

Making Every Contact Count

MECC training courses

Making Every Contact Count (MECC) is about making the most of contacts we have with the people we meet every day. MECC is a reflective skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.

This free online course involves 1 x 3hr online session and 3 optional MECC e-learning modules [MECC - elearning for healthcare \(e-lfh.org.uk\)](https://e-lfh.org.uk)

NOTE: BOOKINGS ARE LIMITED TO 2 PLACES PER ORGANISATION/TEAM



[Making Every Contact Count Video BSW](#)



What's in it for you.....

Improved confidence in delivering very brief interventions.

Better awareness of how and when to use opportunities to talk to people about their health and wellbeing.

Develop skills to empower people to take responsibility for their own health and wellbeing.

Here is the link for more information: [Training in MECC \(traininginmecc.co.uk\)](https://traininginmecc.co.uk)

To book your place, please click on the Eventbrite link below:

Wednesday 16 July 2025	09.30 - 13.00	Eventbrite-July-MECC
Wednesday 24 September 2025	09:30 - 12:30	Eventbrite-MECC-2025
Monday 13 October 2025	09.30 - 13.00	Eventbrite-Oct-MECC
Wednesday 19 November 2025	09:30 - 12:30	Eventbrite-MECC-2025

If you would like more information about embedding MECC in your organisation or to enquire about Train the Trainer, please email helen.aston@wiltshire.gov.uk