

MECC – Make Every Contact Count 1-Day Chat to Change Train the Trainer Course – Face to Face



What is MECC?

Making Every Contact Count (MECC) is the opportunistic delivery of consistent and concise healthy lifestyle information via brief or very brief behaviour change interventions, enabling individuals to engage in conversations about their health at scale across organisations and populations.

Colleagues who work across health and care within the NHS, local authority and voluntary sectors have thousands of contacts every day with individuals and are ideally placed to support health and wellbeing.

MECC provides an opportunity to discuss health and wellbeing lifestyle pathways which can support and enable behaviour change for key risk factors including smoking, alcohol, healthy eating, weight, physical activity, hypertension and mental health.

Using your day to day contact with individuals as an opportunity to encourage and deliver key health messages to improve their physical and emotional wellbeing, small changes can be made.

People cannot be forced to change, but by using opportunities for raising the issue of a healthy lifestyle in a non-judgemental way, people's awareness, confidence and motivation to make changes in their lives may occur from a brief conversation.

July – Dec 2024 - MECC 1-Day TTT Course Dates

Arrival 09.15, start 09.30, finish 4.30pm

20 x places available per TTT course

Face to Face

Thurs 11th July - Carer's Link, **Accrington**

Thurs 15th August - Strawberry Fields Hub, **Chorley**

Tues 20th August – Blackpool Football Club, **Blackpool**

Thurs 19th September – Nuvenu Conf Centre, **Wigan**

Thurs 24th October – Venue tbc, **Blackburn**

Tues 12th November – Blackpool Football Club, **Blackpool**

Tues 26th November – Venue tbc, **Lancaster**

Thurs 5th December - Corpus Christi School, **Preston**

Who is MECC TTT training aimed at?

Making Every Contact Count (MECC) is an approach to improving the health of the population that everyone can use, it is not restricted to one person, specific profession or organisation. It is aimed at giving staff from a wide range of organisations the skills they need to encourage individuals to make choices that will prevent illness and improve their lifestyles and wellbeing.



For Lancashire & S Cumbria organisations, MECC can provide staff with the leadership, environment, training and information they need to deliver the MECC approach.

For staff, MECC means having the competence and confidence to deliver health and wellbeing messages, to help to encourage people to change their behaviour, directing them to local services that can support them.

For individuals, MECC means seeking support and taking action to improve their own health and wellbeing.

Course Requirements:

The MECC 1 Day is a Chat to Change ‘Train the Trainer course’.

- We recommend wherever possible that all participants try to complete a MECC online e-learning session in advance of attending the MECC face to face course (This link is sent out as part of your course info's)
- Complete a pre-course and post-course self-evaluation. This is a link sent out to all participants and takes no longer than 4 minutes to complete for each evaluation. (This link is sent out as part of your course info's and after your course has been completed)
- Attend any Train the Trainer modules that are advertised by ourselves.
- Once your 1 day TTT training is complete we ask you to deliver a minimum of x 6 MECC sessions per year, in order to embed the MECC approach within your own organisation/community or third-sector.
This could be either a 7 minute brief intervention, a 1 hour or a 3 hour MECC session. These sessions can be delivered in a variety of ways such as at team meetings, 1:1 discussions with colleagues, group chat etc.
- Attend a half day follow-up workshop (approx. 6 months post-training- where possible)
- Contribute to monitoring and evaluation of the programme on request including submitting numbers and dates of any MECC training you have delivered to the workforce/ community. This would be requested every 3-6 months and takes no longer than a few minutes to complete.

Once you have been registered a confirmation e-mail will be sent to you. Once all places have been filled on the course, a course briefing pack and various info's will be sent to you.

Please note all applications are registered on a first come, first serve basis.

The MECC 1-Day training course is being delivered by Lancashire & South Cumbria ICB & Active Lancashire for the benefit of Lancashire & South Cumbria population, to assist people to become more active in their own health and care.

Course Registration:

To apply for a place on the 1-day MECC Train the Trainer course please fill out the attached application form in full and send to:

workforcetraining@activelancashire.org.uk