

Food & Health training for carers of people with a Learning Disability or Autism



Using a MECC approach, this training is for carers of people with a learning disability and/or autism. MECC (making every contact count) is an approach to behaviour change that encourages positive health and wellbeing choices.

The training will focus on the impact of **food** on our **health** and will address some of the challenges that carers may encounter when aiming to provide a healthy and nutritious diet for the people they care for.

The free online training is open to carers (paid/unpaid) as well as support staff in community settings.

The next course is on Tues 28 January 2025 from 13.30 to 16.30. If you would like to book a place, please follow this link: [A MECC Approach to Food & Wellbeing for Carers of Adults with LD and Autism Tickets, Tue, Jan 28, 2025 at 1:30 PM | Eventbrite](#)

For more information about our MECC courses, please visit [Making Every Contact Count training | Healthy Surrey](#)



**Making
Every
Contact
Count**

www.healthysurrey.org.uk

