

# Taste Buddies

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## **What is Taste Buddies?**

Taste Buddies is a community-based group programme, run by dietitians, for parents/carers of children with restricted diets who are registered with a GP in the Knowsley or St. Helens area.

Using the latest evidence around restrictive dietary intakes and by consulting with experts in occupational therapy, speech therapy and specialist teachers we have developed a group to support your child's needs.

## **What will happen at Taste Buddies?**

- You will be invited to four interactive group sessions; sessions last for one hour and 30 minutes
- Receive support from other parents/carers
- Set realistic expectations around changing your child's diet
- Enhance your understanding of why eating difficulties may have developed, and gain the skills to assess and help your child

## **How do I opt in?**

If you are interested in attending this group, contact your GP, your child's health visitor or school nurse who can refer you to the Community Dietitians Service.

**For more information contact:**  
Community Dietitians  
0151 290 4330  
[dietitian@nwbh.nhs.uk](mailto:dietitian@nwbh.nhs.uk)