

Residential two-day training

Standard	£400 pp
Church or charity	£250 pp
Additional team members	£25 discount

tastelife manual	£160
Church or charity	£130

For more details and to apply please contact
admin@tastelifeuk.org

The tastelife course and training are accredited by the University of Brighton School of Health Sciences. The course is based on Christian principles and, while not actively promoting the Christian faith, includes a church supplement for Christian contexts. It is therefore adaptable for, and sensitive to, those of all faiths or none.



Who does the training?

Di Archer MA (CEO) and Jean Hart BA (Executive trustee) of tastelifeuk, plus a growing team of accredited Key trainers. tastelife was started by Di, theologian, educator and writer, and Jean, an experienced eating disorder counsellor. Both have daughters who suffered from eating disorders. Finding very little to help them survive the struggle at the time, they determined to produce resources to fill the gap in support and treatment.

Following research, extensive piloting, and guided by GP medical trainer Dr Ros Simpson, the **tastelife course** was created. It is proving to be a welcome, targeted resource with helpful tools for support and recovery. New volunteer course leaders are being trained on a regular basis to run the course around the country. Di, Jean and the tastelife family are passionate about getting help to as many people as possible. If you would like more information, please see contact details below.



Contact details

admin@tastelifeuk.org
07817605349
07845089400

www.tastelifeuk.org



Training

to run a tastelife course

tastelife

From REQ accreditation:

I enjoyed the audit visit immensely and was very impressed with the energy of the team, the quality of the facilitation and content and pedagogical skill demonstrated.

From trainees:

I cannot stress enough how impressed I am with the professionalism of your course, and its clear and 'slick' presentation. I wanted to say a special thank you for hosting such a lovely training course. (Counsellor)

Thank you so much for all you did to make last week work so well. The training was really good and so helpful for a novice like me. Your project is so inspiring. Well done team tastelife! A huge success! (Vicar)

A lot of information packed efficiently into the time. (Youth worker)

The tastelife materials are outstanding. They are probably the best training materials I've ever seen. They are very clear about what materials you need and how to run them. They are also motivating and very personal in feel. (Mark Kitson, consultant, Cinnamon Network)

Where and when?

See website for training dates and venues

www.tastelifeuk.org

Who is the training for?

Those who wish to run a tastelife course.

This training will equip you to run the tastelife course in your area. The training is suitable for those with related qualifications or involvement in health, education, social care or Christian ministry. Personal experience of eating disorders is also relevant, as is the context in which you want to run the course. Please contact us to discuss this further.

Why run a tastelife course?

Eating disorders are on the increase. The tastelife course offers tools to people struggling with eating disorders, aimed at enabling them to break free. The eight-session course is non-threatening, educational and encourages a self-help approach that really works. It is an experience that offers a way forward for both those with eating issues, and those, including family and friends, who care for them. It covers all types of eating disorders, and encourages participants to look at possible underlying contributing factors. The tastelife course aims to equip people with real understanding and coping strategies:

We are four weeks in, half way through our first course. It is going so well! Weeks 1-3 were incredible, especially week 3 when people knew each other and started sharing, and the material helped hugely.
(New course leader)

Training topics:

- Eating disorders: the basics
- Associated mental health issues e.g. depression and OCD
- Body image and the media
- Aims and ethos of tastelife
- Why do eating disorders develop?
- Topics and progression of course
- Real-life recovery stories
- Can faith make a difference?
- Teaching and building relationships with vulnerable people
- Role play of course sessions

