

What is tastelifeuk?

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

What does tastelife offer?

- **eight-session weekly group course for sufferers and carers**
- **training for volunteers to run the course**
- **information days / seminars for health workers, youth leaders, student workers, counsellors and others interested in finding out more about eating disorders**
- **ongoing development of resources**



Who does the training?

Di Archer MA and Jean Hart BA, executive trustees of tastelifeuk

tastelife was started by educator, theologian and writer, Di, and Jean, an experienced eating disorder counsellor. Both of them have daughters who suffered from eating disorders. Finding very little to help them survive the struggle when they were going through it, they determined to produce resources to fill the gap in support and treatment.

Following much research and guided by Dr Ros Simpson, a GP and medical teacher, **the tastelife course was published in July 2013** after extensive piloting. Course leaders have been trained on a regular basis since then.

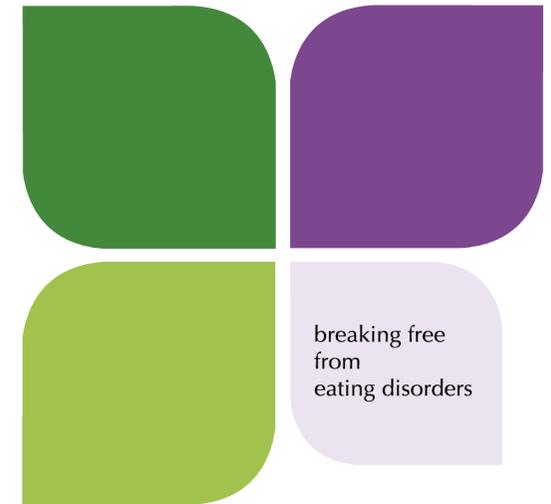


Contact details

admin@tastelifeuk.org

www.tastelifeuk.org

Reg Charity no 1158516



Eating disorders and recovery

A teaching day to resource professionals and others working with sufferers and carers

tastelife

Responses to tastelifeuk:

I cannot stress enough how impressed I am with the professionalism of your course, and its clear and 'slick' presentation. Thank you for hosting such a lovely training course. (counsellor)

Thank you -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)

The people stories were great. They show recovery is possible! (course member)

Great teaching – it was very practical and realistic, yet hopeful. (course member)

Lots of information packed very efficiently into the time. (youth worker)

The tastelife materials are outstanding. They are probably the best training materials I've ever seen. They are also motivating and very personal in feel. (consultant, Cinnamon Network)

Where and when?

Date and time

Venue

Cost: please contact us for information
admin@tastelifeuk.org

Who is the teaching day for?

Information day / seminar units are offered for health workers, youth leaders, student welfare officers, counsellors, school nurses, church workers and others interested in resourcing themselves with information about eating disorders, primarily with a view to assisting those they come across who are affected.

Why learn about eating disorders from tastelifeuk?

Eating disorders are on the increase, and NHS help is overstretched. tastelifeuk has experience of running the tastelife course in the community, which 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 covers all types of eating disorders, and encourages participants to look at possible underlying contributing factors. The tastelife course aims to equip both sufferers and carers with real understanding and coping strategies.

What will the teaching cover?

The teaching day aims to resource participants with sufficient broad skills and knowledge about eating disorders and related challenges such that they will be enabled to respond appropriately to eating disorder issues they encounter.

Teaching topics include:

- Eating disorders: the basics
- Associated mental health issues e.g. depression and OCD
- Why do eating disorders develop?
- Key concepts relevant to all eating disorders
- What is recovery, what facilitates it?
- How to spot eating disorders
- Referral pathways
- Supporting sufferers and carers appropriately
- Finding resources

