Making Every Contact Count (MECC)

Making Every Contact Count (MECC) is a competency framework or programme enabling practitioners to develop their skills to address the health and wellbeing needs of their population.

MECC is an approach to behaviour change that makes use of the millions of day to day interactions that organisations and we have with each other that supports people to make positive changes to their physical and mental health and wellbeing. The initiative promotes having lifestyle conversations, sometimes called brief interventions, to improve health and wellbeing.

There is core MECC training available and train the trainer courses aimed at individuals in VCS organisations who are looking to implement a MECC approach.

Last updated: November 18, 2025

Website: https://www.meccgateway.co.uk/nenc

Opening Hours: Monday to Friday, 9am to 5pm

Cost: Free

Address:
Civic Centre
NE1 8QH

Related Articles

Mental Health

Benefits of being physically active