

Free MECC Training Courses



MECC accredited courses with a certificate on completion.

Making Every Contact Count (MECC) is about using everyday conversations to help people make changes to improve their physical and mental wellbeing by signposting to local services. Training includes helping others to find solutions and create behaviour change plans.

- **Free** Virtual or face-to-face Training
- Royal Society of Public Health accredited

Courses available

MECC Short A short (approximately 1 hour) training session suitable for frontline staff/volunteers who have completed previous MECC training but need some refresher training to support and enhance their MECC interventions.

MECC Lite A 3½ hour training session for frontline staff/volunteers who have not completed any previous MECC training.

MECC Train the Trainer A 2 day course to enable frontline staff/volunteers to develop the confidence and competence to become MECC trainers/champions so they can deliver 'in-house' training sessions for colleagues.

To book...

Tel: **0300 247 0050**

Email: **eh.banes@nhs.net**

Visit: **banes.everyonehealth.co.uk/mecc/**

Scan
me...



**Community
Wellbeing Hub**
Bath and North East Somerset

**Bath & North East
Somerset Council**

Improving People's Lives

everyonehealth
because everyone matters