

Are you...?

Making Every Contact Count (MECC) is about supporting you to make the most of every opportunity you have with the people you come into contact with every day.



Everyone who interacts with the public is able to make a difference to the health and wellbeing of the population by encouraging and supporting individuals to change behaviours that may be damaging to their health. Telling people what to do is not the most effective way to help them change. MECC is a skills-based training opportunity that encourages a different way of working and interacting to address poor health and inequalities.

Training includes...

- **Two** half day sessions
- You will have the opportunity to reflect on your practice and how you can make a difference every day
- Four MECC e-learning modules are to be completed between the two sessions. This will take approximately an hour and can be accessed at <http://www.e-lfh.org.uk/programmes/making-every-contact-count/>

Training outcomes...

- Improved confidence in delivering brief and very brief interventions to encourage long term behaviour change
- Better awareness of how and when to use opportunities to talk to people about their health and wellbeing
- Be able to use effective language to get people thinking about their choices and support a behaviour change plan



Wiltshire Courses:

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| Dates: 4 th November 2019 12 th November 2019 | Location: Wiltshire Council, Monkton Park, Monkton Hill, Chippenham SN15 1ER | Time: 9:30am – 1:00pm |
| Dates: 23 rd January 2020 30 th January 2020 | Location: Wiltshire Scout Centre, Potterne, Devizes SN10 5QT | Time: 9:30am – 1:00pm |
| Dates: 18 th March 2020 25 th March 2020 | Location: White Horse Enterprise Centre, Ascot Court, White Horse Business Park, Trowbridge BA14 0XA | Time: 9:30am – 1:00pm |

How to book for Wiltshire courses:

- Search 'Wiltshire MECC' on www.eventbrite.co.uk
- **Wiltshire Council staff:** E-learning is available on GROW

BaNES Courses:

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| Dates: 13 th November 2019 20 th November 2019 | Location: Bath Football Club, Twerton Park, Twerton, Bath BA2 1DB | Time: 9.45am Registration 10am – 13.30pm |
| Dates: 4 th December 2019 11 th December 2019 | Location: Brunswick Room, The Guildhall, High Street, Bath BA1 5AW | Time: 9.45am Registration 10am – 13.30pm |
| Dates: 16 th January 2020 23 rd January 2020 | Location: Aix En Provence Room, The Guildhall, High Street, Bath BA1 5AW | Time: 9.45am Registration 10am – 13.30pm |
| Dates: 3 rd March 2020 10 th March 2020 | Location: Aix En Provence Room, The Guildhall, High Street, Bath BA1 5AW | Time: 9.45am Registration 10am – 13.30pm |

How to book for BaNES courses:

- For information regarding course content, please contact: Clare Laker on 01225 394062 or email clare_laker@bathnes.gov.uk
- For booking enquiries: Corporate Training: 01225 477249
- If you are already registered on the Council's Learning Zone apply here: <https://bathnes.learningpool.com/course/view.php?id=715>
- Others: email HR_payroll@bathnes.gov.uk stating your name, organisation, role, email and phone number and the course date which you wish to attend. Please put MECC and the course date as your subject line

Swindon Courses:

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| Dates: 2 nd October 2019 9 th October 2019 | Location: Socrates, Floor 9, David Murray John Building, Swindon SN1 1LH | Time: 9:30am - 12:30pm |
| Dates: 7 th February 2020 14 th February 2020 | Location: Socrates, Floor 9, David Murray John Building, Swindon SN1 1LH | Time: 9:30am - 12:30pm |

How to book for Swindon courses:

- Council employees via ESS/iTrent
- Non-council employees please e-mail learninganddevelopment@swindon.gov.uk



This training programme is accredited by the Royal Society for Public Health