

MECC

Making Every Contact Count Training

An Introduction

What is MECC

Public Health England Definition

Making every contact count is an approach to behaviour change that uses the millions of day to day interactions that organisations and people have with other people to support them in making positive changes to their physical and mental health and wellbeing.

Recognising Opportunities

Skilful Conversations

Signposting

What is MECC Training

- An opportunity to reflect on how we behave with the people we work with.
- A chance to explore how our interactions could be different.
- A chance to practise the skills learned in the training.

Core Mecc Topics



Physical Activity



Smoking Cessation



Eating Well

Mental Health and Wellbeing



Drinking Less



Lifestyle interventions and community opportunities to improve health

Fuel Poverty

Stress in the
Workplace

Optional
Topics

Loneliness and
Social Isolation

Shisha

MECC Skills Topics

Understanding barriers to lifestyle change using the COM-B Model

Understanding how Information is registered and comprehended

Identifying change vs sustain conversations

Using open questions to bring out people's motivations

How to have a MECC conversation

Identifying capability and barriers to people making behavioural change

Identifying the different kinds of motivations

Practising active listening

How a MECC session is delivered

Interactive

Reflective

Scenarios

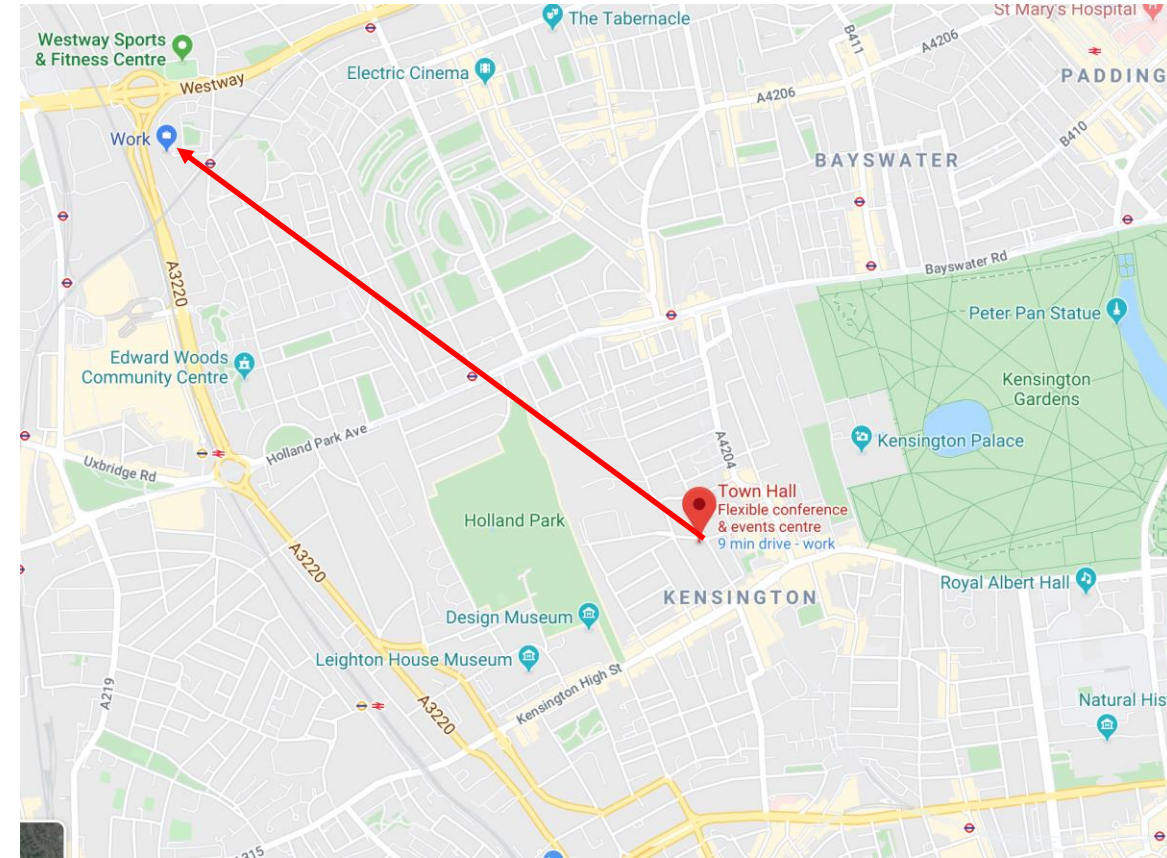
Worksheets

Skills practise

Group work

Where is a MECC Session delivered?

- Open MECC: Grab a ticket online at the One You Westminster/Kensington&Chelsea website. (It's free)
 - Will take place in an office space near Latimer Road station (on the Hammersmith/Circle line).
- Alternatively, If you have more than 6 staff who would be well suited for the training we can arrange to deliver at a place of your choosing (your office).



Contact

Aleister Skinner – Partnership and Training officer

Email – Aleister.Skinner@oneyou-Westminster.org.uk

Call - 07740739088

Go to the One You web pages:

<https://oneyou.westminster.gov.uk/>

<https://oneyou.rbkc.gov.uk/>