

Use your influence to improve the health and wellbeing of those around you

'Make Every Contact Count'

is a training programme designed to support staff to encourage positive changes in behaviour and lifestyle for our local residents.

Training

The training is aimed at staff who have day-to-day contact with local people. The main focus of the training is to give you the skills to have conversations with people about their health.

Conversation topics that will be covered in training include:

Alcohol, smoking, mental health, physical activity and nutrition.

Time commitment: One half day workshop, with supplementary e-learning. Please pick a date and sign up online at:

bit.ly/MECCtraining

The training is being provided through North West London's Health and Care Partnership and NHS Health Education England.