

Are you..?



Making Every Contact Count (MECC) is about supporting people to make the most of every opportunity they have with the millions of people they 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 their health and wellbeing.

Training includes...

- **Two half day sessions** where you will improve your skills and confidence in delivering very brief interventions to encourage long term behaviour change.
- You will have the opportunity to reflect on your practice and how you can make a difference every day.
- You must complete the MECC e-learning between the two sessions.

Training outcomes...

- 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.
- Be able to use effective language to get people thinking about their choices and support a behaviour change plan.

This training programme is accredited by the Royal Society for Public Health. It is delivered by accredited trainers from Bath & North East Somerset, Council, Virgin Care and third sector partners.

For information regarding course content: Clare Laker 01225 394062:
clare_laker@bathnes.gov.uk

For booking enquiries: Corporate Training: 01225 477249
All courses are FREE OF CHARGE. Tea and coffee provided. If possible please bring own mug



Course dates:

Session 1	Date 1 st May 2019	Location Concourse Room Southdown	Time 9.00 Registration
Session 2	Date 8 th May 2019	Methodist Church, 206 The Hollow, Bath, BA2 1NG	9.15 am – 12.45 pm
How to book	<p>If you are already registered on the Council's Learning Zone apply here https://bathnes.learningpool.com/course/view.php?id=715</p> <p>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</p>		

Session 1	Date 18 th June 2019	Location The Council Chamber, The Hollies, High Street,	Time 9.45 am Registration
Session 2	Date 25 th June 2019	Midsomer Norton, BA3 2DP	10 am – 13.30 pm
How to book	<p>If you are already registered on the Council's Learning Zone apply here https://bathnes.learningpool.com/course/view.php?id=715</p> <p>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</p>		

Session 1	Date 10 th July 2019	Location Bath Football Club, Twerton	Time 9.45 am Registration
Session 2	Date 17 th July 2019	Park, Twerton, Bath, BA2 1DB	10 am – 13.30 pm
How to book	<p>If you are already registered on the Council's Learning Zone apply here https://bathnes.learningpool.com/course/view.php?id=715</p> <p>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</p>		

This training programme is accredited by the Royal Society for Public Health. It compliments Connect 5 training. For further information contact Clare Laker: clare_laker@bathnes.gov.uk



Bath & North East Somerset Council



Wiltshire Council
Where everybody matters