

## 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 for those interested in finding out more about eating disorders**
- **ongoing development of resources**

## What do people say about the tastelife course?

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

*'Great teaching, 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.'  
'A massive, massive thank you! Now I know there is life after food!'*

*'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 awareness events 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 research, extensive piloting, and guided by GP medical trainer Dr Ros Simpson, the **tastelife course** was created. It is proving to be a welcome, targeted resource with helpful tools for support and recovery. New volunteer course leaders are being trained on a regular basis to run the course around the country. Di, Jean and the tastelife family are passionate about getting help to as many people as possible. If you would like more information, please see contact details below.



### Contact details

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**www.tastelifeuk.org**

reg charity no 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
- self-awareness exercises
- notebooks to log thoughts and ideas.

The course is accredited by the University of Brighton School of Health Sciences. It is based on Christian values, 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.



## 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 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.

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.

**Interested in attending or running a course near you?**

Get in touch via  
[www.tastelifeuk.org](http://www.tastelifeuk.org)

[admin@tastelifeuk.org](mailto:admin@tastelifeuk.org)

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