



# Making Every Contact Count (MECC) Workshop



**Tuesday 20<sup>th</sup> March 2018, 9am- 1:30pm**

**Venue: Barton Neighbourhood Centre, Underhill  
Circus, Headington, Oxford OX3 9LS**

**Registration and teas and coffees will be available  
from 9.00am and we will end with a free networking  
lunch**

MECC is an evidence based approach, training people to give them the confidence to raise issues with others and follow up with very brief advice and signposting for support.

MECC works through opportunistic conversations in everyday life – this could be at work, at school pick up time, in the hair dressers even. Anywhere, where there is contact between individuals!

This free workshop will help to give you the skills and confidence to be able to have positive conversations with others about health – no previous experience or training needed!

The workshop is open to anyone who lives, works or volunteers in Barton

**If you would like to find out more or to book a place, please  
contact Kate Austin: [kate.austin@oxfordshire.gov.uk](mailto:kate.austin@oxfordshire.gov.uk) or  
07584217335**