

Moving and Handling Zoom Events

Jan - March 2021

- Wednesday 13th January 10:30 12:00
 <u>Sit to Stand</u> (helping someone in / out chair, wheelchair)
- Thursday 28th January 13:00 14:30
 <u>Bed Manoeuvres</u> (helping someone in / out of bed)
- Wednesday 10th February 13:00 14:30
 <u>Car transfers</u> (helping someone in / out of a car)
- Tuesday 23rd February 10:30 12:00
 <u>Falls Prevention</u> (assisting after a fall / reducing risk)
- Wednesday 10th March 13:00 14:30

Sit to stand (helping someone in / out chair, wheelchair)

These sessions are run by our Moving and Handling Team

For more information or to book on to this event, please get in touch on:

🕾 call 0303 040 1234 🕽 text 07714 075993

email: CSAdmin@actionforcarers.org.uk

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