



# Free Training

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

- ▶ It's a **new approach** to help people in Torbay talk about and address the daily concerns affecting their health and wellbeing.
- ▶ It seeks to enable and inspire those who have public facing roles to be part of improving health and wellbeing in Torbay.
  - ▶ It's also accredited and proven.

## How can I be a part?

- ▶ It just takes one email to book on the **FREE 3-hour online course**.
- ▶ The one-off course is interactive, informative, and practical. You may learn something new or fine-tune existing skills.

## So ...

Get in touch to sign up!

Pass this information to colleagues, or contact us with questions.

New courses will be available through the year.

## Choose one of the following dates and times in 2023

**Tuesday February 28<sup>th</sup> : 9:30am – 12:30pm**

**Tuesday March 14<sup>th</sup> : 6:00 – 9:00pm**

*Note: Due to the interactive nature of the training, if session sign-ups are too few, delegates may be offered an alternative date/time.*

For more information or to book a place, contact

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**Health Education England**

South West version

Adapted from HEE Wessex Healthy Conversation Skills MECC model