



# **Moving and Handling Training for Carers**

**Do you provide unpaid care for a person and need advice and information on back care and safer moving and handling techniques?**

The training includes:

- Back Care - advice on looking after your back
- Safer ways to move the person you care for
- Techniques for moving a person when they are in bed
- Discussion on unsafe moving and handling practices

**Training available:**

**18/05/17   22/08/17   14/11/17  
18/01/18   13/03/18**

**1pm — 4.30pm**

Venue: Bron Y Nant, Dinerth Road,  
Colwyn Bay, LL28 4YN

Trainer: Sian Jenkins, Manual Handling Adviser  
Conwy County Borough Council

**Places are limited! To book your place:  
Please contact Melanie Clapham, Carers Officer  
01492 577805**