

Report from tastelifeuk for Beer Harris



January 2020

Regarding young adults who have attended the tastelife community course in 2019

Autumn 2019

Uni student
Postgrad Uni student
Recent graduate
Late 20s
1st year Uni student
1st year Uni student

Spring 2019

Medical student
Post uni. Late 20s
Uni student
University student
Recent graduate
Recent graduate

All of the above were female. We do have males attend as well, though they are in the minority; it just happened that all were female on these two occasions.

These two courses are typical of the kind of attendance for tastelife courses run in or near universities. The majority of evaluation we collect is narrative, hence the below.

Their feedback comments included:

'This was a brilliant course. I think that the facilitators have so much insight, and are so encouraging. The course gives you hope!'

'This course has definitely helped in my recovery; it has also given me the confidence to talk about my thoughts and how I feel about situations and I have felt really supported and motivated to recover.'

'I have stopped counting calories, trying to resolve bingeing, facing up to my issues rather than ignoring them.'

'The group discussions at the end were really easy to talk in and to share ideas. The people stories were really good, and the session notes are helpful to read through the week.'

'I appreciated the realistic outlook that encourages recovery and inspires hope without impossible expectations and pressures. It was reassuring to know I am not alone. SMART steps are excellent. tastelife has been the most valuable eating disorder support service I have ever attended.'