

Make Every Contact Count (*RSPH Accredited*) In West Sussex

"An approach to behaviour change that uses the millions of day-to-day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing"



Making Every Contact Count (MECC) Learning Events:

Aim of the session: The aim of this workshop is to build on the skills you already have, and to enhance your knowledge, understanding, and confidence to have short, simple, and focused conversations about health and wellbeing with the people that you work with, when the time is right, within your everyday day interactions.

Key Objectives:

1. Define what Making Every Contact Count (MECC) conversations are, and why they are important
2. Appreciate how MECC conversations draw on behaviour change theory and evidence-based behaviour change techniques
3. Explore principles that underpin a MECC approach to health promoting conversations
4. Describe key messages for a range of changeable behaviours that impact upon health, and support that is available locally

Details of next learning events available to book - [West Sussex County Council: Log in to the site \(learningpool.com\)](#)

16th October 2023, 10am to 1pm, Field Place Manor House & Barns, Worthing

30th November 2023, 1pm to 4pm, County Hall North, Horsham

11th December 2023, 10am to 1pm, Harbour Hotel, Chichester

12th February 2024, 1pm to 4pm, The Charis Centre, Crawley

Before you attend this session you should complete the online MECC modules which can be found here: learnpublichealth.westsussex.gov.uk

MECC Train the Trainer Course:

Aim of the session: This course will equip people with the skills and knowledge to deliver MECC sessions within their organisations.

14th December 2023, 10am to 3.30pm, Field Place Manor House & Barns, Worthing

13th March 2024, 10am to 3.30pm, Field Place Manor House & Barns, Worthing

Before you attend the train the trainer you should have completed the MECC online training and also attended a learning event (see dates above)

MECC Networking Events (virtual)

These sessions will provide people who have attended a MECC learning event to share ideas, practice and have access to further CPD to enhance their skills and knowledge.

4th December, 2pm to 3.30pm

4th March, 2pm to 3.30pm

To book a place use this link - [Course: Making Every Contact Count \(learningpool.com\)](#)

for any queries please contact Millie Patel, Apprentice Public Health Practitioner millie.patel@westsussex.gov.uk