

MAKING EVERY CONTACT COUNT (MECC)

TRAINING OPPORTUNITIES FOR THE VOLUNTARY SECTOR

OFFERED BY NEIGHBOURLY CARE AND PUBLIC HEALTH EALING

Many long-term diseases in our population are closely linked to known behavioural risk factors. Around 40% of the UK's disability adjusted life years lost are attributable to tobacco, hypertension, alcohol, being overweight or being physically inactive.

Making changes such as stopping smoking, improving diet, increasing physical activity, losing weight and reducing alcohol consumption can help people to reduce their risk of poor health significantly. Making every contact count (MECC) is an approach to behaviour change that utilises the millions of day to day interactions that organisations and people have with other people to encourage changes in behaviour that have a positive effect on the health and wellbeing of individuals, communities and populations.

We have organised a number of training sessions across Ealing to be delivered by Nell Blane—Health Training Coordinator from Public Health Ealing. The sessions are open to staff/volunteers from local voluntary/community organisations. The sessions last for approximately 3 hours and therefore require a commitment of time but—as well as being informative and highly useful in our work—they are enjoyable and user friendly.

If you would like to attend any of the sessions detailed below please contact Nurita Bangar (Neighbourly Care Health Services Officer) on 0208 571 1929 or at nurita.bangar@neighbourlycare.org.uk for further details and information.

September 7th. 11am-2pm. 330-332 Ruislip Road, Northolt, UB5 6BG

September 8th. 12.30pm-3.30pm. Golf Links Community Centre, Fleming Road, UB1 3LP

October 6th. 11am-2pm. Northolt Village Community Centre, Ealing Road, Northolt, UB5 6AD

October 19th. 10am-1pm. Dominion Centre, The Green, Southall, UB2 4BQ.

November 1st. 12.30pm-3.30pm. Islip Manor Community Centre, Arnold Road, UB5 5TB

November 3rd. 12-3pm. Ruskin Hall, Church Road, Acton, W3 8PP

December 4th. 11am-2pm. Northolt Library, Church Road, Northolt, UB5 5AS.

December 13th. 12-3pm. Perivale Community Centre, Horsenden Lane South, Perrivale, UB6 7NP

January 9th. 11am-2pm. Dominion Centre, The Green, Southall, UB2 4BQ

January 18th. 5pm-8pm. Carers Café, 330 Ruislip Road, Northolt, UB5 6BG

[Help improve people's health with a very brief health chat](#)