



Funded by  
UK Government

# FREE WELLBEING COURSE

## LIVING WITH FOOD ALLERGIES OR INTOLERANCE



Hampshire  
County Council

**SKILLS  
FOR LIFE**

## Course Information

If you are 19+, living in Hampshire and would like to learn more about how to live with food allergies or food intolerances then we have the perfect **FREE** online course for you. This programme is ideal if you, or a family member has a food allergy, intolerance or coeliac disease and you would like to know how to manage food preparation at home, eating out, and while travelling. This tutor-led course will include:

- Explore how food allergies and food intolerances develop in the body
- Find out the difference between a food allergy, a food intolerance and conditions such as coeliac disease
- Discover how to identify allergens on food packaging, menus and websites and prevent allergen contamination.

## Commitment

- ✓ You will attend two x four-hour tutor-led, online group sessions
- ✓ You will be given a link to additional learning to carry out at home, in your own time, to extend your knowledge and understanding
- ✓ You will have the chance to explore progression opportunities and further learning

## Eligibility & Contact Details

There are no formal entry requirements, although a commitment to attend two online group learning sessions will be required with a laptop (with camera and microphone).

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults living in Hampshire aged 19+. If you are unsure if you are eligible for this course, please contact our team at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk), or see our website at: [Hampshire Adult Tailored Learning | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/adult-learning).

## How to Apply

It's simple! Just complete our online application form using this link [Hampshire Achieves Adult Tailored Learning Application Form](#), or contact our team if you would like more details about this **FREE** course.