

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 in the community 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.

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 or your local leader for information.

WHERE AND WHEN?

www.tastelifeuk.org/get-help/find-a-course
Contact your local leader to find out more.

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 take part in a tastelife community course near you. 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. The course itself is based on Christian values of health and wholeness, and is fully adaptable for, and sensitive to, those of all faiths or none. It includes a church supplement for use in a Christian context.

tastelife

JOIN a tastelife community course

- ✓ HOPE FOR sufferers
- ✓ HELP FOR carers




CONTACT US


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07817605349 | 07845089400
www.tastelifeuk.org | reg charity no 1158516

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)



UNIVERSITY ACCREDITATION

The course is accredited by the University of Brighton School of Health Sciences. It is based on Christian values of health and wholeness. It is fully adaptable for, and sensitive to, those of all faiths or none. It includes a church supplement for use in a Christian context.




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 recovered sufferers
- 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 sufferers and carers.
- Website with information for sufferers and carers.
- Training for volunteer leaders to run the course.
- 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 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.

The charity is led by Di (CEO), with Debbie Niblett (Administrator), Joe Braker (Network Coordinator), some fabulous trustees (including Co-Founder Jean, and GP Dr Ros Simpson) and Key Trainers, led by Marie Dove.

In 2018 Jean and Di received the Prime Minister's Point of Light award 'in recognition of your exceptional service in supporting people struggling with eating disorders'.

The tastelife team is growing rapidly. It is dedicated to helping people break free from eating disorders, and passionate about getting courses into your community. Find a course near you, or come and train with us to run one.