

Making Every Contact Count

MECC training courses

Making Every Contact Count (MECC) is about making the most of contacts we have with the people we meet every day. MECC is a reflective skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.

This free online course involves 1 x 3hr online session and 3 optional MECC e-learning modules [MECC - elearning for healthcare \(e-lfh.org.uk\)](https://e-lfh.org.uk)



[Making Every Contact Count Video BSW](#)



What's in it for you.....

Improved confidence in delivering very brief interventions.

Better awareness of how and when to use opportunities to talk to people about their health and wellbeing.

Develop skills to empower people to take responsibility for their own health and wellbeing.

Here is the link for more information

[Training in MECC \(makingeverycontactcount.co.uk\)](https://makingeverycontactcount.co.uk)

To book your place, please click on the links below:

Thursday 26 January 2023	9:30am – 12:30pm	Eventbrite-MECC-Jan-2023
Wednesday 8 February 2023	9:30am – 12:30pm	Eventbrite-MECC-Feb-2023
Wednesday 22 March 2023	9:30am – 12:30pm	Eventbrite-MECC-March-2023
Thursday 13 April 2023	9:30am – 12:30pm	Eventbrite-MECC-Apr-2023
Wednesday 17 May 2023	9:30am – 12:30pm	Eventbrite-MECC-May-2023
Wednesday 21 June 2023	9:30am – 12:30pm	Eventbrite-MECC-June-2023
Tuesday 18 July 2023	9:30am – 12:30pm	Eventbrite-MECC-July-2023
Tuesday 15 August 2023	9.30am - 12.30pm	Eventbrite-MECC-Aug-2023
Wednesday 27 September 2023	9:30am – 12:30pm	Eventbrite-MECC-Sept-2023
Wednesday 11 October 2023	1:30pm – 4:30pm	Eventbrite-MECC-Oct-2023
Tuesday 14 November 2023	9:30am – 12:30pm	Eventbrite-MECC-Nov-2023
Thursday 7 December 2023	9:30am – 12:30pm	Eventbrite-MECC-Dec-2023

If you would like more information about embedding MECC in your organisation or to enquire about Train the Trainer please email helen.aston@wiltshire.gov.uk