

Gateshead MECC Training Programme 2022- 2023

What is MECC?	21/09/22	1:00-2:15pm
<p>Most of us despite busy, can still find 30 seconds to three minutes to have a conversation to help others. This training discusses how we can all help people to access relevant support, using a consistent approach using the 3A's model to deliver brief advice.</p>		
<u>REGISTER NOW</u>		
MECC Motivational Interviewing Skills	12/10/22	1:00-3:00pm
<p>This training considers the way to have a conversation with people to motivate them to understand the benefits of taking the next steps to a more positive behaviour. It's a person-centred approach to assist people who have mixed feelings about changing their behaviour.</p>		
<u>REGISTER NOW</u>		
MECC Behaviour Change Models (7 Concepts)	28/09/22	1:00-3:00pm
<p>This training reviews the various behaviour change approaches we can combine to assist people to take those first steps to gain support. The session discusses how to adapt our lifestyle as we continue to adapt to an ever-changing world.</p>		
<u>REGISTER NOW</u>		
5 Ways to Wellbeing	26/10/22	1:00-2:00pm
<p>This is a national model which can be used by everyone, each day, to improve their mental, physical and social health.</p>		
<u>REGISTER NOW</u>		
MECC for Physical Activity	02/11/22	1:00-2:30pm
<p>This training considers the positive impact physical activity can have on mental, physical and social health. It will assist people to feel confident to support others to be active in a safe and effective way</p>		
<u>REGISTER NOW</u>		

MECC Healthy Weight	09/11/22	1:00-3:30pm
This session looks at the impact of being overweight and underweight, how we can measure these and ways we can support people with these.		
REGISTER NOW		
MECC Nutrition Awareness	16/11/22	1:00-3:30pm
This training discusses all aspects of nutrition to enable you to help others to consider their current nutritional habits and small changes we can consider maximising our health.		
REGISTER NOW		
MECC Understanding Vitamins & Minerals	23/11/22	1:00-3:30pm
This training looks at the differences between vitamins and minerals, impact of deficiencies and also the effects of having too much of each in our diets		
REGISTER NOW		
MECC Food & Mood	30/11/22	1:00-3:00pm
This session looks at the way food and mood interact to affect our mental and physical wellbeing, how we can be aware of the affects and what we can do to make positive changes.		
REGISTER NOW		
MECC Have A Word About Alcohol	07/12/22	1:00-4:00pm
This training reviews the impact of alcohol on our mental, social and physical health, how to calculate units of alcohol, how to have a conversation as well as how to signpost and offer support.		
REGISTER NOW		
MECC Menopause Awareness	08/02/23	1:00-3:00pm
This session openly discusses, the signs and symptoms of menopause, what happens to the body, things can impact upon the menopausal journey, the law relating to menopause, how to support people through their menopausal journey as well as considering male menopause		
REGISTER NOW		

MECC Tobacco Awareness	14/12/22	1:00-4:00pm
<p>This session looks at what a cigarette really contains, the effects of the ingredients on our bodies, why smoking is addictive, e-cigarettes and the different types of support available to quit smoking.</p>		
REGISTER NOW		
MECC for Mental Health RSPH	28/02/23	9:00-5:00pm
<p>Making Every Contact Count For Mental Health is an RSPH and HEE led, evidence based mental health national training programme, which aims to train up people from every sector so they can develop knowledge, skills and confidence to integrate relevant messages and interventions into routine practice. There are three modules available for this programme.</p>		
REGISTER NOW		
MECC for Financial Wellbeing	TBC	TBC
<p>This training looks at what is financial wellbeing, the impact on peoples lives, how to talk to people about money, hints and tips to improve financial wellbeing as well as where to signpost to for support</p>		
TBC		
Connect 5 For Mental Wellbeing Level 1	18/01/23	1:00-3:30pm
Connect 5 For Mental Wellbeing Level 2	25/01/23	1:00-4:00pm
Connect 5 For Mental Wellbeing Level 3	01/02/23	1:00-4:00pm
<p>Connect 5 is an evidence based mental health promotion training programme. It is designed to increase the confidence and core skills so that people can be more effective in having conversations about mental health and wellbeing. It aims to help people to manage mental health problems, increasing resilience and mental wellbeing through positive changes. Connect 5 promotes a self-help philosophy of helping people to better understand, manage and improve their mental health. There are three modules available for this programme.</p>		
Level 1 REGISTER NOW	Level 2 REGISTER NOW	Level 3 REGISTER NOW

MECC Active Travel	TBC	TBC
This training considers what we mean by active travel, perceived barriers to implementation, strategies to increase active travel and resources available to help with implementation.		
TBC		
MECC Food Waste	15/02/23	1:00-3:00pm
This training considers what is food waste, the impact on the environment, along with strategies to decrease food waste		
REGISTER NOW		
Understanding Vaccines	TBC	TBC
This training looks at what a vaccine is, what it contains, how it works within the body and different types of vaccines		
TBC		
Understanding Public Health	TBC	TBC
TBC		
TBC		
Understanding Monkey Pox	TBC	TBC
TBC		
TBC		

For more information about these courses
please email the team:

mecc@gateshead.gov.uk



@OneYouGateshead



MECC Training Timetable at a glance 2022- 2023

Subject	Optional or Mandatory	Date	Time	Teams Link
What is Making Every Contact Count?	M	21/09/22	1:00-2:15pm	REGISTRATION FOR WIM
Understanding Behaviour Change Models and Concepts	O	28/09/22	1:00-3:00pm	REGISTRATION FOR BEHAVIOUR CHANGE
Motivational Interviewing Skills	O	12/10/22	1:00-3:00pm	REGISTRATION FOR INTERVIEWING SKILLS
5 Ways to Wellbeing	O	26/10/22	1:00-2:00pm	REGISTRATION FOR 5WTWB
MECC for Physical Activity	O	02/11/22	1:00-2:30pm	REGISTRATION FOR PHYSICAL ACTIVITY
MECC for Healthy Weight	O	09/11/22	1:00-3:30pm	REGISTRATION FOR HEALTHY WEIGHT
MECC for Nutrition	O	16/11/22	1:00-3:30pm	REGISTRATION FOR NUTRITION
Understanding Vitamins and Minerals	O	23/11/22	1:00-3:30pm	REGISTRATION FOR VITAMINS AND MINERALS
Food & Mood	O	30/11/22	1:00-3:00pm	REGISTRATION FOR FOOD & MOOD
Have A Word around Alcohol	O	07/12/22	1:00-4:00pm	REGISTRATION FOR ALCOHOL
Tobacco Awareness	O	14/12/22	1:00-4:00pm	REGISTRATION FOR TOBACCO
Connect 5 for Mental Health (Level 1)	O	18/01/23	1:00-4:00pm	REGISTRATION FOR CONNECT 5 (LEVEL 1)
Connect 5 for Mental Health (Level 2)	O	25/01/23	1:00-4:00pm	REGISTRATION FOR CONNECT 5 (LEVEL 2)
Connect 5 for Mental Health (Level 3)	O	01/02/23	1:00-4:00pm	REGISTRATION FOR CONNECT 5 (LEVEL 3)
MECC for Menopause	O	08/02/23	1:00-3:00pm	REGISTRATION FOR MENOPAUSE
MECC around Food Waste	O	15/02/23	1:00-3:00pm	REGISTRATION FOR FOOD WASTE
MECC for Mental Health RSPH Certificate	O	28/02/23	9:00am-5:00pm	REGISTRATION FOR RSPH MENTAL HEALTH