

## RESIDENTIAL

### TWO-DAY TRAINING

Standard	£400 pp
Church or charity	£250 pp
Additional team members	£25 discount
tastelife manual	£160 pp
Church or charity	£130 pp

## WHO DOES

### THE TRAINING?

Di Archer MA (CEO), Jean Hart BA (Co-Founder), Dr Ros Simpson (GP and medical trainer) and Marie Dove (Fitness trainer) lead a growing team of accredited Key Trainers. They blend personal experience of eating disorders with a robust academic approach and heartfelt care.

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 challenge, they created the research-based tastelife course which is proving to be a welcome, targeted resource with effective tools for support and recovery.

New volunteer course leaders are being trained and accredited to run the course around the country. The tastelife team is dedicated to helping people break free from eating disorders, and passionate about getting courses into your community. Do come and train with us.

## WHERE

### AND WHEN?

See website for training dates and venues:  
[www.tastelifeuk.org](http://www.tastelifeuk.org)

## ABOUT

### TASTELIFE

**tastelife** is a supportive and educational charity that informs about eating disorders. It provides tools for recovery for those who suffer and those who care.

This leaflet invites you to train with us to run our tastelife community course. The course itself is based on Christian values, and, while not actively promoting the Christian faith, includes a church supplement for use in a Christian context. It is therefore fully adaptable for, and sensitive to, those of all faiths or none.

**tastelife**

## TRAIN to run a tastelife course



**Contact us**

[admin@tastelifeuk.org](mailto:admin@tastelifeuk.org)  
07817605349 | 07845089400  
[www.tastelifeuk.org](http://www.tastelifeuk.org) | reg charity no 1158516

Breaking free from  
**eating disorders**

## FROM TRAINEES



I cannot stress enough how impressed I am with the professionalism of your course, and its clear 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**



**The tastelife course and training are accredited by the University of Brighton School of Health Sciences under their coveted REQ award. The training carries credits towards further study with the university.**

'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.'



## 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 community. 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, 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 sufferers and carers a way forward, and puts the steering wheel firmly in the hands of the sufferer. It covers all types of eating disorders, and encourages participants to look at possible underlying contributing factors. The tastelife course equips 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

- Aims and ethos of tastelife
- Eating disorders; medical definitions
- Body image and the media
- Why eating disorders develop
- Associated mental health issues (co-morbidities)
- How tastelife fits with CAMHS and NHS
- Progression of tastelife course
- Safeguarding issues
- Teaching strategies and group facilitation
- Building relationships with vulnerable people
- Role play of course sessions