

ACCREDITED

TWO-DAY TRAINING

Residential standard	£650
Residential charity	£495
Online standard	£450
Online charity	£295

WHO DOES THE TRAINING?

Di Archer MA (CEO), Dr Ros Simpson (GP and medical trainer), Marie Dove (Trainer Lead) and Sarah Watson (Network Coordinator). They blend personal experience of eating disorders with a robust academic approach and heartfelt care.

tastelife was founded by Di, theologian, educator and author, 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

ABOUT

TASTELIFE

tastelife is a supportive and educational charity that informs about eating disorders. It provides tools for recovery for those who are affected and those who care. It also creates resources for preventing eating disorders.

This leaflet invites you to train with us to run our tastelife community course. The course itself is based on Christian values of health and wholeness, and, while, 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 | 07845089400
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**



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**

The tastelife course and training have been accredited by the University of Brighton School of Health Sciences, and endorsed by London OCN. The training carries 15 hours CPD.



WHO IS THE TRAINING FOR?

Those who wish to run the tastelife course in their community, or online. 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. It also resources those who are supporting them.

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 course equips people with real understanding and coping strategies.

Training and courses available online and face-to-face.



Thank you so much! You honestly helped me turn my life around and stopped me ending up in this dark hole all alone. Keep helping people, please... - **Course Participant**



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