

tastelife uk

tastelife uk equips churches to support those suffering with eating disorders and those who care for them.

Activity

Volunteers receive training and resources from tastelife so they can run a nine-week course in their local community or online. Churches work with both those suffering with life-stealing eating issues and those who support them.

Time Frame

The tastelife training course runs from a Friday evening to a Sunday afternoon. Every nine-week course, which churches then run, includes two hours per week and around an hour of admin and preparation for each session.

Financial Costs

The weekend residential training costs £495pp (including accommodation and food). The online training costs £295pp. This includes the full tastelife course materials with week-by-week guides and a manual.

Community Support

We encourage churches to advertise the tastelife course in their local community, through newsletters, church bulletins, and online and social media platforms. It's also helpful to have connections with local GPs, schools and social services who may refer people to your course.



Project Support

In addition to the training weekend and comprehensive resources, the tastelife team is on hand to provide ongoing support. Additional materials are available to support participants who have a Christian faith.

Physical Resources

You'll need to be able to cover the cost of the training and have a comfortable welcoming venue to host the training or the facility to run the course online via Zoom.



Human Resources

You'll need two trained volunteers with DBS checks to facilitate the tastelife course. No experience or qualifications are necessary, just a passion to help people and the confidence to deliver the course and encourage others.

'As a carer, this course has helped me and my daughter to talk about her eating disorder. I have a much better understanding of what it's like for her... she has made really good progress.' Mum

To find out more visit
www.tastelifeuk.org

'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.' Participant