

# Gloucestershire NHS Health Check & Healthy Living Pharmacy Training

## Making Every Contact Count (MECC)



Building on the current network of Healthy Living Pharmacies (HLP) and GP Practices delivering NHS Health Checks, this training will support the creation of locality networks with the intention of increasing the effectiveness of health improvement advice and referral's using Making Every Contact Count (MECC).

MECC training aims to build confidence and skills to support practitioners in delivering the health improvement agenda.

### NHS Health Check and Healthy Living Pharmacy Training – MECC

An initial half day training session will equip participants with the specific skills that will enable them to deliver health improvement advice confidently and consistently well. At the end of training session one, participants should be able to:

- Understand the importance of healthy lifestyle choices and their role in health improvement;
- Use a range of health behaviour change techniques (including basic motivational interviewing techniques);
- Deliver brief advice and brief interventions;
- Signpost clients to local healthy lifestyle services & support;
- Identify a learning and development task related to NHS Health Checks and health improvement advice to undertake at their surgery or pharmacy;
- Feel confident that they can apply the training in practice.

A 2-hour review and follow-up session will then enable participants to:

- Reflect on their own practice based on their learning task identified in session one.
- Further refine and develop brief advice and intervention skills based on their learning task
- Have improved knowledge around the local opportunities and services providing health improvement support in their area.
- Establish links with other local practitioners delivering NHS Health Checks and Health Improvement services in their local area to share information and expertise.

### Bookings & enquiries

Please contact our training provider Project Manager, Mike Hope:

[mike@smgateway.co.uk](mailto:mike@smgateway.co.uk)

07941 401 699

## Course details

### Initial half-day training session

In order to support the development of locality networks please book onto *one* course at nearest to your place of work.

- **Cotswolds** Tue 30-Jun-15, 1 - 5pm  
Moreton Area Centre, High Street, Moreton-in-Marsh, Gloucestershire, GL56 0AZ
- **Gloucester** Wed 1 Jul '15, 1 – 5pm  
The Frith Centre, Clarence Row, Alvin Street Gloucester, GL1 3DW
- **Ullenwood, Cheltenham** Thu 2 Jul 2015, 9am – 1pm  
National Star College, Ullenwood Manor, Ullenwood, Cheltenham GL53 9QU
- **Tewkesbury** Mon 06-Jul-15, 1 - 5pm  
Watson Hall, 65 Barton Road, Tewkesbury GL20 5PX,
- **Stroud** Tue 7 Jul '15, 1 - 5pm  
Stroud College, Stratford Road, Stroud, GL5 4AH
- **Forest of Dean** Wed 8 Jul '15 on 1 - 5pm  
Speech House Hotel, Speech House Road, Coleford, Gloucestershire GL16 7EL

### Review and follow-up sessions

- **Cotswolds** Wed 09-Sep-15, 9am - 12pm  
Venue tbc
- **Gloucester** Wed 09-Sep-15, 1.30pm - 4.30pm  
Venue tbc
- **Cheltenham** Thu 10-Sep-15, 9am - 12pm  
Venue tbc
- **Tewkesbury** Thu 10-Sep-15, 1.30pm - 4.30pm  
Venue tbc
- **Stroud** Thu 17-Sep-15, 9am - 12pm  
Venue tbc
- **Forest of Dean** Thu 17-Sep-15, 1.30pm - 4.30pm  
Venue tbc

### Please note

the training places are free and you can amend your booking up to one week prior to the course date, but non-attendance will incur a charge of £40 per person