



## Welcome to the WSSCB Email Bulletin February 2018



Each organisation has their own way of communicating and this can often include acronyms that may cause confusion when working with colleagues in other agencies and even within your own teams! Click [here](#) to view our list of acronyms that may help you in your daily practice!



Supporting the families you work with may well involve attending a child protection conference and/or core group. There will be expectations on you to make informed decisions about the best way to keep children safe and if you haven't previously attended a conference before or are anxious about how these meetings work then book onto our [Child Protection Conferences & Core Group](#) training in March! Request your place **now** as numbers are limited!!



CSE Awareness Day (CSEDay) is celebrated nationally on 18th March to raise awareness of and deter the sexual exploitation of children and young people under the age of 18. Click [here](#) to find out more and how your agency can get involved. In the lead up to CSEDay18, and following on from the success of Safeguarding Week 2017, West Sussex Community Safety & Wellbeing Team and Barnardo's will be delivering another free 2-hour introductory awareness raising session open to anyone working with, or around young people. For more information please click [here](#). For general information about CSE and to access free resources, please visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk)



**Safer Sleeping month** is in March and we are running 3 sessions to promote key messages around having a basic awareness of safer sleeping for babies under 6 months. All sessions are the same but are available to attend at 3 different times to enable those working with young babies to attend at a convenient time for them. Click [here](#) to view the WSSCB training calendar which shows details of this really important awareness session and the choice of session times.



It is really important to be aware of our cancellation policy **before** you book yourself onto one of our training courses. We often have waiting lists for our courses and it is frustrating when a course is fully booked and then people do not turn up. If you are unable to attend training please click [here](#) to contact the Learning and Development Gateway to cancel your place. To read our Training, Charging and Cancellation Policy click [here](#).



Want to find out more about **Serious Case Reviews** that have taken place in West Sussex? We currently offer a 2 hour briefing session that provides you with an overview of previous SCRs, the learning that has taken place from each of them and how this can be applied to your practice. Sessions are delivered by a range of partners including colleagues from Health and Police. Click [here](#) to request your place....don't delay as places are limited!!



### **MAKE EVERY CONTACT COUNT (MECC)**

MECC is about making a difference to people's mental and physical health and wellbeing by making the most of day-to-day interactions and opportunities. Supporting people to make positive lifestyle changes increases the possibility of preventing ill-health and reducing health inequalities. MECC empowers people to seek their own solutions to improve their health and wellbeing.

**What is MECC?**

MECC is an approach that let's individuals and organisations develop a different way of working with people to promote and support health and wellbeing. Telling people what to do simply does not work. MECC allows workforces to:

- Utilise a person-centred approach and develop basic behaviour change skills.
- Deliver very brief or brief interventions, focusing on evidence-based messages about **stopping smoking, drinking alcohol sensibly, increasing physical activity, maintaining a healthy weight, a healthy diet and mental wellbeing.**
- Know about local health and wellbeing services and how to signpost and refer people to help them access them, where appropriate.

**For organisations,** MECC means providing their staff with the leadership, environment, training and information they need to deliver a MECC approach.

**For staff,** MECC means having the competence and confidence to deliver healthy lifestyle messages, to encourage people to change their behaviour and to direct them to local services that can support them.

**For individuals,** MECC means seeking support and taking action to improve their own lifestyle by eating well, maintaining a healthy weight, drinking alcohol sensibly, exercising regularly, not smoking, and looking after their wellbeing and mental health.

#### **MECC as a behaviour change intervention**

MECC is aimed at providing the knowledge and skills to enable public facing workforces to be able to deliver very brief or brief interventions, as outlined in the NICE guidance on Individual Behaviour Change<sup>[1]</sup>. These interventions allow people to raise awareness, motivate, and signpost people (if needed) to other services that can support their health & wellbeing.

If you have questions about MECC or for more information contact [Dan.Barritt@westsussex.gov.uk](mailto:Dan.Barritt@westsussex.gov.uk)



Do you follow the WSSCB on **twitter?** If not what are you waiting for? Follow us at [@WestSussexLSCB](https://twitter.com/WestSussexLSCB). We currently have 522 followers but we want more!!! The more people follow us, the wider our safeguarding messages will travel!

---



There's still time to complete our "Have Your Say" survey around Howe's 4 types of **Neglect**. Have you heard of these? Do you use them in your work? Click [here](#) to take the survey....it only takes about 5 minutes and will really help us to gather feedback on how effective the sharing of these key messages have been across the children's workforce. The survey closing date has now been extended to Friday 2<sup>nd</sup> March.



Do you have anything that you would like to share with colleagues and partner agencies in next month's WSSCB Email Bulletin? Contact me on [lucy.short@westsussex.gov.uk](mailto:lucy.short@westsussex.gov.uk).

Kind Regards,

Lucy Short



**West Sussex  
Safeguarding  
Children Board**

**Lucy Short, Learning & Development Officer**  
**West Sussex Safeguarding Children Board | Location: 3<sup>rd</sup> Floor (East Wing),  
County Hall, Chichester, PO19 1RQ**  
**Internal: 25508 | External: 033022 25508 | Mobile: 07850 537308**  
**[lucy.short@westsussex.gov.uk](mailto:lucy.short@westsussex.gov.uk)**

This e-mail and any attachments are confidential and intended solely for the persons addressed. If it has come to you in error please reply to advise us but you should not read it, copy it, show it to anyone else nor make any other use of its content. West Sussex County Council takes steps to ensure e-mails and attachments are virus-free but you should carry out your own checks before opening any attachment.

