



What is MECC?

Making Every Contact Count is a national training programme delivered for FREE by One You East Sussex. It is an approach that aims to improve the health and wellbeing of the local community.

You will be able to;

- Understand the behaviour change cycle
- Identify where someone is in the behaviour change cycle
- Learn how to have short skilful conversations with people about their health and mental health (a valuable transferable skill)
- Learn how to signpost people to the up-to-date local services

Tuesday 28th January 10am – 1pm

Thursday 6th February 10am – 1pm

Venue: Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA.
(Approx. 10 min walk from Newhaven Town railway station and 5 min from local bus stops).

To book your place email OVCAtraining@southdowns.gov.uk