

ABOUT THE TASTELIFE COURSE

An eight-session weekly group course for those who suffer from any eating disorder, and for those who care for them.

The course is non-threatening, educational, and encourages a self-help approach that really works. It is run in the community or online by trained and accredited volunteers who care about those who struggle with eating disorders. Some have been sufferers themselves, or have supported 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.

The course uses interactive and motivational methods to explain how to make changes in small steps towards health and wholeness. Its unique approach brings carers and sufferers together in an accepting environment where change is made possible. It is an experience that offers sufferers and carers a way forward, and puts the steering wheel firmly in the hands of the sufferer.

CAN HEALTHCARE PROFESSIONALS AND VOLUNTEER HELPERS COME TO THE COURSE?

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

WHERE AND WHEN?

www.tastelifeuk.org/get-help/find-a-course
Find out more and sign up here.

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, and supplies preventative resources for young people in schools and youth groups.

This leaflet invites you to take part in a tastelife community course near you, or online. The course is open to those who suffer from all types of eating disorder, and those who support them. The eating issues you struggle with may or may not be diagnosed, but they are significantly impacting your life.

tastelife

JOIN a tastelife community course

- ✓ HOPE FOR those who suffer
- ✓ HELP FOR those who care



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Breaking free from
eating disorders

WHAT DO PEOPLE SAY?



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

Anne



'Great teaching, practical and realistic,
yet hopeful.'

Paul



'I so appreciated being able to talk
together and explore issues openly
and honestly for the first time.'

Sue



'The chance to talk to other carers
was very helpful.'

Ellie



'The feedback from my group was amazing -
and so many steps forward shared together.
What a privilege it's been.'

Barbara (trained leader)



OCN ACCREDITATION

The course, and our training to run it, are accredited by OCN London, and initially by the University of Brighton School of Health Sciences. All our resources are evidence based, and suitable for all. While not actively promoting the Christian faith, the course includes a supplement for Christian contexts.



COURSE SESSION TITLES

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

THE COURSE INCLUDES:

- resources to take home and notebooks
- video stories from those recovered
- group discussions
- self-awareness exercises



**'A massive, massive thank you!
Now I know there's life after food!'**

Vicky

WHAT DOES TASTELIFE OFFER?

- Eight-session weekly group course for those who suffer and those who care, online or face-to-face.
- Website with helpful information
- Accredited training for volunteer leaders to run the course, and full ongoing support.
- Eating disorder awareness seminars.
- tastelife Youth Track: Understanding Eating Disorders. An awareness module for schools and youth groups.
- Ongoing development of resources

THE STORY SO FAR

tastelife was started by Di Archer, theologian, educator and writer, and Jean Hart, an experienced eating disorder counsellor. Both have daughters who suffered from eating disorders. Finding very little to help them survive this challenge, they created the evidence-based, award-winning tastelife course which is proving to be a welcome, targeted resource with effective tools for support and recovery.

Hundreds of people have now attended the tastelife course. For some, it is the only help they have received. The course is offered by trained, accredited leaders, most of whom are volunteers who have experience of eating disorders in some way.

The tastelife team, led by CEO Di Archer, is responding to the increasing need for eating disorder help. Find a course to suit you, or train with us to run one.