There are a range of resources which could support the Health and Social Care workforce to become more knowledgeable and confident in supporting healthy lifestyles, understanding the signs of deteriorating health etc.

* **PHE Health Charter 2017**  offers guidance for social care staff on how to help people with learning disabilities get better access to medical services to improve their health. North West adults social care providers, commissioners and staff could agree to these principles as part of a North West charter or local commissioning agreements. <https://www.gov.uk/government/publications/improving-healthcare-access-for-people-with-learning-disabilities>
* **All Our Health** are free interactive learning sessions written by PHE and developed by Health Education England’s e-Learning for Healthcare, which are available to increase the knowledge, confidence and skills of all health and care professionals in embedding prevention in their day to day practice. Currently, there are seventeen All Our Health e-learning sessions available covering a wide variety of public health topics and organisations are able to register or align to inhouse training. <https://www.e-lfh.org.uk/programmes/all-our-health/>

The link below is specific to applying all our health to Learning Disability <https://www.gov.uk/government/publications/learning-disability-applying-all-our-health/learning-disabilities-applying-all-our-health>

* **MECC E-learning for health** the MECC e-learning programme is designed to support learners in developing an understanding of public health and the factors that impact on a person’s health and wellbeing.

It focuses on how asking questions and listening effectively to people is a vital role for us all, and also includes extra training around the 5 ways to wellbeing.

<https://www.e-lfh.org.uk/programmes/making-every-contact-count/>

* **MECC Practical Resources for organisations** these documents support the local implementation and evaluation of MECC activity and the development of training resources. The [NHS Standard Contract](https://www.england.nhs.uk/wp-content/uploads/2018/05/2-nhs-standard-contract-2017-19-particulars-service-conditions-may-2018.pdf) requires providers to develop and maintain an organisational plan for making every contact count, in accordance with MECC principles and guidance

<https://www.gov.uk/government/publications/making-every-contact-count-mecc-practical-resources>

* Regional MECC face to face training, resources and signposting to wellbeing services is available across the North West

**Lancashire and South Cumbria** Chat to Change is the Lancashire & South Cumbria MECC train the trainer programme around offering very brief advice and supporting healthier conversations. The programme is led by [cheryl.smith@lancashire.gov.uk](mailto:cheryl.smith@lancashire.gov.uk) and supported by a website with access to all training and marketing resources <https://healthierlsc.co.uk/makingeverycontactcount>

MECC link supports professionals to have healthy conversations and signposts to local and National Health and wellbeing services and resources <https://www.mecclink.co.uk/lancashire-and-south-cumbria/>

* **Cheshire and Merseyside** MECC moments is a simple to use the search tool to find local health and wellbeing services in seconds – so you can signpost people to healthier choices it also offers resources and guidance on the Cheshire & Merseyside MECC campaign and training <https://mecc-moments.co.uk/>

**Health and Wellbeing Resources**

**Adults apps and tools** there are a range of recommended adult apps and tools to support Health and Wellbeing which offer quizzes and practical support including:

* Active 10 - Add more regular bursts of brisk walking with activity tracking, and encouragement
* Drink Free Days - Just pick your days to skip alcohol and get practical support to stick with it
* Easy Meals - More than 150 delicious, easy, healthier recipes just a tap away.
* Couch to 5K – Off the couch and running 5K in just 9 weeks following step-by-step audio instructions
* NHS Smokefree - A 4-week programme with practical support, encouragement, and tailored advice.
* Every Mind Matters – expert advice and tips to manage mental health and wellbeing including a personalised mind plan.

The link promotes other trusted apps and resources all in one place <https://www.nhs.uk/oneyou/apps/>

**Families apps and tools**

* Change 4 life offers a range of tools and resources to encourage families to be healthier and happier including a food scanner to support making healthy food choices and activities such as the 10minute shake up. <https://www.nhs.uk/change4life>
* Start4life programme is the information service for parents, offering weaning advice and breastfeeding friend <https://www.nhs.uk/start4life/baby/breastfeeding/extra-help-and-support/>

**Health Matters**

Health Matters brings together facts, resources and information on major public health issues for public health professionals, local authorities and CCG commissioners. It includes informative data and the best evidence of what works in addressing major public health problems and includes infographics, videos, case studies and slide sets alongside written content.

* <https://www.gov.uk/government/collections/health-matters-public-health-issues>
* <https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities>
* <https://www.gov.uk/government/publications/learning-disability-applying-all-our-health>
* <https://www.gov.uk/government/publications/people-with-dementia-and-learning-disabilities-reasonable-adjustments>
* <https://www.gov.uk/government/publications/cervical-screening-supporting-women-with-learning-disabilities>
* <https://www.gov.uk/government/publications/flu-vaccinations-for-people-with-learning-disabilities>
* <https://www.gov.uk/government/publications/pharmacy-and-people-with-learning-disabilities>

Other resources

* Better health campaign resources (getting active, healthy weight etc) - <https://campaignresources.phe.gov.uk/resources/campaigns/109-better-health/resources>
* Obesity and weight management reasonable adjustment guide (with apologies for some out of date links, as I mentioned this is being updated) - [https://www.gov.uk/government/publications/obesity-weight-management-and-people-with-learning-disabilities](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fobesity-weight-management-and-people-with-learning-disabilities&data=02%7C01%7CCaroline.Holtom%40phe.gov.uk%7Cb57a90dddd80415d15cc08d83ac43133%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637323961590898525&sdata=RjwDUJW72bCNcAVEMERq4mFb%2BONP2AACrlRJmF8NcZg%3D&reserved=0)
* Flu vaccination campaign materials (health and social care workers) - <https://campaignresources.phe.gov.uk/resources/campaigns/92-health-and-social-care-workers-flu-immunisation-/resources>

See also: [https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fflu-vaccination-leaflets-and-posters&data=02%7C01%7CCaroline.Holtom%40phe.gov.uk%7Cb57a90dddd80415d15cc08d83ac43133%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637323961590898525&sdata=ML6BdVCoDryP4uNwRQTDFmlLDu8NtK2lZGKEQ6aAk8o%3D&reserved=0)

[https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fflu-vaccination-who-should-have-it-this-winter-and-why&data=02%7C01%7CCaroline.Holtom%40phe.gov.uk%7Cb57a90dddd80415d15cc08d83ac43133%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637323961590908478&sdata=ZnWbU4e4W%2BORTbtKsFJzti3m0dP0LybnEqcqt0asaBY%3D&reserved=0)

* Generally, Easy Health produce a lot of useful information in an easy read format [https://www.easyhealth.org.uk/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.easyhealth.org.uk%2F&data=02%7C01%7CCaroline.Holtom%40phe.gov.uk%7Cb57a90dddd80415d15cc08d83ac43133%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637323961590908478&sdata=tdtWcz5xeC8PNGjLiBDRXH9fhiSlpMyL8CXTaH0OCu8%3D&reserved=0)
* Improving identification of people with learning disabilities on GP registers [https://www.england.nhs.uk/publication/improving-identification-of-people-with-a-learning-disability-guidance-for-general-practice/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.england.nhs.uk%2Fpublication%2Fimproving-identification-of-people-with-a-learning-disability-guidance-for-general-practice%2F&data=02%7C01%7CCaroline.Holtom%40phe.gov.uk%7Cb57a90dddd80415d15cc08d83ac43133%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637323961590918442&sdata=%2BVqnDL1Wuah7D4wokBpeCilphQs99wFVzSxe80DVASU%3D&reserved=0)