

**MAKING EVERY  
CONTACT COUNT**

**NHS**  
*Health Education England*

# **The HEE education offer**

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Health Education England West Midlands**

**Developing people  
for health and  
healthcare**

**[www.hee.nhs.uk](http://www.hee.nhs.uk)**



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Public Health  
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# Making Every Contact Count

## Module 1: Brief Encounters

Developed with funding from Health Education England in the West Midlands



## Chapter Guide

Select Chapter One *Wellbeing matters* to begin.



Wellbeing matters



How you can make every contact count



Three simple steps



Key messages



MECC in action



Assessment

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## **Making Every Contact Count**

### **Module 2: Brief Interventions**

Developed with funding from Health Education England in the West Midlands



## Chapter Guide

Select Part One *Introduction* to begin.



Introduction



The case for change



Effective communication



The three-question framework



Enhancing capability, opportunity and motivation to change



A health coaching approach



Conclusion

# West Midlands MECC Plus for Integrated Care resources:

Some examples – can you think of any more?

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health

My health, mental and physical. Taking my medications as prescribed. Managing my condition well, healthy lifestyle behaviours

relationships

Seeing people on a regular basis, skype, telephone

participation

Getting involved – in my local groups, church activities, volunteering

security

Having a safe home, somewhere safe to sleep, reducing fire risks, feeling safe when I'm out and about

independence

Having a say in my health and care plans. Feeling in control in my life



# Making Every Contact Count

Five Ways to Wellbeing

- Introduction
- Why is wellbeing important?
- What are the Five Ways to Wellbeing?
- Conclusion

Select the topic you wish to view.





## Five Ways to Wellbeing Topic 3: What are the Five Ways to Wellbeing?

### The Five Ways to Wellbeing

The Five Ways to Wellbeing are intended to be simple, activity-based messages that help improve personal wellbeing. They were developed by NEF (the New Economics Foundation) based on evidence from the Government's 2008 Foresight project on Mental Capital and Wellbeing.

They have since been used across many settings, including NHS Trusts, local councils and community projects, to help people take action to improve their wellbeing.

Select each of the Five Ways below in order to find out more.





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# STP Workforce Plan Checklist - Public Health West Midlands

(addition to the Workforce Revision Card Prevention & Health  
Inequalities August 2016)

6<sup>th</sup> December 2017

Kristy Parnell / Soili Larkin – Workforce Leads Public Health England West Midlands

Sally James Health Education England West Midlands



# Other West Midlands' work:

- MECC **HEI** Network
- MECC ALB **OD HR HEI** Engagement across M&E
- Healthy Living **Pharmacy** training with plans for HLD & HLO
- **Dementia & Sight Loss** training & Champions
- National **Fire** Chief's Council Health Coordination Committee – toolkit to embed MECC within Fire & Rescue services
- **Health Literacy** Awareness, TtT & HL Friendly Scheme
- MECC **research** for GOC Standards consultation
- **Podcasts** & Practitioner **masterclasses** (e.g. infographics, genomics, debt / illegal money lending)
- **Schools** engagement
- WMCA **workplace** wellbeing / connect 5 / MHFA / Zero suicide

# Thank you for listening

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