Bath & North East Somerset Council

Making Every Contact Count (MECC) is about making the most of the opportunities to make a difference to people's health and wellbeing. By supporting people to make changes to their lifestyles it is possible to prevent ill-health, improve health and wellbeing and reduce health inequalities.

Making Every Contact Count lets organisations and people develop a different way of working with people to address health and wellbeing. Telling people what to do is not the most effective way to help them change. MECC is about altering how we interact with people through having healthy conversations and learning how to spot opportunities to talk to people about their wellbeing.

The MECC training programme is **accredited by the Royal Society of Public Health** and consists of two half days sessions to develop the skills and confidence to implement this approach and an e-learning resource to cover the knowledge base for MECC. **You will need to commit to both sessions and the completion of the e-learning module in between those.**

Sessions	Date	Location	Time
			Please arrive at 9.15 am for registration
One	Thursday 25th January 2018	Aix-en-Provence Room Guildhall High St, City Centre Bath BA1 5AW	9.30 am – 1 pm
Two	Thursday 1st February 2018		9:30 am – 1 pm

Eligibility to attend

- Committed to cascading MECC within your place of work
- Recognise that MECC is relevant to own role
- Committed to attend both sessions

How to book

To secure a place please send an email to Shelley_Oake@bathnes.gov.uk with your name, job title, organisation and telephone number along with any special requirements by **12 noon, Friday 19th January.**