

# Make Every Opportunity Count in Greenwich

## Introduction

Every day staff and volunteers in Greenwich talk to hundreds of local residents (and colleagues) who are dealing with all sorts of issues and challenges that affect their health and wellbeing.

Make Every Opportunity Count (MEOC) is about spotting opportunities within these everyday conversations to signpost people quickly and easily to local Live Well one-stop resources with information and services that can help.

Making Every Opportunity Count is not about adding to your workload and you don't have to be an expert to do it. In fact, signposting can take as little as 30 seconds, as part of your existing conversations at work, but this could make a real difference to someone's health, wellbeing and quality of life. This is why it counts.

Whatever your role, if we all Make Every Opportunity Count, together we can improve the health and happiness of local people on a huge scale.

The Greenwich Health and Wellbeing Board encourage all staff and volunteers working across Greenwich to complete this e-learning training. For Further information please contact Sonia Sharma  
**[sonia.sharma@royalgreenwich.gov.uk](mailto:sonia.sharma@royalgreenwich.gov.uk) or call 0208-921-2946**



## Audience

Anyone working and/or volunteering in the Greenwich Borough. It is a universal training for people for all levels and experience. Even if you already signpost as part of your role and are familiar with the local signposting resources, this training can refresh your knowledge and confidence.

This training might be of particular interest for teams/services such as:

- Local Authority teams, such as Customer Contact Centres, Housing Services, Libraries and sport and leisure
- NHS organisations, including GP practices and pharmacies
- Voluntary Sector organisations, such as Age UK and local community centres
- Social Enterprises

## Objectives

In this training you will

- Increase your awareness of issues which affect the health and wellbeing of people living and working in Greenwich
- Increase your awareness of key healthy lifestyle behaviours and knowledge of local resources (The Greenwich Community Directory and the Live Well Greenwich Line) available to support people's health and wellbeing
- Build your knowledge and confidence in knowing, when, where and how to signpost to these resources appropriately.

## Modules

This course contains the following modules:

### Module name

Introducing Make Every Opportunity Count in Greenwich  
Understanding Health and Living a Healthy Lifestyle  
Putting Make Every Opportunity Count into Practice

## Content

This course consists of 3 modules

1. Introducing Make Every Opportunity Count in Greenwich 10 minutes
2. Understanding Health and Living a Healthy Lifestyle 20 minutes
3. Putting Make Every Opportunity Count into Practice 25 minutes

