

# Are you Making Every Contact Count?

## What is Making Every Contact Count (MECC)?



MECC is an approach to behaviour change that can be used in the millions of day-to-day interactions that organisations and individuals have with the public to support them in making positive changes to their physical health, mental health, and wellbeing.

## Why does MECC make a difference?



MECC can help sow the seeds of change to prevent, reduce or delay the onset of ill health and need for care and support.

MECC focuses on the strengths and abilities of the person; it's not about telling them what they should do.



## Who can MECC?

Everyone can take a MECC approach; by working together we can achieve a greater impact.

The central idea underpinning the MECC approach is simple. It recognises that staff and volunteers across health, local authority and voluntary sectors have thousands of interactions every day with individuals and are well placed to have supportive conversations to promote health and healthy lifestyles.



## How do you MECC?

MECC is a brief conversation that involves asking questions, listening, and supporting a person to make informed decisions about their own health and wellbeing.

MECC is not about providing expert advice or telling people what to do.

## Want to know more ?



MECC training can develop or sharpen conversational skills and knowledge of basic health and wellbeing guidance.

We offer **FREE** 1 hour Introduction to MECC training to everyone working or volunteering in the voluntary, community and social enterprise sector, council and health care partners who are in the Buckinghamshire area.

The training will help you to identify opportunities to have MECC conversations within your existing day to day work or interactions with the public.

The training will develop MECC conversation skills including:

- Confidence on what types of questions to ask
- Understand the person: Are they ready to change, do they have the opportunity to change and are they capable of change ?
- Knowledge of what is available to assist them in making those healthy lifestyle choices

**For more information and to book training please contact us at :**  
**MECC@buckinghamshire.gov.uk**