



Moving and Handling Zoom Events

Apr - June 2021



- **Monday 12th April 10:30 – 12:00**
Car transfers (helping someone in / out of a car)
- **Tuesday 4th May 13:00 – 14:30**
Bed Manoeuvres (helping someone in / out of bed)
- **Tuesday 18th May 10:30 – 12:00**
Falls Prevention (assisting after a fall / reducing risk)
- **Thursday 3rd June 13:00 – 14:30**
Car transfers (helping someone in / out of a car)
- **Wednesday 30th June 10:30 – 12:00**
Bed Manoeuvres (helping someone in / out of bed)

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