

## CPSC Academy Event 3: 'Having Healthier Conversations - Making Every Contact Count (part 2)'

***This is part 2 of the Making Every Contact Count training for those who attended the September Academy series, however, please do come along if you did not manage to attend the previous event, as there is still much that will be helpful and learn.***

***We encourage you to bring a colleague along too - the more that attend the more fun the event is.***

***These events are free to attend and include a two-course hot meal and refreshments on top!***

In our November Academy series, we will provide you with the second part of the healthy conversation skills training for the **Making Every Contact Count (MECC) programme**. Local award-winning training company [Pharmacy Complete](#), will be leading the events as MECC accredited trainers.

So much of what we do now, and even more so in the future, is **helping people make a change**. This might be changing a lifestyle behaviour that is negatively impacting their health, being more compliant to their medicines or simply changing something that will help them manage their long-term condition more effectively. And whilst we spend a lot of time talking to people about their health, we frequently feel **awkward, embarrassed and don't know what to say**.

We are very used to advising people what to do and yet we know from the evidence that **telling people what to do is not the most effective way** to help them to change. MECC supports behavioural change in obesity, smoking, activity, mental wellbeing and alcohol and at this meeting we will be putting a focus on **obesity**. Many of our September attendees have highlighted this area as particularly challenging to engage someone in a conversation and yet it is becoming a huge issue and impacts the physical and mental health of many.

Please join us to make more of a difference and receive the following benefits:

- Achieve your RSPH MECC accreditation [for those who attended in September and completed the e-learning modules]
- A certificate of attendance will be available for those who have not undertaken the first module [we recommend you complete the e-learning modules prior to attending]
- Complete a Revalidation CPD entry; this learning is a great topic for Revalidation and we will guide you through how to do this
- Further consolidate your learning, developing skills in asking Open Discovery Questions to help move the conversation on so that an individual is more likely to implement a change.

**The meeting will commence with hot food at 6:30pm, for a 7:15pm start. We will finish at 9:30pm.**

**Please ensure you all book in on Eventbrite** at the following venues on these dates:

- Tuesday 6th November 2018 – Apollo Hotel Basingstoke, Aldermaston Road Roundabout, Basingstoke, RG24 9NU <https://www.eventbrite.co.uk/e/cpsc-basingstoke>
- Thursday 8th November 2018 – Holiday Inn Portsmouth, Pembroke Road, Portsmouth, PO1 2TA <https://www.eventbrite.co.uk/e/cpsc-portsmouth>
- Thursday 15th November 2018 – Holiday Inn Eastleigh, Leigh Road, Eastleigh, SO50 9PG <https://www.eventbrite.co.uk/e/cpsc-eastleigh>
- Tuesday 20th November 2018 – Holiday Inn Winchester, Telegraph Way, Morn Hill, Winchester, SO21 1HZ <https://www.eventbrite.co.uk/e/cpsc-winchester>
- Wednesday 21st November 2018 – Lakeside Park Hotel & Spa, High Street, Wootton Bridge, Ryde PO33 4LG, IOW <https://www.eventbrite.co.uk/e/cpsc-ryde>