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**Making Every Contact Count in**

**West Sussex**

**Training to support the delivery of basic health and wellbeing promoting conversations.**

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**Making Every Contact Count (MECC) Workshops**

**Aims:** The aim of this workshop is 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.

**Key learning 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.

**Workshop dates:**

* **9th September 2024,** 10am to 1pm, Field Place, Worthing.
* **15th October 2024,** 10am to 1pm,County Hall North, Horsham.
* **15th November 2024,** 10am to 1pm, MS Teams.

\*Before you attend a MECC workshop, please complete the MECC West Sussex eLearning, which can be accessed here: [learnpublichealth.westsussex.gov.uk](https://learnpublichealth.westsussex.gov.uk/)

**MECC Train-the-Trainer course**

**Aim:** The aim of this course is to develop the skills and knowledge to deliver MECC workshops within your organisations and networks.

**Dates: TBC**

Before you attend you must complete the MECC West Sussex eLearning and completed the MECC online training and have attended a MECC workshop (dates above).

**MECC Networking Events (virtual)**

**Aim:** 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.

**Dates:**

* **5th September 2024,** 9:30am to 10:30am, MS Teams.
* **19th December 2024,** 2pm to 3pm, MS Teams.
* **5th March 2025,** 9:30am to 10:30am, MS Teams.
* **11th June 2025,** 9:30am to 10:30am, MS Teams.

**Book your place for all learning events here:**

[**West Sussex County Council: Log in to the site (learningpool.com)**](https://westsussexcpd.learningpool.com/login/index.php)