expand.

We maintain the spirit [across all our spaces of connection] whether it is one person, or many, we will be there to hold that time/space for however we might like to unfold together.

We will call this coming together,
"We're all in this together"

When: Tuesday's 9am-10.30am [monthly]

Location: 10 Redmonds Road, West Woombye.

Tea will be provided, feel free to bring some morning tea along!





Nurturing a focus on the environment, gathering, connection & narrative.

Our offerings are formed and guided by a Narrative Therapeutic Framework. First developed by David Epston and Michael White, this therapeutic theory is founded on the idea that "people have many interacting narratives that go into making up their sense of who they are. Narrative Therapeutic techniques inquire into how these dominate narratives are influenced and shaped by cultural discourses about identity and power. Narrative therapy centers a rich engagement in re-storying an individuals narrative by reconsidering, and re-authoring ones' preferred lives and relationships" [2011, Stephen Madigan, MSW, PhD].

We were first drawn to the power of this space, when invited to a presentation by [Dr Arne Rubinstein](#), who discusses rights of passage & ceremony. The institute shares that "For thousands of years, Indigenous and traditional communities [of which Arne has closely worked with] recognised the importance of supporting individuals to transition safely from one stage of life to another through Rites of Passage. Marking these transitions were seen as fundamental in the growth, connectedness and health of an individual and community."

Arne indicates that 'story' has been the way that wisdom and knowledge is passed on across time and space. Arne articulates that, "If we lecture or simply present well-formed knowings or knowledge, individuals won't listen, but if they tell meaningful stories and engaging materials, they will sit there for hours."

Throughout this process Arne believes biochemically one "enters into a space of liminality" where old patterned behaviours, attitudes, patterns and perceptions become soft and from this state can be altered. This is common to those who travel, or are taken out of their everyday environment, perhaps in conversation with others, in the ambience of a music concert or theatrical play..."

Arne shares that, "It is only through change that we can remain stable." During times of hardship, it is invaluable to have external provocations that allow the nervous system to calm, to focus outwardly, have an opportunity to absorb, re-frame and re-write future thoughts."

Central to this experience is *gathering* and *slowing down*.