

# Rotary Club of Christchurch South



## Kristie Amadio—Its time to do eating disorder recovery differently

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Kristie Amadio spoke to us as a qualified eating disorder counsellor and the Founder and a Director of Recovered Living NZ, but she also spoke to us as a person who herself has suffered from a chronic eating disorder from which she has now recovered. It was a revelation to learn that more people die annually from eating disorders in New Zealand than are killed in road accidents. Sometimes, the death is attributed to heart problems although the underlying cause is actually the effect the nutritional deficiencies have on the heart. Other times the illness tragically ends in suicide. But what Kristie also made clear is that people can and do recover from eating disorders. Her own path to recovery was long (14 years) and involved time spent at a very expensive (US\$1,200 per day) live-in treatment clinic in the US. There she experienced a different approach to treatment and came away knowing very clearly how to complete her recovery and she now has a totally different relationship with food and her body.

Another revelation was that most people who suffer from an eating disorder don't exhibit any obvious physical signs such as excessive weight loss. There are 8 types of eating disorder although the three most common involve either restricting food intake, bingeing on food or excessive exercise.

In New Zealand about 103,000 people suffer from eating disorders, yet treatment opportunities are woeful. The lack of resources means that people are told to go away because their condition is not "bad enough". In the South Island there are only 8 hospital beds specifically for eating disorders sufferers.

Determined to provide people with the treatment opportunity such as she experienced in the US, Kristie has set up the Recovered Living NZ charitable trust. The aim is to provide therapeutic approaches to treating eating disorders in a supportive home-style environment. To that end the trust has purchased a residence near Christchurch where residents can receive live-in 24/7 eating disorder recovery support although day programmes and other partial programmes are also available. Aspects of the programme also involve families and care-givers. The facility will open in 2023. Being live-in with 24-hour care and a psychiatrist and a GP on call, treatment will still be expensive but Kristie's hope is that the success of this evidence-based programme will attract government support. If something is to be done to help those suffering from this debilitating illness, it deserves to.



## Upcoming Meetings

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### 19 October

Bevan Killick

The Defence Employer Support Council (DESC) - Bridging the gap between the Defence Force and Civvy Street

### 26 October (Partners Night)

Yuriy Roytman

The Ukraine War—How our club is helping

## Upcoming Events

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### Thursday 20 October

Walking Group

### Tuesday 25 October

Inner Wheel morning tea

### Thursday 27 October

Speech Competition

### Friday 28 October

Pink Ribbon

### 24 November

Walking Group

### 14 December

Christmas Function

## Notices

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### Inner Wheel

Christchurch West Inner Wheel invite you to join them for coffee at 10am Tuesday 25th October, at the Urban Café, Oderings, Barrington Street.

### Walking Group

Thursday 20 October at 10.30am

Walk around Heathcote Estuary

Meet at the carpark near the entrance to Heathcote Golf Club

Lunch at the Heathcote Valley Inn at 12.30pm

Please let Susan know if you're coming and/or joining for lunch  
027 3000 300 or [susan.haye@xtra.co.nz](mailto:susan.haye@xtra.co.nz)

Thursday 24 November at 10.30am

Conducted tour of some of our city's SCAPE Public art, commencing from the Arts Centre Clock Tower, Worcester Boulevard

### Christmas Function

Wednesday 14th December

6.30pm

Further details will follow, please mark this in your calendar

## Duties

Duty	19 October	26 October
Cash Desk	L Brown	G Dockrill
Cash Desk	M Opie	A Stewart
Reception	A McCully	A Kim
Speaker Host	L Bermingham	L Brown
Grace	L Bermingham	L Brown
International Toast	A McCully	A Kim
Thanks to Speaker	L Brown	G Dockrill
Quote	M Opie	A Stewart
Speaker Reporter	G Fowler	L Bermingham
Sergeant	S Mackenzie	A Airay

## Leave

Who	From	To
M Whitehead	09/09/15	TBA
J Wylie		TBA
S Haye	11/08/20	TBA
S McLean	01/07/22	01/10/22
R McKinney	28/09/22	14/04/23
J Chamberlain	17/08/22	13/12/22
K Moss	29/08/22	31/10/22

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## Reminders

Record your apology by:

- Notifying the Reception Desk
- Email [chchsouthrotary@gmail.com](mailto:chchsouthrotary@gmail.com) before 11am on that Wednesday
- Emergency apologies to Shirley Harris on 021 198 2234 or Viv Ellis on 027 490 3161
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Leave of absence requests (three weeks or more) must be in writing to the Secretary

