

tastelife UK – breaking free from eating disorders

The tastelifeuk charity was created as a beacon of hope to those struggling with eating disorders – whether personally or supporting others.



How do we help?

The tastelifeuk beacon of hope is offered chiefly through our research-based, 8-session community course, focused on recovery from eating disorders. tastelife trains and accredits volunteers to run this course, either in person or online. Where there is often no other help to be found, participants are finding the course to be a welcome, targeted resource with effective tools for support and recovery, and the majority make measurable progress. Crucially, the course is open to both those who suffer and those who care – such as family and friends – creating a safe,

learning environment for all. tastelife is unique in the UK in offering this service – as we recognise that eating disorders always affect close relationships almost as much as they impact the sufferer. The course is non-threatening, educational and encourages a self-help approach that really works. The material is relevant for most life-stealing eating issues. Both the course and the training were accredited by the University of Brighton Health Sciences and OCN London.

Why do we help?

We have been so glad to offer help to nearly 300 participants – including many young adults, plus their supporters, through our tastelife community course online or in person, over the last year. Whether face-to-face or via a screen, the course offers sufferers and carers a way forward, and puts the steering wheel firmly in the hands of the sufferer. As you can imagine, the Covid pandemic has only increased the need for eating disorder help as reported in the Guardian last February <https://www.theguardian.com/society/2021/feb/11/doctors-warn-of-tsunami-of-pandemic-eating-disorders>. And because eating disorder behaviour often begins as a way of coping with difficulties in life, sufferers are more, rather than less, likely to turn to their unhelpful eating patterns, the need for tastelife services has never been greater.

Who do we help?

While eating disorders affect all ages, we have a strong focus on reaching young adults. Indeed, our upcoming course leader training includes a Wellbeing Support worker from Southampton University, and a Student Youth Worker.

What keeps us going is the extraordinary feedback we get from course participants. We know we have something that can be transformational in people's lives, with some crediting tastelife for saving them. There was Beth:

Thank you. I never imagined something was out there that could help me this much. I thought this would be with me forever, but now I have hope I can recover. There is life after food!

And Chris' mum:

Because of this course, I am going to place greater emphasis on my son's emotional wellbeing and less on the food/re-feeding as when he's emotionally secure he feels better about everything including food.

And then there was Ben – now a trained leader and heading up our new Men's Track, courses solely for people like him. Ben developed anorexia because, as a keen runner, he thought that the thinner he was, the faster he would run. His journey back into health is one he willingly shares with others. He's just recorded a podcast for tastelife, all about his recovery. Keep an eye on and find us on social media [tastelifeuk](#) – catch up with Ben's story there.



Thank you for your support – we would not be here without people like you backing us up and making recovery possible for those struggling with the misery of eating disorders. For more information, please visit our website www.tastelifeuk.org

