



**Free training for ALL frontline Staff**

## Making Every Contact Count (MECC) & Motivational Interviewing (MI)

### What you will learn

Every day frontline workers across the public and voluntary sector have numerous interactions with local people dealing with range of issues – this training is about using those opportunities to:

- raise the issue of healthy lifestyles
- promote benefits of healthy living
- signpost to further support.

The main issues discussed include: **Alcohol, Healthy Eating, Healthy Weight, Physical activity, Smoking cessation and Mental health promotion.** These behaviours are most closely linked to the development of long term conditions and/or contribute to the life expectancy gap in the borough. By intervening early we can help people make a change and prevent the development of longer term problems.

### Learning outcomes

- Overview and understanding of the definition of MECC
- Awareness of the economic, organisational and personal benefits of MECC
- Understanding of the underpinning principles of MECC (*and Motivational Interviewing where appropriate*) and its impact in Haringey
- Knowledge of the options and models of training (including ‘direct provision’ and ‘train the trainer’) which could be delivered in Haringey
- Awareness of the basic health components of MECC, including messages on smoking, healthy eating, physical activity, alcohol consumption and mental health awareness
- Ability to identify points of resident contact when and where to provide with health information, advice and guidance

## Venue

Lecture Room 2, Top Floor  
Cypriot Community Centre, Earlam  
Grove, Wood Green, London N22 5HJ

## How to book

If you would like to register for a  
MECC or MI training session please  
contact Nadine Burton:

[nadine.burton@haringey.gov.uk](mailto:nadine.burton@haringey.gov.uk) with  
your full name and the session you  
would like to attend. For further  
information please contact Marion  
Morris



**Dates**      **AM sessions – 9.30am to 12.30pm**      **PM sessions – 1.30pm to 4.30pm**

## Making Every Contact Count

### October 2015

Monday 5<sup>th</sup> – **AM** – MECC training  
Wednesday 7<sup>th</sup> – **PM** – MECC Training  
Friday 23<sup>rd</sup> – **AM** – MECC Training

### November 2015

Tuesday 3<sup>rd</sup> – **AM** – MECC Training  
Thursday 12<sup>th</sup> – **PM** – MECC Training  
Wednesday 18<sup>th</sup> – **AM** – MECC Training

### December 2015

Thursday 3<sup>rd</sup> – **PM** – MECC Training  
Thursday 10<sup>th</sup> – **AM** – MECC Training

## Motivational Interviewing

### December 2015

Tuesday 1<sup>st</sup> (Motivational Interviewing)  
**FULL DAY**

### January 2016

Tuesday 12<sup>th</sup> (Motivational Interviewing)  
**FULL DAY**

### January 2016

Monday 11<sup>th</sup> – **AM** – MECC Training  
Wednesday 13<sup>th</sup> – **PM** – MECC Training  
Wednesday 20<sup>th</sup> – **PM** – MECC Training

### February 2016

Thursday 4<sup>th</sup> – **PM** – MECC Training  
Tuesday 9<sup>th</sup> – **AM** – MECC Training  
Monday 22<sup>nd</sup> – **PM** – MECC Training

### March 2016

Tuesday 15<sup>th</sup> – **AM** – MECC Training  
Monday 21<sup>st</sup> – **AM** – MECC Training

### February 2016

Tuesday 2<sup>nd</sup> (Motivational Interviewing)  
**FULL DAY**  
Thursday 18<sup>th</sup> (Motivational Interviewing)  
**FULL DAY**

### March 2016

Thursday 3<sup>rd</sup> (Motivational Interviewing)  
**FULL DAY**  
Wednesday 30<sup>th</sup> (Motivational Interviewing)  
**FULL DAY**

