

## **Moving and Handling Workshop for Parent Carers**

**This free workshop is for parents of children or young people aged up to 19 with a physical disability. Topics covered will include legislation around moving and handling, anatomy and a demonstration of manual handling aids and slings. There will also be a focus on bathing, toileting and bed mobility.**

**Join us on Thursday 8th March 2018**

**Where: The Pines Short Break  
Centre, Divot Place, Hamels Drive,  
Hertford, SG13 7SP**

**When: Tea/coffee from 10am,  
Workshop 10.30am - 12.30pm  
followed by lunch**



**Making carers count**

For more information or to book your place:

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Online:** via the Events calendar at

[www.carersinherts.org.uk](http://www.carersinherts.org.uk)