

**Innovative****Caring****Agile**

Moving and Handling training for Parents Carers of Children & Young People with physical disabilities

FREE Advice and Support Workshop

This workshop is for parents and legal guardians who look after a child or young person with a physical disability. We are unable to accommodate education staff or paid carers on this workshop.

The workshop will provide you with advice and support on how to move your child safely, whilst looking after yourself. It covers topics such as the importance of back care, moving and handling techniques, using equipment and relevant legislation.

There will be an opportunity to talk to the other parents/ carers attending and to speak to a Carers in Herts representative.

BOOK YOUR PLACE:

- **Friday 17th September**
- **Time: 10am – 1pm**
- Venue: Marlowes Health & Wellbeing Centre, Hemel Hempstead
- <https://tinyurl.com/yrb9w4ej>

- **Wednesday 13th October**
- **Time: 10am – 1pm**
- Venue: The Pines, Hamels Drive, Hertford
- <https://tinyurl.com/2zzh46nw>

- **Friday 26th November**
- **Time: 10am – 1pm**
- Venue: Marlowes Health & Wellbeing Centre, Hemel Hempstead
- <https://tinyurl.com/58k8ypn4>

To find out about other training opportunities please visit our CYP Therapies Service webpages <https://www.hct.nhs.uk/our-services/children-young-peoples-therapies-service/>

Contact us at:
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