

## What does tastelife offer?

- **eight-session weekly group course for sufferers and carers**
- **online help for sufferers and carers**
- **training for volunteers to run the course**
- **day courses for health workers, youth leaders, student welfare officers, counsellors and others interested in finding out more about eating disorders**
- **ongoing development of resources**

## What people say about the tastelife course:

*"The people stories were great. They show recovery is possible!"*

*"Great teaching, very practical and realistic, yet hopeful."*

*"I so appreciated being able to talk together and explore issues openly and honestly for the first time."  
"The chance to talk to other carers was very helpful."*

*"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, The Cinnamon Network

## Can healthcare professionals and volunteer helpers come to the course?

Yes, if supporting a sufferer. Otherwise, our training days are more suitable. Please contact us for more information.

## Who runs tastelife?

tastelife was started by theologian and writer, Diana Archer, and Jean Hart, 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.



### Contact:

[di.archer@tastelifeuk.org](mailto:di.archer@tastelifeuk.org)

[jean.hart@tastelifeuk.org](mailto:jean.hart@tastelifeuk.org)

[www.tastelifeuk.org](http://www.tastelifeuk.org)

Registered Charity Number 1158516



**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**

**tastelife**



### The course session titles are:

- 1 living to eat or eating to live
- 2 mirror, mirror: self-image and addiction
- 3 under the iceberg: emotions
- 4 mind matters
- 5 bad days and good friends
- 6 caring beyond survival
- 7 the 'F' word: food - friend or foe?
- 8 where now?

### The course includes:

- everything needed to run it
- resources to take home each session
- a dvd with real stories from recovered sufferers
- group discussions
- awareness exercises for self-understanding
- notebooks to log thoughts and ideas.

The course is accredited by the University of Brighton. It is based on Christian principles and, while not actively promoting the Christian faith, includes a church supplement for use in a Christian context. It is therefore adaptable for and sensitive to those of all faiths or none.

## More about the tastelife course

An eight-session weekly group course for sufferers of all types of eating disorder, and those who care for them

The course is non-threatening, educational, and encourages a self-help approach that really works.

It is run by trained volunteers who care about those who struggle with eating disorders. Some have been sufferers themselves, or have cared for them.

Eating disorders are often a symptom of deeper problems and, whilst this is not an in-depth course to discover and deal with these underlying issues fully, it goes a long way to equipping participants with real understanding and coping strategies.

Being part of a group facilitates personal development and encourages sufferers to work with their carers and supporters for change. Its unique approach brings carers and sufferers together in an accepting environment where change is made possible.

The course uses interactive methods to involve people, Cognitive Behavioural Therapy (CBT) and motivational methods to explain how to make changes in small steps towards health and wholeness.

It is an experience that offers sufferers and carers a way forward, and puts the steering wheel firmly in the hands of the sufferer.



Please contact us if you are interested in attending or running a course near you.