



Training Update

Change 4 Life Training a MECC Approach in South Tyneside

June 2019

Our Training

Since April 2016 the Change 4 Life training programme in South Tyneside has supported over 3000 individuals to have Make Every Contact Count (MECC) conversations with people to enable them to make healthier choices and improve their own health and wellbeing. The training improves the knowledge of the workforce and volunteers, equipping them with the skills to be able to confidently deliver brief interventions and support behaviour change in key areas Smoking, Alcohol, Obesity, Mental Health and Sexual Health.



Change 4 Life is a tiered modular training programme which supports an improving healthy lifestyle approach to prevention. The training equips attendees with the knowledge, skills and confidence to engage people in conversations that enable a healthy behaviour change. The Make Every Contact Count module forms the foundation level. Attendees can then progress on to further modules to support behaviour change conversations around key public health priority areas. Training includes;

- Make Every Contact Count
- Alcohol IBA
- Alcohol & Substance Misuse
- Smoking Cessation (VBA, New Advisor & Refresher)
- Sexual Health
- Emotional Health & Wellbeing
- Connect5
- Sexual Health
- Healthy Weight
- NHS Health Checks (Awareness, New Advisor & Refresher)

We are able to offer open sessions where the training is open to a mixture of different organisations and also closed sessions which enables us to tailor the session to the needs of that particular organisation.

Kwik Survey Results

More recently we have used Kwik survey to capture implementation data in practice 4-8 weeks after training. This gives us valuable information on how attendees have implemented what they have learned and the impact that this has on their practice after training. We are also able to identify any barriers which may prevent them from implementing what they have learned. This can help to highlight any further support that may be needed for staff and volunteers.

Some responses when asked for examples of implementing what they have learned.

- I now take more time to identify any clients who drink well over the limit
- Able to spend more time listening to, and supporting colleagues
- Been able to support current clients with recognising issues, more confident with having awkward conversations
- Opportunity to have greater awareness of the topic which enables me to support clients
- Positive impact during conversations with clients to inform and advise on techniques, access and resources to support quit smoking
- When seeing young people for a specific reason I feel I have been more mindful of the opportunity to discuss other matters
- It has helped me identify other patient needs, and sign-post accordingly
- Learning has been shared with my team to share good practice and has also been used to support a vulnerable patient to access screening when he might have not engaged with the service beforehand
- I feel the training has had a positive effect on the culture of the company and we are now more open to discussing mental health without stigma

For more information on Change 4 Life training contact the training team at First Contact Clinical Telephone: 0191 432 9838 (Option 1), Email: training@firstcontactclinical.co.uk or visit our website www.firstcontactclinical.co.uk/Courses/Change4Life
