



welcome to the tastelife annual report

for 2020-2021
from CEO Di Archer



Mrs Diana Archer, co-founder of tastelifeuk, recognised in 2019 by the Prime Minister's 'Points of Light' Award, for providing eating disorder sufferers and their family and friends with vital support on their path to recovery.

Launching into the COVID-19 sea...

tastelifeuk was created as a beacon of hope to those struggling with eating disorders – whether personally or supporting others. This year, while we have continued to keep that beacon alight, we have also, like everyone else, had to respond to the extraordinary worldwide crisis of COVID-19. Before Covid, our focus was on spreading that light as far as we could. Because of Covid, we have kitted out and launched a new lifeboat to offer rescue to those tossed about in the tumultuous seas of coping with an eating disorder in the middle of a pandemic. Unprecedented, indeed.

The tastelife lifeboat had to be created very quickly, as the UK was thrown into sudden lockdown and accompanying realisation that this virus was not going to let up any time soon. Some of our tastelife courses, delivering unique and targeted understanding and help to groups around the country, bravely switched to online meeting in the middle of their delivery. As we entered truly uncharted waters both as people and a charity, our new lifeboat proved equal to the storm. We are immensely proud of our core team, voluntary leaders financial supporters and our trustees, as they learned to sail in utterly new ways, with new equipment and new ropes.



Sailing into the wind

The pandemic has highlighted as never before the effects of poor mental health, and we are bizarrely grateful for how this has hit the headlines. Even the strongest among us have found the last year tricky; how much more those whose mental health is compromised, especially those with eating disorders (The Guardian 11.2.21). Not surprisingly, the number of people whose eating issues have worsened, or even begun, during 2020 has escalated. For so many people of all ages in the UK, Covid-19 has heightened the problems they had already. For those with eating disorders, grappling with an unhealthy and often dangerous relationship with food, it has increased their vulnerability. 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 and often dangerous food patterns. While our marvellous, hugely challenged and massively overstretched NHS is keeping the country afloat in many ways, the need for tastelife services has never been greater.

The good news is that, with our new lifeboat, we can now reach more people than ever before.

We have responded to the Covid storm by choosing to take all our services online. Rather than participants driving an hour or so to get to our weekly courses, now we can take our lifeboat to them and meet them in their living rooms. We have been encouraged to discover that the tastelife course works just as well online – and indeed has some advantages. Perhaps it is less scary to relate through a screen, where you have plenty of control, than in person, where you might be acutely self-conscious.



How do you build a lifeboat?

This deeply demanding year of Covid has included:

Creating a suite of **backup resources** for our voluntary tastelife leaders to take their courses online – it's all there ready to roll, including an extra say-hello session to compensate for lack of meeting in person.

Free extra training for our voluntary tastelife course leaders to learn how to operate online delivery platforms, and build their confidence to do so. We also offer the loan of laptops for any leader who needs it to facilitate easy online facilitation of the tastelife course.

Previews online – open lunchtime sessions to pop in and find out more about what training to run the tastelife course involves. Or more about the Youth Track.

Taking on board a **new database system**, with the ability to automate all our sign-up processes and administration – again, increasing access to our support. Continuing development of this system to support all our work across the boat...

Expanding our staff team to include a post dedicated to **social media presence**, in order to offer sensitive, truthful and hopeful information about eating disorders. This commitment to contemporary communication is generating increasing interest and engagement. Our posts are designed to speak directly to those suffering with food issues, and to those interested in these problems. With videos of real-life stories of recovery, plus straight-talking titbits of information, we are combatting the lies and pressure around body image and food, which is so often found in the marketplace that is social media. It is easy to find ideas for keeping eating disorders going – we are holding out a lifebelt to those who want to escape their power.

'I want to keep leading these courses. So many more people to help...'

Taking our 2-day **tastelife training events online**, which made them easy for 39 people this year to be equipped to run the tastelife community course. This was more than we hoped for and, like the tastelife course itself, has opened up accessibility for more volunteers to train with us. This training is suitable for those with related qualifications or involvement in health, education, social care, or pastoral ministry. Personal experience of eating disorders is also relevant for suitable volunteers as is the context where the course will be run. Of this number, following one-to-one consultations, 26 are already running courses or adding their support to teams already doing so.

Running our annual conference, **the tastelife Gathering, online**. Attendance tripled to 100, and, while we missed being in the same air together, it made possible an inspiring and informative Saturday, greatly enhanced by highly relevant workshops and a fascinating Q & A session with Baroness Kate Parminter, MP, who is an advocate for eating disorder support.

Providing **survival 'kits'** via our website – targeted resources for those struggling to manage Covid and eating disorders – and indeed, for those just struggling with the former.

Being so **grateful for support** from those who could see the need. Building a lifeboat takes extra resources, and without financial help, we could not have pivoted so effectively for change. We are thankful especially to our regular individual supporters, who give so kindly and generously, and to grant-giving bodies such as the CAF Resilience Fund, Foyle Foundation, The National Lottery Coronavirus Community Fund, Ecclesiastical Insurance Movement for Good, and the Barbara Ward Children's Foundation, to name a few.

Income grew in the year, including through our participation in the Big Give Christmas Challenge. As can be seen in the Accounts, all emergency Covid funding was expended within the year. The need for additional funding, however, remains as urgent as ever, if we are to expand to meet needs, as demonstrated by the waiting lists that exist for our courses.

The lifeboat on mission

The community course

We have been so glad to offer help to 259 participants adults through our tastelife community course online this year. These have included 201 sufferers and 58 family and friends. Those suffering included a variety of eating disorders and issues. While anyone can sign up for themselves, referrals from IAPT, GP surgeries, CAMHS and others are on the rise. As we continue to sail into unknown waters, we will run the course both online and in person, around the country. The accessible and community-based tastelife course uses interactive, and motivational methods to explain how to make changes in small steps towards health and wholeness. 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.

'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.'

'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.'



The tastelife Youth Track: Understanding Eating Disorders

Our preventative resource, the tastelife Youth Track: **Understanding Eating Disorders**, could well turn into a lifeboat in its own right. Our new Coordinator has strengthened it, making it suitable for online delivery, and creating backup resources which make it even easier to run. Suitable for KS3 and youth groups, interested teachers and youth leaders can find out more at via **lunch-hour online previews**. Linked to the emphasis on good mental health, and ticking the boxes for essential provision, this resource is proving increasingly popular. We aim for it to be life-changing for many young people, enabling them to understand and steer clear of eating disorders. We are providing supplementary resources for parents too, to try and reduce the fear around eating disorders, and make helpful conversations possible.

The three sessions, provided on USB, focus on understanding and avoiding eating disorders. The course covers:

Learning the truth about eating disorders

Handling social media positively

Positive coping mechanisms

Creating a healthy body image

How to help self and others who are struggling

TASTELIFE YOUTH TRACK
UNDERSTANDING EATING DISORDERS
SESSION 1
FOOD, FEELINGS AND ME

THE LINK BETWEEN THOUGHTS, FEELINGS AND BEHAVIOURS

THINKING → FEELING → BEHAVING

STACEY'S STORY
food, feelings and me

"The personal stories helped me understand what it is really like rather than just statistics or symptoms"
Young person

TASTELIFE YOUTH TRACK
www.tastelifeuk.org/youth-track

'Could easily be used by any teacher, whether trained or untrained in eating disorders.'
(facilitator)

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

The research project

Throughout the past year, a research team comprising representatives from Coventry and Worcester Universities and tastelife, have been exploring the impact of the tastelife course through focus groups. tastelife participants from around the country were invited to attend online, with four focus groups resulting. Initial findings in response to questions around 'The role of religion, spirituality and social media in the journey of eating disorders: a qualitative exploration from participants on an eating disorder recovery programme' were included in the Gathering in November 2020, with further reports still to come:

The overall theme highlighted the vital importance of relational support, whether from personal faith, other people or the tastelife course.

Theme 2 notes the centrality and complexity of personal faith.

Theme 3 veers towards a conclusion that, despite some positives, for those with eating disorder issues 'social media should come with a health warning.'

We are ready to respond to the future. We are more than ever committed to bringing compassionate understanding and practical help to those who want it. Pre-Covid and during Covid and on into the future, tastelife offers hope, support and working tools to sufferers of all types of eating disorders, and those who support them.

'We want to help them make life possible again – and indeed, to encourage them to find a better life that they may ever have had before. Many of us know first-hand what it is like to wrestle with addictive food behaviour, or support someone who is, and we know that it is not primarily about food. It is about trying to find a way to live life to the full, as we all want to do.' (Course leader and recovered sufferer)

Our Aims and Objectives remain the same, no matter the boat

- To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on caring Christian values of health and wholeness, and open to all.
- To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.
- To advance the education of the general public in relating to those with eating disorders; and their carers.
- To develop further resourcefulness in response to the issues around eating disorders.
- To systematically assess and evaluate the outcomes and success of our courses.

tastelife story

As a powerful, pertinent and timely response to the eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course. This is proving to be a welcome, targeted resource with effective tools for support and recovery, for those who suffer and those who care. It is non-threatening, educational and encourages a self-help approach that really works. It creates a safe, learning environment for sufferers and carers to come together. The material is relevant for most life-stealing eating issues. Both the course and the training are accredited by the University of Brighton Health Sciences.

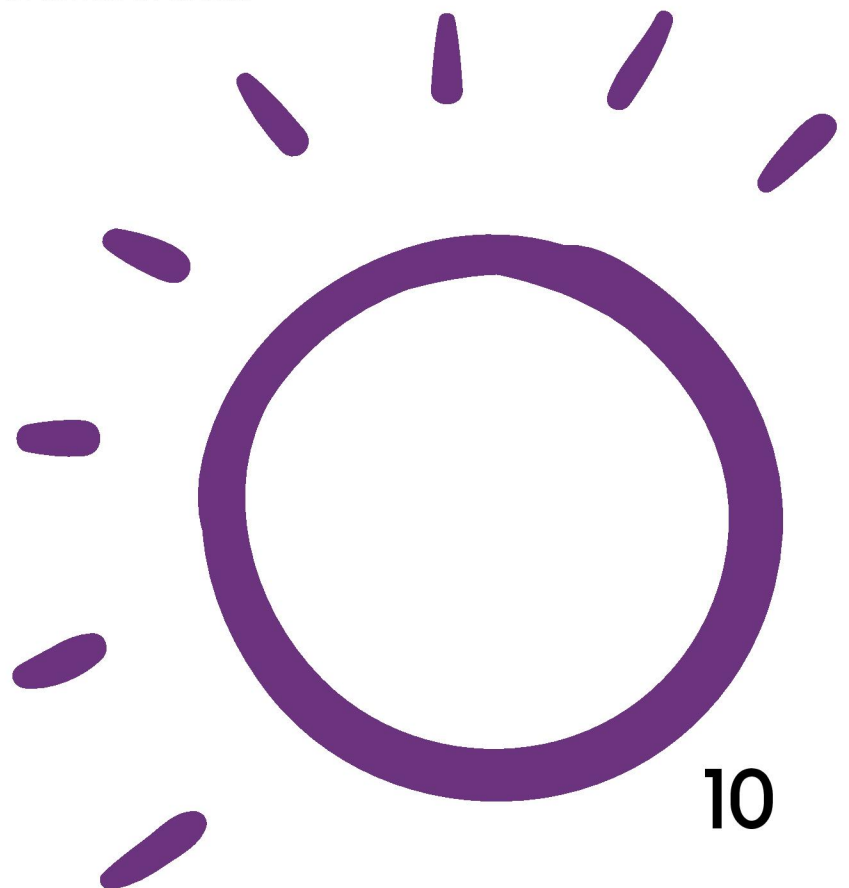
Together with the growing tastelife team, we are working hard to get the course into communities around the country. tastelife is a vibrant and growing charity, which is making a difference to so many lives around the UK. tastelife provides resources to complement the NHS and fill the gap in support and treatment for eating disorder sufferers in England and Wales, as well as for those who care for them.

There is a gap in care, despite increasing government recognition of the importance of Mental Health, and associated funding. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. The average waiting time for waiting for eating disorder treatment is 176 weeks (Delaying for years, denied for months, Beat Eating disorders, 2017). Added to this, there is limited training for GPs who, for example, have to focus on re-feeding and weight restoration. Covid has only worsened these statistics. IAPT, GP surgeries and caring agencies refer to tastelife; as do many who self-refer. An increasing number of those struggling with eating issues are accessing tastelife resources which are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities.

Our aspirations for 2021/2022

- In person courses: to restart the tastelife course in current and more centres, as Covid restrictions allow, in order to achieve our vision of 50 tastelife centres around the UK in the next three years. This would mean the number of sufferers and carers who will be offered the help they need will reach 1,500. We will do this by training at least 30 new leaders in the next year.
- Online courses: to continue to offer online courses. We intend to further our reach this way, both for the community course, and the training. We hope to expand the number of people who can access both.
- To expand our support of all trained leaders, by providing ongoing resources and upskilling opportunities, both in person and online.
- To expand the rollout of our preventative resource for schools and youth groups, the Youth Track, in response to the heightened need for mental health support caused by the Covid situation. To continue to develop an effective social media presence that offers helpful information about eating disorders to young people, in order to arm them against them.

- To launch more resources online – a dedicated stream of webinars for regular support and upskilling of our wonderful tastelife course leaders; plus an outward-facing stream for those who would like to know more about eating disorders and how to respond to them – from professionals to families.
- To scope out both a teenage version of the community course and a primary school version of the Youth Track.
- To continue respond appropriately and creatively to the Covid situation, with targeted resources for those both inside and outside the tastelife community.
- To continue to explore sources of ongoing financial support via grants and regular giving.
- To continue to explore collaborative working with other eating disorder charities.
- To continue our liaison with the NHS and CAMHS, through referrals and links in communities where the tastelife course is running.
- To gain additional accreditation with OCN London for our courses and training.
- To host tastelife information-and-help stands when that becomes possible again.
- To continue streamlining our data processing and daily systems to ensure sustainability and fast response times to enquiries.
- To always be available to callers in times of crisis.



Our Trustees and Advisory Board:

- **Zoe Macnaughton – Acting Chair and Social Media**
- **Bob Dudley – Secretary**
- **Tanya Pengelly – Safeguarding**
- **Dr Ros Simpson - Trustee, training and medical advisor**
- **Paul Archer - Trustee, Advisor on Development and Fundraising**
- **Joanne Porter - Trustee, Senior Lecturer in Occupational Health**
- **Debbie Niblett – Treasurer**

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary. The trustees give valued support to the CEO, Office Manager, Network Coordinator, Youth Track Coordinator and Communications Coordinator; and regularly revise and update the governance policies, including Risk, Safeguarding, and Financial Procedures.

'Having to confront and acknowledge my problems has been very painful. However, I have come to believe that there might be a way out. Having such support and listening to others, as well as talking about practical strategies, has been a lifeline for me. I have no illusions that recovery will be easy, though. I thank you all for everything.' (Sufferer on tastelife course)

TASTELIFEUK
Statement of Financial Activities
for the year ended
31st March 2021

	Total Funds 2021 £	Last Year Total Funds 2020 £
Income and Expenditure		
Receipts		
Incoming Resources		
Training Course Income	6,280	8,205
General Sales	5,181	1,642
Regular & One Off Donations	23,648	19,167
Big Give Donations	19,753	0
Gift Aid on above Donations	2,900	0
Non-restricted grants	22,100	13,850
Covid-19 Support Grants	22,851	0
Course Income	3,288	677
Schools Work - Youth Track Grants & Income	22,246	6,978
<u>Total Incoming Resources</u>	<u>128,247</u>	<u>50,519</u>
Expenses		
Resources expended		
Costs of Charitable Activities	30,801	35,467
Costs of Covid-19 activities	22,365	0
Fundraising	5,470	2,389
Cost of Governance Activities	350	350
Network Growth and Promotion	1,626	9,510
Resources and Training	1,634	7,372
Schools Work - Youth Track	8,186	11,334
<u>Total Outgoing Resources</u>	<u>70,432</u>	<u>66,422</u>
<u>Net Incoming Resources</u>	<u>57,815</u>	<u>-15,902</u>
<u>Net movements in funds</u>	<u>57,815</u>	<u>-15,902</u>
<u>Total funds brought forward</u>	<u>28,650</u>	<u>44,552</u>
<u>Total funds carried forward</u>	<u>86,465</u>	<u>28,650</u>

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet that follows.

TASTELIFEUK
Statement of Financial Activities
as at 31st March 2021

Balance Sheet	2021	2020
	£	£
The Assets and Liabilities of the Charity		
Fixed Assets		
Tangible Fixed Assets	0	0
Investments	0	0
Total Fixed Assets	0	0
Current Assets		
Liabilities	904	90
Cash at bank	85,561	28,560
Total Current Assets	86,465	28,650
Creditors		
amounts due within one year	0	0
Net Current Assets	86,465	28,650
<u>Total Net Assets</u>	<u>86,465</u>	<u>28,650</u>
The Funds of the Charity		
Reserves		
Reserves	6,400	4,100
Unrestricted income funds		
Unrestricted revenue accumulated funds	80,065	24,550
<u>Total Charity Funds</u>	<u>86,465</u>	<u>28,650</u>

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Signed:



Bob Dudley
 On behalf of Treasurer



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

TASTELIFE UK

On accounts for the year
ended

31st MARCH 2021

Charity no
(if any)

1158516

Set out on pages

1 - 13

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

M. Kavanagh

Date:

30/7/2021

Name:

MARTIN JOHN KAVANAGH

Relevant professional
qualification(s) or body
(if any):

MCIOF MBCS CITP BA (HONS)

Address:

9 IVY BANK ROAD

BOLTON

GREATER MANCHESTER BL1 7EQ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE.

