BN: So, if you don’t mind if we could start, if you could explain your organisation and your role within it.

AP9: I work for, it’s a woman’s organisation called (name of organisation). It’s a community interest company, so like part of the voluntary community sector.

BN: Right.

AP9: But some of the way we keep surviving is we always have the contract with (name of location) Council to deliver health champions training, which is what keeps us going, especially as we’re always trying to fight for little pockets of funding. And I’ve been involved in probably health champion training probably since about 2016, 2017 because previous to that I did a health and wellbeing degree, then a teaching degree and then just after that a Masters in public health. So, I’ve always had an interest.

BN: Oh right.

AP9: And then over the lockdown there was no health champion training, but it started up again and then they actually said to me would you not like to do the train the trainer for the MECC. Because I’d heard about MECC. We talk about it when I teach some of the health champions, but it wasn’t the project like it is now. So, me and a colleague went to do the train the trainer session and then we applied for the bid from (name of location) Council to actually go and deliver the training and we won the bid so we’re delivering it. We seem to be doing one or two a month, so it’s going quite well.

BN: Yeah. Oh, that’s excellent. So—

AP9: And it’s a little income for our company to sort of keep us going, so although we’re a (type of) organisation in our centre, we do outside training as well, so keeps sort of money coming in to keep the centre going.

BN: Yeah. Oh, that’s excellent. And what would you say the kind of attitude towards health promotion is like at (name of organisation)?

AP9: Oh, really good. Really good. I mean (context of charity) so we do like fitness classes. We do a lot of support groups now. Funding seems to be more in the support than the learning side so we’re running lots of support groups. But as well of course we’ve got the outreach training that we do for (name of location).

BN: Right.

AP9: So, yeah, health promotion. I think a lot of people don’t know what’s out there and when they find out it can help them a great deal.

BN: Yeah.

AP9: Or a lot of the people in the centre have done the MECC training a well. Well, a few of them, not a lot of them. But I’m hoping to do the MECC mental health training and then probably start teaching that as well.

BN: Oh right, excellent. So, is the—

AP9: Credit now, isn’t it, with the RSPH.

BN: Yeah. So, is that the only MECC training you’ve had before, was the Train the Trainer?

AP9: Yes. Yeah. I knew about it because I teach for the RSPH, it’s one of their modules. We teach to the council and it’s the understanding health improvement level 2.

BN: Right.

AP9: So, they always send us updates what’s adding the training, so I knew about the MECC approach then through that. So, we always spend a few minutes talking about MECC even in that training.

BN: Ah.

AP9: But it was never a stand-alone thing.

BN: Yeah.

AP9: Whereas now it’s obviously a couple of hours training, yeah, like a half day.

BN: Yeah. And can you remember what your attitude was like towards MECC at that time, so before you did the Train the Trainer?

AP9: I was interested in it and keen to find out more about it. Initially I did the training just before COVID and then everything seem to stop and then it was picked up again and I knew I would need a refresher since it changed, and this is when (name of regional MECC at scale coordinator) took over. Someone else was doing it before him but this must have been 2018, 2019.

BN: Right.

AP9: So, I did the training, COVID kicked in and I never got around to delivering any, and then I thought it’s going to start again so I did a refresh train the training with (name of regional MECC at scale coordinator) and (name of principal trainer), I think it is.

BN: Yeah.

AP9: Went from them and then it seems to have become very popular.

BN: Oh, right. And so, have you kind of got – obviously you’re very educated, so you’re very familiar with the training side of it, the training delivery side.

AP9: Yeah. Uh-huh. Yeah. I sort of had a good background but even though it still wasn’t familiar and I felt still, and still do feel a little nervous beforehand, delivering the training so I can understand why people who aren’t trainers anyway, because we had in our group a lot of people from different organisations who hope to roll it out to their companies and it probably hasn’t happened. But one they weren’t trainers because they were really a bit nervous on the course like oh but what if I can’t answer the questions, you know. The sort of things you do worry about even as a trainer, and they weren’t trainers, so I bet that puts people off a little bit.

BN: Yeah. So, do you think that helped for you?

AP9: Yeah. I had a little bit of the background, but even then I had to keep looking back at the PowerPoint saying oh I need to know more about this, I need to know where if someone if they’re not, their job isn’t the trainer, I think it will be a bit difficult to suddenly go in, but the more you do it, the easier it gets, like everything, but if they only need to do it once or twice a year they’ll probably get quite nervous about it.

BN: Yeah. Yeah. I can imagine. And so, can you remember what your motivations were like to deliver MECC training before you did the train the trainer?

AP9: Yeah. I was keen because I thought this is going to be something quite big, because MECC seems to underpin everything at the moment, so I was keen yeah to find out what it was about and how we were going to deliver it. And then again could try and bid for the contract and then I also thought about keeping my organisation going as well, you know. We need this sort of steady income to keep going.

BN: Yeah.

AP9: So yeah, [05.35 unclear] uh-huh. And the training was really good, yeah.

BN: OK. Great. Can you remember sort of what you expected going into the train the trainer training?

AP9: I think it was pretty much what I expected. They talked about health inequalities. They had a lot of statistics up. The first part is quite a bleak picture because you look at the North East and you see, and I have had groups where I just can’t get them going and nobody seems to interact, but then again usually it lightens up a bit towards the end of the session but I thought in future I’m always going to warn them it is a bit bleak at the beginning, but then it does get a bit brighter. Like proper I don’t know if you’ve ever trained, but some groups you can’t get a word out of then.

BN: Yeah.

AP9: Just you think they’re being forced there by their manager, or they’re just not interested. And I had one group, and I think they were all worked for (name of location) Council, and they were very hard work, you know. But luckily most of them have been fine, yeah. And it was a Monday morning, so I thought maybes it wasn’t the best time, and nobody seemed to interact, nobody wanted to talk, and they just listened, went, so that was a bit of a flat time. Other than that people are good. And the training was what I expected. So, but (name of principal trainer) delivered it well as well, so he made it quite fun.

BN: Right.

AP9: Yeah.

BN: Oh good.

AP9: I mean, I did feel I haven’t got (name of principal trainer)’s knowledge, but I think because he’s done it loads of times and it will come with time, yeah.

BN: Yeah.

AP9: But it was good training, yeah.

BN: Oh, that’s good. And do you have any sort of thoughts on comparing? Obviously, you’ve done two train the trainers now from different people, have you kind of got any thoughts on what you prefer from each one or comparing them?

AP9: Both good, but I think the second one was more streamlined. I think it was quite a new thing sort of pre-COVID and we got loads of paperwork and loads of information. The second one was more streamlined; it was basically a PowerPoint and you make your own notes. So, I still had the old training, but when I’ve looked through it, it probably that would take more time to do, maybes four hours. So, just they were both good but the second was more streamlined and you got all the information in, but in like two and a half, two hours sort of thing.

BN: Right. OK.

AP9: It’s probably the core MECC I deliver.

BN: Yeah.

AP9: Because I think some things, isn’t it, but it’s just the core MECC yeah.

BN: The core MECC, yeah. And was there anything you particularly liked about the one that (name of principal trainer) delivered?

AP9: I liked the behaviour change, the one, the Prochaska and DiClemente slide. That’s good to explain. I didn’t like the ice cream van one. I don’t know whether you’ve seen it, there was an ice cream, and I can’t think what MECC, there was one of the behaviour change methods, I think it was prime, something like that. I found that hard to explain but I’ve noticed they’ve taken that out and they’ve left the one slide and the one with stool on the ladder, the COM-B one. I think they’re much easier to explain. So, I mustn’t have been the only one who found the ice cream one hard to explain.

BN: Because I’ve never seen that one because I’ve done the train the trainer, but yeah, they must have taken it out.

AP9: They took it off, yeah. I mean, [08.35 unclear] time I go to all these forums and still I find that hard to explain, but obviously we don’t always have time in our work life, do we, to go to everything that’s online.

BN: Yeah.

AP9: But other people must have said the same so that’s good, we’re on the same page.

BN: Yeah. So, was there anything else you didn’t like so much apart from the ice cream van slide?

AP9: No, I don’t think so. I mean the statistics were good and people are shocked at how life expectancy is low in areas, and even within the area, and some of them joke on about oh I haven’t got long left. And then at the end it sort of lightens up a bit when you’re talking more about the different, like the five core modules, the five core parts that MECC’s looking at so yeah.

BN: Yeah.

AP9: Yeah, so all goes well. Yeah.

BN: Yeah. And so, was it in person, the one you went to?

AP9: I’ve done online. I’m not an online trainer, I’m old fashioned, but I’ve done them all in person but there is one planned for online in a couple of weeks’ time. But I do prefer face to face. I mean, some people don’t do they, but I just prefer face to face. And even (name of principal trainer) delivered face to face training when we initially started the train the trainer.

BN: Right. Yeah, and as a learner for you when you went to the train the trainer, do you prefer face to face over online?

AP9: Yes, definitely. Yeah. Yeah. It’s probably just my generation, I think.

BN: No. I think—

AP9: [10.05 unclear] online. Did you do it online or—

BN: Face to face, and I don’t think it is a generational thing, yeah.

AP9: Yeah. Yeah. I know, I think a lot of people have changed their mind about teaching because they don’t want to do it online. To them it’s a more of a thing. You can see reactions and you can pick up on cues which you can’t always online.

BN: Yeah.

AP9: So yeah, I prefer to [10.28 unclear]. But I have got one planned in a couple of weeks and we’re going to see how that goes, I think just to give people the option.

BN: Yeah. That will be interesting to see how that’s different.

AP9: Yeah. Yeah.

BN: Yeah. And so what was the sort of logistics like of going to the train the trainer, like the time, the venue, the place?

AP9: I live in (name of location). Are you local to (name of location) or not?

BN: (name of location) sort of, yeah.

AP9: I live in (name of location) and the train the trainer was in (name of location), which is about maybes 11, 12 mile. Not bad. Sometimes rush hour can take a while, but if it’s not rush hour probably 20 minutes, half an hour. And then you’ve got to take a little sort of I usually take a copy of the PowerPoint. You don’t have to, but I always like something to write notes on. So, there’s not a lot to carry, whereas when I deliver the understanding health improvement, I sometimes have a projector, my laptop, workbooks so there’s nowhere near as much…oh, and exam papers obviously as well. But with the MECC it’s the logistics are quite defined. There’s not a lot to carry. Yeah, not a lot of paperwork. There’s a signing in sheet and I think that’s it.

BN: Yeah. OK. And did you sort of take anything away from that train the trainer session in terms of your knowledge, your confidence, your motivation?

AP9: Yeah. More knowledge. Confidence OK but I think you’re a bit weary about starting to do it yourself. It’s all right to let someone teach you it, but again a bit nervous about having to do it myself and having to brush up on a few things. And yeah, I was quite motivated to start the training. And once you’ve done it a few times, like everything it does get easier.

BN: Yeah. Yeah. And is there anything you think would have helped improve that confidence at the point of going to the train the trainer that would have helped you?

AP9: No, because (name of principal trainer) was relaxed. He really told us what to do if this happens, what to do, but it’s just the actual doing it, and I think like if people in that room, some of them like work for children services but they weren’t trainers. And I think I can imagine it being an even bigger thing for them, it’s just doing it.

BN: Yeah.

AP9: [12.40 unclear] be fine but it’s just the first, the initial of getting over and doing it.

BN: Yeah. Yeah definitely. And did you feel like the train the trainer training, did you understand it all, was it all so easy to understand?

AP9: Yeah. It was very clear, and it was really encouraging telling us to, you know, you will be all right, you will be able to do it. But sometimes, I mean like everything, some trainer sessions go better than others.

BN: Yeah.

AP9: I really feel for those who hadn’t trained before, it would have been quite a bit step for them to change. I’m probably fitting it into a role that they’re already busy. It’s time for a lot of things, isn’t it, a capacity.

BN: Yeah. And so, it’s very much part of your role, do you think that helped?

AP9: Yeah. Yeah. Because I’m already either a tutor in (name of organisation) in the centre, or a trainer doing outreach things.

BN: Yeah. And what—

AP9: So, that’s still nervous but it did help, so the others must be ten times more nervous.

BN: Yeah. And what was the attitude of your sort of leadership and management towards you going and doing the MECC training and becoming a trainer?

AP9: Oh, they were really keen. They were really keen because they knew, I think, they were forward thinking and they knew it’s something that we’re going to hear a lot of in the future, and also it brought that they help bringing income into the sort of like it’s a sort of charity, a community interest company. Everything you make sort of goes back into the business and we’re all going to keep that going because charities are struggling at the moment.

BN: Yeah.

AP9: They’re very keen and supportive.

BN: Oh, that’s great.

AP9: And gave me the time, yeah, to go and do it.

BN: Yeah. And do you think that was helpful?

AP9: Helpful. Oh yeah, yeah.

BN: Yeah. Oh, that’s great. And so obviously you’ve been really successful with then going and cascading it. What do you think’s really been down to that success because obviously it is a problem that a lot of people aren’t able to, so what do you think it is that’s helped you?

AP9: I think having the background sort of in that area in public health, in health promotion. (name), I think you spoke to (name), she’s quite, she does the recruitment so she makes sure we’ve got people on the courses and then everyone who seems to come like nine times out of ten are very keen and really want to do it with, and a lot of them are volunteers for (name of location) health champions, they’re not like people who work in different jobs. They’re volunteers and do it in their spare time.

BN: OK.

AP9: So, people are keen to pass on a healthy message and I think that’s positive as well.

BN: Right. That’s great. And so, is it quite a mixture of people that you deliver it to?

AP9: Yeah. Yeah. All ages really. Some are volunteers, some work in NHS like the social prescribers. Some will work in like sort of organisations like big factories and warehouses. And some who work in the council. Some we’ve had like a sort of an MP, member of parliament. We’ve had her on the course.

BN: Oh right.

AP9: So, we’ve seen them come from all walks of life, yeah.

BN: Oh, wow and have you adapted the training in any way for your audiences?

AP9: We’ve got a few extra slides we add on which link to (name of location).

BN: Right.

AP9: And a little bit of safeguarding. We had to add a little bit of safeguarding and slides that specifically link to (name of location).

BN: But nothing else changed?

AP9: No, I don’t think so. No. No, not that I can think of yeah.

BN: Yeah. And so how did you feel the suitability of the train the trainer was to sort of your organisation, your audience?

AP9: Oh very. It was really suitable, yeah. It just covered everything you needed and then you can adapt it slightly if you need to add a few slides or take a few slides out, yeah.

BN: Yeah. Oh, that’s great. So, you’ve only sort of adapted the location rather than for the organisations of the audience, I suppose.

AP9: Yeah. See, I think it’s more all (name of location) based, but most of my training is in (name of location) so we’d put some like support groups in (name of location) like for, you know, just for different alcohol abuse and different safeguarding contact numbers, health eating. There’s lots of slides that link to (name of location) more so than just the whole of (name of location).

BN: Yeah. Yeah. That makes sense. And so, when you left the train the trainer training, did you sort of already have a plan to cascade the training?

AP9: No, because I think we had to then apply, because (name of location) put out a call for commissioning to teach the core MECC, but I do have a good relationship with (name), so she kept saying, you know, put in for it, so we had to apply. And I think it was only a few weeks later that we started the training. So, it didn’t take very long. It was sort of maybes a month later we knew we’d got the contract and then we started the training.

BN: Right. And was the contract sort of to deliver a specific amount as well?

AP9: Yes. So many over the year. I think it was something like eight to twelve over a year.

BN: Right.

AP9: I think the contract’s for a couple of years.

BN: Yeah.

AP9: Yeah. But I mean I live in (name of location) and I’m not sure if anything similar goes on in (name of location) but obviously I don’t know.

BN: Yeah.

AP9: I’m sure it probably is, yeah.

BN: And how have you found delivering the training itself now being a MECC trainer?

AP9: OK. Or if you go to venues there’s always the IT issue. That’s always worrying for any trainer. I do quite a lot in the (name of location) and I’m sort of getting used to their IT and just plugging things in. I do a lot in community halls as well, like organisations similar to mine, and that’s when I’d have to take probably a projector because not all of them have a projector. But yeah, I’m fine going to the venues. It’s just you worry about the IT issues.

BN: Right.

AP9: But other than that, once you’ve got the IT up and running you know you’re just ready to go.

BN: Yeah. Oh, so that’s good. So, you haven’t really had any problems ranging and yeah.

AP9: No. Like (name)’s good that does the organising. I give her some dates I’m free, she’ll advertise it and then obviously we just go from there.

BN: Yeah. Oh excellent. And how have you found the resources, so after you did the train the trainer, the resources that you had to be able to deliver the training?

AP9: Oh, really good. I mean, a lot of them I don’t need but they are there, I think, and I always refer people to the website saying there’s lots of more information on resources on there.

BN: Yeah.

AP9: So yeah, they’re really good. Yeah.

BN: Oh great. Which resources do you feel that you don’t need?

AP9: Well, I’ve got the basic PowerPoint. That’s all I usually need. The online version and then the (name of location) version with the extra bits on. Those cards with all the little prompt questions on, they were like a little card, I haven’t got them, but I think they will be useful. But I know it costs a lot to print.

BN: Right.

AP9: I think they weren’t free. You could run them off as just a piece of paper on a photocopier, but the cards themselves would be useful so I’ve used those before.

BN: Right.

AP9: I’m just thinking what else. Obviously, the head, you know, like the infographics just saying the MECC sign and everything, used those. And the bus, you know the bus journey that they have, that’s useful. I use that quite a lot [20.02 unclear] and then any of the other data linking to the area is just useful.

BN: Yeah.

AP9: So, I don’t know loads of what’s on there. It’s worth have another visit I think, and again I’d love to go to the meetings for the train the trainer, but I don’t often have the time.

BN: Right. OK. So, have you been to any of those meetings before?

AP9: No. I did go to the, there was a big day event that was it how to meet three million people, or how to reach three million. It was a day event in (name of location) uni.

BN: Oh, I was there.

AP9: Were you? Well, I’d got in half a day because I had some teaching in the afternoon, so I went on the morning and that was nice to sort of meet people.

BN: Right. Yeah. And so, is there any more resources that you would like to see to help you go on to deliver MECC training?

AP9: No. I think I’m happy. I think they’ve got it spot on really with what I need. Everything seems to be there. And if I’m struggling, I just get in touch with (name of regional MECC at scale coordinator). I mean, at first, I struggled with the website, you know, when you’ve got a…but (name) does most of the booking on so I’m not really involved with that side, which I was pleased because that would have took a lot of time and sometimes we couldn’t get certificates, but I think that’s sorted now.

BN: Right.

AP9: I think there were just a few little hiccups with the MECC website.

BN: Yeah.

AP9: That’s needed ironing out, yeah.

BN: And the cards that you’ve mentioned, so the printing costs that I’m assuming would be on (name of organisation).

AP9: Yeah. Yeah.

BN: Right.

AP9: So, if anything I’ve took photocopies and they’re just on normal paper, but I think (name of regional MECC at scale coordinator) said you can order them from a printer but it will be another cost, so I just left it.

BN: Yeah. So, that would have been maybe nice to have those.

AP9: Having to hand out, yeah.

BN: Yeah. Yeah. And what, so you haven’t managed to go to the actual network meetings.

AP9: No.

BN: Do you think, is there any way that can be improved so you could access those?

AP9: Just finding the time because I only work part time and I still find I do a lot at home for other things, so one of these days I’ll get to them, it’s just time and capacity like everybody, I think.

BN: Yeah. And do you think that would be helpful? I suppose you’re already pretty successful in delivering the training.

AP9: Yeah. Yeah. It’s going well, yeah.

BN: Yeah.

AP9: Yeah, it would be helpful to see, and especially when I realised the other people didn’t seem to like the ice cream thing neither. You know, you think it’s only you, and my daughter did psychology at uni and I asked her to explain it and she tried, but I thought I still don’t feel comfortable but it’s gone now anyway.

BN: Right. Obviously—

AP9: Me, I want one, but do I need one, that was the attitude I think you had to say when you were talking about the ice cream.

BN: Oh.

AP9: Yeah, but it’s gone. Yeah.

BN: Yeah, so they obviously responded to the feedback.

AP9: No, if you hear the siren, you think I want one, but do I need one.

BN: Oh right.

AP9: But my son’s terrible. He’s twenty and if he hears it he’s out there and he gets one. So, it’s oh don’t need one, he wants one. He isn’t, he wants one.

BN: That’s like an action yeah.

AP9: Yeah. Well, they should have had him on the picture.

BN: So, what would you sort of recommend to someone? What kind of strategies would you recommend to help them cascade the MECC training?

AP9: You mean people who’ve done the train the trainer or just—

BN: Yeah. Because obviously you’ve been really successful and then cascading it, so what kind of tips, so—

AP9: Well, I think give it a go, you know. Give it a go and even better if some of them like might have sent two in their organisation, and if you do it as a pair it’s always easier because one can chip in what the other one’s missed. So, I would just say give it a go. It’s not as bad as you think and the more you do it you’ll feel more confident. And I still have my days where I’m not confident and my colleague sometimes will deliver with me, but just again she sort of has other roles as well so it’s just occasional, but I would just say give it a go, it's not nothing to worry about and you can always get back to people if you don’t know the answer.

BN: Yeah.

AP9: So, I think you get this idea that trainers know everything, and they don’t, you know, they’re just human, and we do sometimes have to find out, go back and get back to people later, but definitely give it a go. It’s nothing to worry about, it’s only half a day so I quite enjoy it.

BN: Yeah.

AP9: I mean, when I do a full day training it’s so tiring so a half day is sometimes a nice relief to get home early.

BN: Yeah, definitely.

AP9: Yeah, [24.32 unclear] my advice. Give it a go. Two of you to deliver if need be so you can sort of bounce off each other, and then you’ll get more confident in it. But again, if you haven’t done a…I mean I didn’t get into training till probably the last maybes eight years, so it is something quite still new to me and I’m not the worst, I’m not the best but you just give things a go. But I suppose maybe that’s my attitude now.

BN: Yeah. So yeah. And so do you think that could be a barrier for a lot of people is that—

AP9: Yeah, yeah. Yeah, they’re worried they haven’t got the knowledge. They’re worried they’re going to get asked questions that they don’t know, but I would say if there’s two of you do it then you’ll bounce off each other.

BN: Right. Yeah. And so, what do you think of the train the trainer model as a whole?

AP9: I think it’s good, yeah. Yeah, it seems to work well. All the information was there. Once you work out the website and how to navigate that the information’s there. (name of regional MECC at scale coordinator)’s always been very helpful when I ask loads of questions at the start and obviously (name)’s part of it as well. And (name of principal trainer) was a great trainer, like really relaxed, kept everything relaxed. Yeah.

BN: Yeah. Oh, that’s great. And what did you think of the approach that the train the trainer took in terms of how you learn?

AP9: I found it good. Everyone learns different. You find the figures are always a bit shocking, but I think, you know, there’s a video to watch which is useful. There’s quite a few videos, they’re useful. But yeah, I like that approach. It’s worked for me.

BN: Yeah. Oh, that’s good.

AP9: With the one-to-one trainers it’s just a confidence thing like lots of things.

BN: Yeah. Yeah. And is there any other approaches that might work better do you think in teaching you to become a trainer?

AP9: I don’t know, just maybe stress that they could do it as a pair, you know, rather people maybes think they have to do this on my own, but if they can do it as a pair that could be one thing. I can’t think of anything else really.

BN: Yeah. And what did you think of that kind of second bit of the training when they went more through how to be a trainer? How did you find that bit?

AP9: Found that useful, yeah. Some stuff you already know, but it’s never a bad thing hearing it again.

BN: Yeah.

AP9: And (name of principal trainer) was encouraging but obviously I just feel it’s the confidence thing with the ones who’ve never trained before.

BN: Yeah.

AP9: I mean, I’m doing the train the trainer mental health and I’m a bit nervous of that because I don’t have a great knowledge of mental health. I’ve a little bit but I’ve got some training knowledge though, but I like to keep learning so just give it a go I would say.

BN: Yeah. And so how did you kind of them branch to the mental health one? Has that sort of been your decision or—

AP9: (name of principal trainer), no not (name of principal trainer), (name of regional MECC at scale coordinator) advertised it. (name) in (name of location) Council advertised it, and I might have also got, because obviously I’ve links with the RSPH, they might have advertised it. So, I thought about it and then I thought oh well, give it a go, you know. It’s the longer, I think it could be two days training, so that’s quite new for me.

BN: Oh right.

AP9: Or three half days. So, but I’ll try it and then I’ll probably pass it on to (name of organisation) where I work, probably do a practice run teaching some of the women there and then see what happens if (name of location) Council want me to do it for them.

BN: Yeah. Oh excellent. And do you think it’s kind of helped that you’ve successfully done the MECC core Train the Trainer?

AP9: Oh yeah. Yeah. I’ve got a bit of knowledge about it, yeah, how MECC works and yeah. And I think we’ll hear a lot of it in the future, so it’s worth knowing and I do like learning.

BN: Yeah. Yeah. Oh, that’s excellent. And so what do you think, do you think for those people who haven’t been able to cascade it for whatever reason, do you think having refresher MECC Train the Trainer sessions would be helpful?

AP9: Yeah. Yeah. Yeah, that is a good idea. I never thought of that. Another maybes after six month or something if they want to come on a refresher.

BN: Yeah, right. And then obviously sort of buddy up system that you mentioned earlier.

AP9: Buddy up, yeah.

BN: Is there anything else? Any other sort of strategies?

AP9: No. I think they covered how to train really well. I mean I enjoyed it and I took a lot from it, so maybes the budding up and refresh sessions.

BN: Yeah.

AP9: And if [29.15 unclear] organisation gives them the time, you know, I know places don’t always, to go on the refresher sessions and then give it a go and see how it goes from there.

BN: Yeah. And so do you always feel like you’ve had the time to be able to go and do the training?

AP9: Yeah. Yeah. Yeah, things like that definitely. It’s all the extra things we don’t have time to do sometimes. But for training it’s always worth investing, I think, a bit of your time if you know you’re going to use it again.

BN: Yeah. Oh, that’s great. Sounds like you’ve had a really positive experience overall.

AP9: Yeah. As I say, there was only that one session that I’ve struggled and came out and like reflected on it and thought oh that was hard work, but I don’t know if I had the right people, the right mix of people, whether they wanted to be there, whether it was a Monday morning thing. Just sometimes it happens but most of the times be very positive.

BN: Yeah. Oh, that’s great. And so, you couldn’t really pinpoint why that was a different—

AP9: No. No, just one of those things, I think. Yeah.

BN: Yeah. And did it kind of put you off for future or was it OK?

AP9: A little bit because usually you get very positive comments, but I think one of the comments there was I wasn’t very enthusiastic, which I’ve never had that before, but just maybes it was just one of those days, I think. Other than that I get really good comments, yeah.

BN: Oh, that’s really positive, yeah.

AP9: Some groups really interact and learn from each other and pass on where they’re from and pass on contact details and this lot just didn’t. But never mind, we learn from it don’t we?

BN: One of those days, yeah.

AP9: Yeah, yeah it was. Yeah.

BN: Interesting. Well, yeah, that was everything I had to ask you. Is there anything you want to add, do you feel like you were kind of thinking of before that we haven’t gone over, anything like that?

AP9: No, I think that’s fine. Will you send me a copy? I think you said of the research. We can have a copy when it’s done, but how long is it going to take? Will it be a long time?

BN: Of course. So, I think we’ll sort of be writing up in February, March.

AP9: Oh cool.

BN: And then yeah, so should have sort of the summary of findings to share if you’re interested in keeping updated.

AP9: Oh yeah, yeah.

BN: And then obviously with publication it takes a few months after that but yeah, next year so first half of next year.

AP9: Ah lovely. So, have you had quite a few interviews Beth then? Have you managed to get hold of people?

[End of recording]