




# Making Every Contact Count

Would you, your staff or your volunteers like to be more confident talking about health with the people you support?

Would you, your staff or your volunteers like to support people to make positive changes to their health and wellbeing?

If so, **Making Every Contact Count (MECC)** training could be the answer!



**MECC is about using the everyday interactions we have with others to help people make positive changes to their physical and mental health and access the support they need.**



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Count**

A MECC interaction takes a matter of minutes and is intended to fit into and complement existing conversations.

### **What will I get from the training?**

- Develop the skills, knowledge and confidence you need to have brief conversations with the public about their health and wellbeing
- Gain information to help signpost the people you are helping to services they may require for more specific health related support

MECC training in BOB (Buckinghamshire, Oxfordshire and Berkshire West) are live and interactive sessions online and in person, and vary between a one hour introduction and a three hour practice session.

A train the trainer course (four, 2 hour sessions online) is also available for those who are interested in cascading training within their own teams and would like to become a MECC trainer.



**To book a place on the MECC training or to find out more, please email:**

**Buckinghamshire – [MECC@buckinghamshire.gov.uk](mailto:MECC@buckinghamshire.gov.uk)**

**Oxfordshire – [MECC@oxfordshire.gov.uk](mailto:MECC@oxfordshire.gov.uk)**

**Berkshire West – [MakingEveryContactCount@reading.gov.uk](mailto:MakingEveryContactCount@reading.gov.uk)**

**To access the e-learning, visit:**

**[www.e-lfh.org.uk/programmes/making-every-contact-count/](http://www.e-lfh.org.uk/programmes/making-every-contact-count/)**

MECC training across BOB meets the quality markers and standards set by Public Health England and Health Education England in 2018. These are available on [gov.uk](http://gov.uk) using search term 'MECC'. The nationwide MECC initiative is led by NHS England and the Office for Health Improvement and Disparities.