



Moving and Handling Zoom Events

Jan - March 2021



- **Wednesday 13th January 10:30 – 12:00**
Sit to Stand (helping someone in / out chair, wheelchair)
- **Thursday 28th January 13:00 – 14:30**
Bed Manoeuvres (helping someone in / out of bed)
- **Wednesday 10th February 13:00 – 14:30**
Car transfers (helping someone in / out of a car)
- **Tuesday 23rd February 10:30 – 12:00**
Falls Prevention (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