

**MAKING EVERY CONTACT COUNT**

Making Every Contact Count (MECC) is an approach to behaviour change that utilises the millions of everyday conversations and interactions that organisations and people have with other people to encourage changes in behaviour that can have a positive effect on the health and wellbeing of individuals, their families and their communities

Lifestyle behaviour changes such as:

* Stopping smoking
* Improving diet
* Increasing physical activity
* Losing/maintaining a healthy weight
* Reducing consumption of alcohol
* Good sexual health
* Ageing well
* Mental wellbeing
* Breastfeeding

We are offering staff a free 3-hour training course to gain the confidence to raise these issues and support individuals.

The training offers practical advice on how to carry out opportunistic chats, signpost to other services and support/encourage people to make positive steps towards making a lifestyle change**.**

Call us to arrange this training at your place of work for your staff.

NEXT DATE: Tuesday 27th February – Britannia House BD1 1HX-

More dates to follow

**To book a place on the next training or if you would like further information please contact the Health Improvement Team:**

**01274 435387**

**or** email [Healthimprovement@bradford.gov.uk](mailto:Healthimprovement@bradford.gov.uk)

**Phone: (01274) 435387 to book a place or to find out**