

Gloucestershire Making Every Contact Count Programme



Every day, staff across public and voluntary services have numerous interactions with local people dealing with all sorts of issues and challenges.

Making Every Contact Count (MECC) is about taking these daily interactions as an opportunity to make a difference to peoples' health and wellbeing. We can't make people change, but if we all take the opportunities to have a brief chat with people, we will gradually increase people's' confidence and motivation to make healthy lifestyle choices.

Can you join colleagues from a range Gloucestershire organisations, supporting each other to improve the wellbeing of local people?

Workshop

A free workshop is now available for staff & volunteers that want to join MECC. The session will introduce participants to MECC and the specific skills that will enable them to deliver MECC confidently and consistently well. At the end of the session, participants should be able to:

- Use communication skills that will enable them to raise an issue, open up a conversation and assess a person's readiness to change the health-related behaviour;
- Use a health behaviour change techniques (such as basic motivational interviewing techniques);
- Be aware of key messages (on smoking, healthy eating/healthy weight, responsible drinking, physical activity, and mental health and emotional wellbeing);
- Signpost clients to local healthy lifestyle services & support; and

Details of the course

Mon 16 March 2015 6.30pm - 8.30pm

Gloucester Folk Museum, The EdShed, 99-103 Westgate Street, Gloucester, GL1 2PG

To book your free place email mike@smgateway.co.uk

Enquiries

Please contact our training provider Project Manager:

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