



REPORT TO BEER HARRIS FROM TASTELIFEUK March 2025

“We are so grateful for your support as we in the tastelife charity continue our passionate commitment to giving life-changing help to those affected by eating disorders”, reports Di Archer CEO and team tastelifeuk. “The challenges abound, as NHS funding is cut again in real terms, while statistics are still on the rise (see [here](#)). However, together with wonderful supporters such as yourselves, we are making a difference to those statistics, as we offer effective help and hope through the three following streams:

RECOVERY

‘A massive, massive thank you! Now I know there’s life after food!’ (Vicky)

87% of participants reported significant progress on their journey of recovery through:

- 9 x Community Recovery Courses led – 6 online, 3 face-to-face
- 91 participants - those directly affected by eating disorders, family and friends
- 45 leaders running courses
- 1 x pilot of new Hub style delivery online, to expand participant places available
- 16 x new leaders of the recovery course trained and accredited
- 1 x upskilling event for current leaders
- Complete update of the Recovery Course material, including current research.

PREVENTION

'I can detect eating disorders and know what to do if I experience it or meet someone who has a disorder' (Young person)

Extending the reach and accessibility of our youth-focused preventative resources for schools and youth groups through:

- New online open webinars for youth leaders covering topics such as:
 - What is Disordered Eating?
 - Introduction to eating disorders for youth group leaders
 - Why do eating disorders start?Attendance ranging from 70 people to 35
- Development of individual lessons for school year groups, from Year 3 upwards
- Launch of Christian faith-specific version of Youth Track, in response to request
- Sales of Youth Track resource, with potential to affect 120-1,000 young people
- Endorsement of our materials and teaching through OCN London
- Development of e-learning modules for parents – launching in the Autumn
- Development of facility to run Youth Track online ourselves – in progress.

EDUCATION

'Occasionally in life you uncover hidden gems. Tastelife is one of those gems. Their training on eating disorders was clear and their lived experience added such impact and power.' (Matt)

In response to requests, we are educating organisations and groups about eating disorders. We see this as targeting the low levels of understanding and help in society that is available – arming people with knowledge and compassion to respond better to these often-taboo subjects that affect so many people.

- 2 x lectures on eating disorders and spirituality at International Conference in Salzburg and conference for medical students in London, based on research

conducted by a team including Coventry and Worcester Universities, and our tastelife CEO.

- 6 x events for adults, including seminars on general aspects of eating disorders, including training for those working with young people in schools and surgeries
- 2 x events for youth group leaders and young people
- Brand new website with extended capabilities for our services.

As part of our mission to see improvements in understanding and treatment of eating disorders, we are also supporting initiatives to highlight the issues within the NHS, where eating disorder services are woefully underfunded and under-resourced, joining in with such campaigns as 'Dump the Scales' led by Hope Virgo. But as you know, we are not waiting for improvements in statutory services, but providing compassionate and effective services to fill the gap in treatments, as we strive to help more people, more of the time.

The above have been achieved despite staff changes and the squeeze on funding generally across the charity sector. We have been able to achieve more than we expected, thanks to our strong core team, and our dedicated army of volunteers.

Again – thank you for your support.”

March 2025