



WELCOME TO THE TASTELIFE ANNUAL REPORT FOR 2021–2022

FROM DI ARCHER CEO

OFFERING HOPE IN THE FACE OF EATING DISORDERS



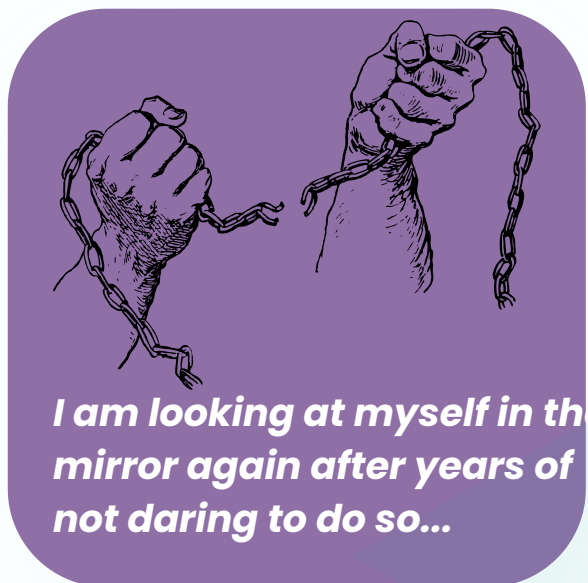
Eating disorders promise so much – initially they make you feel better about your yourself, your life and your ability to cope with both. But they lie.

Through the traumatic experience of our daughters falling prey to their power, I discovered two things. One, eating disorders can be hell on earth, not just for those consumed by them, but also for surrounding family and friends. Two, eating disorders are tricky, especially as understanding and assistance are so limited.

WHAT DO WE DO?

In response to these discoveries, Jean Hart and I created tastelifeuk to support those in the middle of eating disorder issues, with help and hope for recovery.

The joy of finding that what tastelife offers brings real transformation to many cannot be overestimated. As a charity team, we would like to tell you how that has been happening over the last year 2021-2022.



COVID RESPONSE

As we have all been regularly reminded through increasing news coverage, Covid-19 has heightened the problems many people of all ages in the UK already had. 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, those struggling are more, rather than less, likely to turn to their unhelpful food patterns. The need for tastelife services has never been greater.

The good news is that, with all tastelife services now running successfully online, we are reaching more people than ever before. This has resulted in a waiting list, with at least one person signing up every day. GP surgeries, local eating disorder services and social prescribing continue to refer people to tastelife. The numbers are below, but each one represents a precious, unique person who has had life-transforming tools and care offered to them:

325

People signed up to the waiting list

244

People allocated to courses

17

Online courses

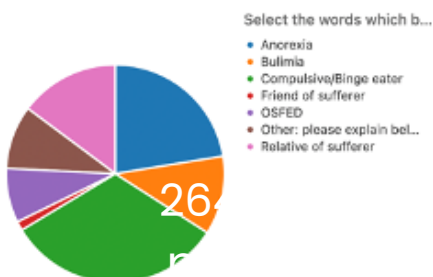
10

Face to face courses

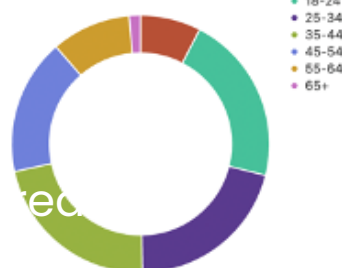
27

Total number of courses

Eating disorder ratio of participants on our waiting list

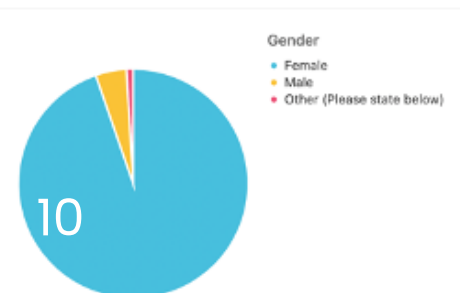


Participant age range



Gender of people allocated from waiting list in 2022

Null Records are undisclosed gender



We ran our second successful online **tastelife Gathering**, our annual conference, for 85 people. The focus this year was on men and eating disorders, in response to recent statistics suggesting that 25% of those suffering are male, of all ages. **Rev Will van der Hart** fascinated all genders with his presentation on how men can differ in relation to eating issues; and **Hope Virgo** raised our hopes of better public awareness as she inspired us with her own story of lobbying and suggested ways for us all to get involved.

Continuing to provide Covid survival tips via our **website and social media** – targeted resources for those struggling to manage Covid and eating disorders – and indeed, for those just struggling with the former.

Creation of further **online material** for the community course – for example, a new introductory session and follow-on sessions for monthly post-course meetings. These will be incorporated into the onsite courses.

Plans are afoot for specialised tastelife community courses for specific groups – the **Men's Track** is being prepared, and ideas for **tastelife 4 teens**, as the presenting ages for eating disorders sadly become increasingly younger.

'I feel like a different person. I have hope now. I am ready to keep moving in the right direction.'
course participant

BEYOND COVID

And then vaccinations abounded, Covid started to abate, and we all crawled out of our lockdowns...

The **community course Online** – we continue to offer the community course online, for those around the UK who request it. We receive at least one sign-up for the course per day; our courageous trained course leaders continue to refine their online presentation skills. For some, engaging online is an advantage...it seems less threatening, gives people a greater sense of control, and they don't have to travel.

The **community course Onsite** – getting back to in-person course meetings is very popular with our leaders. Rooms are being booked, notes prepared and participants welcomed to discover in physical space just how much leaders care. The course takes all on a journey of learning about what eating disorders really are, and how to move beyond them into experiencing life again, equipped with the tools to do that. For some, being back face to face enables that so well.

Training new course leaders – With successful online training now working well, we will offer both this and onsite into the future, with our first onsite training planned for May 2022. We equipped 32 more leaders this year to run the tastelife community course. The 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 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.

ONLINE OPPORTUNITIES TO KEEP

Liaising with other organisations – much easier to do online. We continue to explore working together with other bodies in our field, and doing so where we can. For example, preparing for a new Peer Support Network in partnership with Options Wellbeing and trained tastelife leaders in Southampton.

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

Further communications' tools via our **database and IT systems**, enabling faster signups and a better user experience for enquirers.

Consistent **social media presence**, especially on FB and Instagram. Designed to speak directly to those suffering with food issues, and others interested. With videos of real-life stories of recovery, straight-talking, tidbits 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 an eating disorder going – we are speaking the truth about food and emotions, and that recovery is possible. Our following is growing.

Appearing **virtually at conferences**, such as local council online 'fairs', with videos and information about eating disorders and our services. It's hard to know exactly, of course, but we contacted hundreds of people this way.

Looking after our leaders. This year we launched a dedicated stream of webinars for the support and upskilling of our wonderful tastelife course leaders, with topics such as Group Facilitation, ARFID and Leadership. Without our leaders, we could not offer the help we do. As one participant put it:

'I couldn't have hoped or imagined to feel more known, cared for, or loved by the course leaders. Their kindness, wisdom, encouragement, and understanding was exemplary and without it, the course would have been a totally different experience.'

External teaching – understanding eating disorders in the workplace. In response to demand, we piloted a lunchtime webinar for WIN (Women Impact Network) in Fiserv, to provide education about eating disorders, and how to respond to them in the workplace. Over 90 people attended and their feedback indicated a need for this service. We aim to expand it in the coming months. We are also preparing learning teaching modules for church and youth leaders for the Diocese of Birmingham.

EMERGING FROM THE COVID SHELL

Just before the last Covid-inspired restrictions of 2021, we inaugurated an annual **Vision and Unity day for team and trustees**. It was a treat to be in the same air, and a chance to take stock and celebrate that we have been able to pivot so well over the last two years to respond to the increasing incidence of eating disorders.

What a relief to attend a ‘real’ event in November with our Youth Track (see below). Despite not being able to quite remember how to set up and run an information and help stand, it was a joy to talk face to face to delegates at Youthscape, **a resource event for youth leaders**. And we did have balloons...

Getting back to the office has been a culture shock in reverse for many, but we have been relieved to get together again. We have been able to develop swifter and smoother **IT solutions** for communicating with course leaders, and participants as a result. Being in the same space has inspired us to create a **series of podcasts**, due to launch in 2023, for those struggling with eating disorders, and those supporting them – recorded by those who have been there and know what it’s really like. These have been made possible by the generous donation of time and expertise of Amy and Simon Sleath of Fuxbox Productions. They are just the thing I would have wanted to listen to when my family were going through the nightmare of eating disorders, so they have the potential to bring real empathy and help to many.

BBC and other radio stations continue to ask us for responses to latest eating disorder news; we have recorded interviews for them too.

WHAT'S HAPPENED TO THE TASTELIFE YOUTH TRACK: UNDERSTANDING EATING DISORDERS?

It's been a big year for the Youth Track. Suitable for KS3 and youth groups, we are creating lots of new material and partnerships. As Covid has changed the landscape for the requirements for schools, we have been responding...

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 in schools, this resource is proving increasingly popular as it:

- Enables young people to **understand and steer clear of eating disorders**.
- Includes targeted **supplementary resources** for parents, youth leaders and teachers and tutorials for presenters.

The three sessions, provided on USB memory sticks cover:

- o Learning the truth about eating disorders
 - o Handling social media positively
 - o Positive coping mechanisms
 - o Creating a healthy body image
- o How to help yourself and others who are struggling

Youth track online: Youth Track sessions running online in conjunction with Alumina, a youth-focused mental health organisation. We have also recorded a podcast with them for our soon-to-be-released podcast series.

Youth Track for you: a suite of resources now available for youth group leaders, school teachers and parents.

Youth Track and NHS: we continue to work with the Mental Health in Schools Team in the Coventry and Warwickshire Partnership Trust, developing a model that will be replicable beyond this Trust, and available countrywide.

Youth Track and Diocesan Training : developing training with Diocese of Birmingham on eating disorders for their clergy, staff and youth leaders.

Youth Track Landing Page: a new, dedicated, mini website.

Youth Track Database: Improving the Youth Track evaluations' process.

WHAT'S THE IMPACT OF YOUTH TRACK?

Since its inception, **Youth Track has reached over 2000 young people** in schools and youth groups around the UK.

Participant feedback has shown the impact to be overall positive and helpful:

- Measuring their improvement in their **general knowledge of eating disorders**, respondents reported a **42% increase** in their confidence/knowledge
- Measuring their confidence in being able to **spot the signs** of a potential eating disorder, respondents reported a **36% increase** in confidence/knowledge
- Measuring their confidence to know **what to do** if they were experiencing problems with their eating, respondents reported a **69% increase** in confidence/knowledge

From this feedback, we are confident to recommend the Youth Track as effective, **targeted and empowering**.

YOUTH TRACK

understanding eating disorders



THE RESEARCH PROJECT – EATING DISORDERS AND SPIRITUALITY

The research team comprising representatives from Coventry and Worcester Universities and tastelife, have been writing up their research outcomes and hope to publish in the Autumn 2022:

- The main observation highlighted the vital importance of relational support, whether from faith, other people or the tastelife course.
- The second observation noted the centrality and complexity of personal faith.
- The third veered towards a conclusion that, despite some positives, for those with eating disorder issues 'social media should come with a health warning.'

Further accreditation

tastelife were delighted to achieve accreditation for its community course, training to run it and Youth Track material with OCN London (Open College Network). OCN now endorses these elements and will review them annually.



THANK YOU

OUR AMAZING SUPPORTERS

We are so very grateful for absolutely everyone who gives to help those suffering with eating disorders, through the tastelife charity. We could not continue without their support. From the young lad who gave us his pocket money, to the trained leader who sells homemade jam, to the most generous gifts from trusts and foundations, everything counts; everything makes a difference to someone. We are so grateful to WLG Gowling, Leathersellers, Ecclesiastical, John Mason Family Trust, Beer Harris, The 29th May Charitable Trust, William A Cadbury Trust, Barbara Ward Children's Foundation among others who have shared our journey of bringing hope and help to so many people.

THE TASTELIFE TEAM

Without the dedication of the tastelife team and trustees, tastelife would not be able to offer life-changing help to others... and we were delighted to welcome a new Administrator to the Network team this year. This new role is part of our commitment to supporting our trained leaders, ensuring they have the relevant resources and backup to run the tastelife course. This in turn enables the smooth running of the courses, and easy access to them.

Throughout the constantly changing backdrop to our lives over the last years of pandemic and slow emergence, the team have prioritised looking after each other as well as doing their jobs well. The tastelife charity values of Caring, Resourceful, Professional and Fun have been well in evidence, inhouse, and in how we relate to others.

FACING THE FUTURE

We are more than ever committed to bringing compassionate understanding and practical help to those who want it. The future looks daunting for many, and tastelife offers hope, support and effective tools to sufferers of all types of eating disorders, and those who support them. We are also determined to help young people avoid eating disorders in the first place, through the understanding provided in the Youth Track material.



'A HUGE THANK YOU!!! I truly believed that there was no way out of my Eating Disorder. I was on the verge of being hospitalised and had sadly accepted that anorexia was going to be a part of my life forever. After this course, I can wholeheartedly say that I do not feel this way any more- a MASSIVE part of that is down to tastelife. I cannot thank this amazing group of people and the inspiring leaders enough. I really feel I have some amazing strategies to manage my recovery and cannot believe how far I've come. THANK YOU!!!!!! xx'

TASTELIFE SUMMARY

Our Aims and Objectives remain the same, as long as eating disorders continue to challenge good mental health

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 Christian values, 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 resources in response to issues around eating disorders.

To systematically assess and evaluate the outcomes and success of our courses.

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, online and face-to-face. 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 were accredited by the University of Brighton Health Sciences, and now Open College Network, London. tastelife resources are designed to complement NHS and other statutory services and fill the gap in support and treatment for those affected by eating disorders in England and Wales, whether personally or in support of friends, family or others.

TASTELIFE SUMMARY CONT'D

- tastelife is also committed to prevention of eating disorders through understanding and awareness, and to that end, created the popular Youth Track for young people in schools and youth groups. This 3-session, adaptable resource is being used to educate and arm young people against developing eating disorders, and as a first-response intervention tool.

Together with the growing tastelife team of volunteers and partners, we are working hard to get the community course and Youth Track into communities and institutions around the country.

There is a gap in care, and general public understanding of eating disorders, 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, tend 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 22/23

- **tastelife community courses for those who suffer and those who care:** To continue our relaunch of the tastelife course in current and more centres, 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, for which we have a waiting list, to further our reach for the community course, and the training.
- **To expand our support of all trained leaders,** by providing ongoing resources and up-skilling opportunities, both in person and online.
- **To expand the rollout of our preventative resource, the Youth Track,** in response to the heightened need for mental health support caused by the Covid situation, including social media, a range of options for its use, and adaptation for intervention where appropriate.
- **To expand the reach of Youth Track to schools nationally** through the potential gaining of the PSHE Association's Quality Mark which would enable us to more easily reach all 3,458 secondary schools in England.
- **To continue to develop relationships with the NHS Mental Health in Schools teams** to adapt and deliver Youth Track workshops in the Coventry & Warwickshire Trust; and use the Youth Track in the remaining 3 MHSTs, **reaching a further 5,400 pupils per annum.** Then expand to other NHS Trusts in England reaching potentially tens of thousands of pupils.
- **To launch a church focused campaign to increase uptake of Youth Track** by church Youth Leaders.
- **To continue to develop an effective social media presence** that offers helpful information about eating disorders to all ages, with a particular emphasis on young people, in order to arm them against them.
- **To launch more resources online, to plug the gap for those looking for help and waiting for a course allocation, as an immediate lifeline and emergency support.** This will also suit all those interested in responding well to eating disorder issues, wherever they are.
- **To expand our external teaching especially within the workplace** environment, helping people to understand and respond to the issues.

OUR ASPIRATIONS FOR 22/23

- **To continue to scope out both a teenage version of the community course** and a primary school version of the Youth Track – the Kids' Track.
- **To continue to respond appropriately to the Covid legacy**, with targeted, creative resources for those within and without the tastelife community.
- **To continue to explore sources of ongoing financial support** both via grants and regular giving.
- **To continue collaborative working with other relevant charities and continue our liaison with the NHS and CAMHS**, through referrals and links in communities where the tastelife course is running, and training of CAMHS staff to run the tastelife course internally, initially in Warwickshire.
- **To host tastelife information-and-help stands** as that becomes increasingly possible.
- **To continue stream-lining our data processing and daily systems** to ensure sustainability and fast response times to enquiries.

'I have gained the ability to see that I am worthy of recovery, and deserve to live a fulfilling life. I now realise that there is so much more to me than my anorexia. I have gained the bravery and courage to take active steps towards genuine recovery finally.'

OUR TRUSTEES AND ADVISORY BOARD

Richard Mason – Chair
Zoe Macnaughton – Youth and Social Media
Bob Dudley – Secretary
Dr Ros Simpson – Trustee, training and medical advisor
Joanne Porter – Trustee, Senior Lecturer in Occupational Health
Debbie Niblett – Trustee
Peter Jackson – Treasurer

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary.

Chair Richard Mason's business background and no-nonsense approach is very welcome. We thank Zoe Macnaughton for her effective and encouraging stint as Acting Chair. Tanya Pengelly resigned – we are grateful that she kept us on track with safeguarding and finances. We record our thanks to Paul Archer for his support and expertise on community course development.

Under Richard's guidance, the trustees have moved the tastelife team from freelance to employment. As a statement of belief in the team's value, and as a commitment to sustainability, this is a welcome step for the charity

* anorexia, bulimia, binge eating and other related disorders (Hansard 14/02/2013). BEAT suggests anywhere between 1.25 million – 4 million sufferers. <https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics>. Accurate figures are hard to estimate, as so many people suffer in silence, and do not come forward for help. The pandemic has increased hospital admittance for eating disorders by 84%.

GOVERNANCE

The Trustees have considered the requirements of Public Benefit as defined by the Charities Act 2011 (as amended), as follows:

tastelifeuk's work is beneficial in a way that is identifiable and capable of being proved by evidence. It is not based on personal views and is externally accredited. We are careful to ensure that no detriment or harm results from our charitable purpose, whether to people, property of the environment. Our courses, resources and support benefit the public in general to the extent that mental health eating disorder sufferers are deemed a sufficient section of the public, as defined by our purpose and governing constitution. Our work does not give rise to any incidental personal benefit outside of the charitable objects of our work.

As part of their work throughout the year, the Trustees have continued to conduct reviews and make informed decisions in respect of the following, which is not exhaustive:

- **Financial controls**, to ensure all record keeping is timely, accurate and regularly reported upon, that fraud risk is minimised and good value for money obtained.
- **HR Management**, including specialist support for employment matters during the transition to a paid staff establishment.
- **Risk Management**, including updates to the risk register which shows key risks, likelihood and impact, and the steps taken by management in mitigation of these risks.
- **Statutory (e.g. Safeguarding) and other key policies**, to ensure they are up to date and implemented through effective procedures and ongoing staff and volunteer training.
- **An increase to the restricted reserve** to safeguard the future of the entity or, in the event of some catastrophe, to ensure timely and effective winding-up of the entity including any staff payments legally due and the settling of all outstanding bills.

TASTELIFEUK
Statement of Financial Activities

for the year ended

31st March 2022

	2021/22	2020/21
	£	
Income and Expenditure		
Receipts		
Incoming Resources		
Training Course Income	4,569	6,280
General Sales	2,136	5,181
Regular & One Off Donations	19,983	23,648
Big Give Donations	25,606	19,753
Gift Aid on above Donations	2,938	2,900
Non-restricted grants	21,750	22,100
Covid-19 Support Grants	0	22,851
Course Income	3,438	3,288
Schools Work - Youth Track Grants & Income	21,000	22,246
Total Incoming Resources	101,420	128,247
Expenses		
Resources expended		
Costs of Charitable Activities	53,164	30,801
Costs of Covid-19 activities	16,500	22,365
Fundraising	3,200	5,470
Cost of Governance Activities	725	350
Network Growth and Promotion	4,707	1,626
Resources and Training	2,243	1,634
Schools Work - Youth Track	10,921	8,186
Total Outgoing Resources	91,460	70,432
Net Incoming Resources	9,960	57,815
Net movements in funds	9,960	57,815
Total funds brought forward	86,465	28,650
Total funds carried forward	96,425	86,465

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 2022

Balance Sheet	2022	2021
	£	£
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	570	904
Cash at bank	95,855	85,561
Bad Debt write off		
Total Current Assets	96,425	86,465
Creditors		
amounts due within one year	0	0
Net Current Assets	96,425	86,465
Total Net Assets	<u>96,425</u>	<u>86,465</u>
The Funds of the Charity		
Reserves		
Reserves	20,000	6,400
Unrestricted income funds		
Unrestricted revenue accumulated funds	76,425	80,065
Total Charity Funds	<u>96,425</u>	<u>86,465</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	TASTELIFE UK		
On accounts for the year ended	31 st MARCH 2022	Charity no (if any)	1158516
Set out on pages	1 - 20		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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: MJ Kavanagh Date: 30/9/2022

Name: MARTIN JOHN KAVANAGH

Relevant professional
qualification(s) or body
(if any): RACHONS), MBCS, CITP, MCIOF

Address: 9 IVY BANK ROAD
BOLTON
GREATER MANCHESTER BL1 7EQ

Section B**Disclosure**

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.

