

Oxfordshire Public Health training offer for professionals and volunteers



Making Every Contact Count (MECC) training

MECC is about using the everyday interactions we have with others to help people make positive changes to their physical and mental health and access the support they need. A MECC interaction takes a matter of minutes and is intended to fit into and complement existing conversations. You can access free training that will:

- Develop the skills, knowledge and confidence you need to have brief conversations with the public about their health and wellbeing.
- Gain information to help signpost the people you are helping to services they may require for more specific health related support.

MECC training in Oxfordshire is live and interactive either online or in person. You can choose between:

- A three hour practice session or
- A train the trainer course (four, two hour sessions online) to enable you to become a MECC trainer and cascade training to your own team.

It covers all of the five key lifestyle topics (mental health and wellbeing, smoking, alcohol, healthy weight and physical activity). Find out more and sign up [online](#).

Lifestyle topic-based training

Further free topic focused lifestyle training offers includes:

- **Healthy weight**

Content: Find out how to raise issues around healthy weight and how to talk about weight with the people you work with. This session provides information on local services and how to signpost/refer to help residents achieve and maintain a healthy weight.

Delivery: Online, in person and bitesize self-led learning is available.

[Find out more here](#)

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- **Child feeding guide**

Content: Learn about promoting healthy eating in young children and understand the psychology underpinning many feeding and eating problems. Includes practical tips and strategies for childcare, early years and healthcare professionals to help promote healthy eating in families.

Delivery: Online training (2-3 hours).

Find out more or to book, contact claire.gray@oxfordshire.gov.uk

- **Food poverty**

Content: Helps you better support and signpost people experiencing food poverty.

Delivery: Online training through a 45 minute video

Find out more

- **Smoking very brief advice (VBA)**

Content: Explore a simple and powerful tool designed to be used in almost any conversation with a smoker. It enables you to provide practical advice in as little as 30 seconds. Suitable for anyone likely to come into contact with people who smoke in their day-to-day work.

Register your interest: smokefreeoxon@oxfordshire.gov.uk

- **Vaping and smoking cessation**

Content: An introduction for front line staff to support those who are interested in, or might benefit from, switching from smoking to vaping. Talk with confidence about vaping, particularly about the risk profile compared with smoking and reassure clients or patients about myths they may encounter.

Delivery: Virtual

Register your interest: smokefreeoxon@oxfordshire.gov.uk

- **Physical activity**

Content: If you are a frontline professional or volunteer in health, social care or the voluntary sector, build your skills so you can have more supportive conversations about physical activity. You'll get a range of information and tools to support people to increase their activity and confidence as well as how to refer to available programmes.

Find out more



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- **Alcohol identification brief advice (IBA)**

Content: Open to anyone, including non-professionals, to help identify those who may be at increasing or higher risk of harm due to their alcohol consumption. It is intended to motivate people to be more aware of the level of their drinking and its influence on their health, and to encourage them to access support if relevant.

Register your interest: public.health@oxfordshire.gov.uk

- **Domestic abuse**

Content: Find out how to spot it, its impact, and to understand risk assessment and safety planning. The training is split into seven optional modules. At least one of the three universal modules needs to be completed before signing up to any of the other modules. Each module is three hours long.

The Domestic Abuse Champion's Programme is an accredited program that offers an opportunity for professionals to continue their development in the field of domestic abuse as Domestic Abuse Champions.

To become a champion, you need to complete at least three of the domestic abuse training modules. The modules can be run concurrently.

To access domestic abuse training please visit:

Training - Oxfordshire Safeguarding Children Board (oscb.org.uk)

[Find out more](#)

- **All our health e-learning**

Content: Explore All Our Health bitesized eLearning sessions, designed to help professionals protect and improve the nation's health. You'll find signposting to trusted sources of helpful evidence, guidance and support. You can dip in and out of the content as and when you need it. Currently, there are 33 All Our Health elearning sessions available covering a wide variety of public health topics such as financial wellbeing, inclusion health, smoking and tobacco, alcohol etc.

[Find out more](#)

- **Oral health improvement**

Content: Find out more about the training available for early year's settings including schools, community groups, those with special needs and care settings. Programmes are designed to reduce oral health inequalities and promote better oral health.

Delivery: In person sessions with some online options available. The length of training varies.

[Find out more](#) or email ohimp.oxfordshire@cds-cic.nhs.uk.



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