

## Postural Care Course

Postural Care CIC is a Community Interest Company  
(denoting Not for Profit)

### Understanding Why and How the Body Changes Shape Sharing Practical Positioning Solutions

#### Why Postural Care and Why this Course?

- Recognised in recent documentation such as 'Health Action Planning and Health Facilitation for People with Learning Disabilities: Good Practice Guidance' – '*It focused on improving the individuals' poor posture as this was seen as the predisposing factor for a range of serious health problems, including respiratory illness. In doing this, it recognised that family carers were the most committed and spent most time with the individual. Some of the family carers have gone on to gain qualifications as trainers in postural care skills.*'
- Following Mencap's 'Death by Indifference' Sir Jonathan Michael's report noted that there was a big gap in services regarding protection of body shape. On page 19 it claimed '*Many families receive no support or advice about how to manage the sleeping position of their child and the Inquiry heard examples of cases where later wheelchair use and/or back surgery could have been avoided if effective early intervention had been provided.*'

**Where?** At The Coton Centre, Comberford Road, Tamworth, B79 9AA

**When?** 26<sup>th</sup> November 2009

**Time?** 1.00pm until 5.00pm

**How much?** £45 per person including VAT

Delivered by leading experts in this field, John and Liz Goldsmith, Sarah Hill, and Anna Waugh

Designed to deliver practical skills to protect body shape

Developed for both family carers and healthcare professionals

#### Programme

- 1pm – 2pm: The Biomechanics of Body Shape Distortion and The Families' Project – John and Liz Goldsmith
- 2pm – 3pm: Discussion of Thermal Regulation and the Effects of Medication by Sarah Hill, and Pain Profiling by Anna Waugh
- 3pm – 3.15pm: Coffee Break
- 3.15pm – 5pm: Practical Positioning Strategies

All activities on this course are voluntary but if you would like to participate in the practical sessions please wear comfortable, appropriate clothing such as jeans or a track suit.

Please note The Coton Centre is a non-smoking site, smoking is not permitted in any part of the building or its grounds.

Accreditation for this course is available through the OCN on completion of an evidence portfolio. A registration fee of £100 would be applicable. *Please note that this is an option, attendance is not dependent on application for accreditation.*

Please see overleaf for booking details  
Group bookings welcome

## Booking Form

### Venue Address:

The Coton Centre,  
Comberford Road,  
Tamworth,  
Staffs,  
B78 3AD

Please book ..... place(s) on the Postural Care Course (26<sup>th</sup> November 2009) for:  
(Please photocopy this side of the form for the names of additional delegates)

To ensure delegates have timely information on this event we will be corresponding by email wherever possible. To help us ensure effective communication, **please print your email address in the space below**. If you would prefer hard copies of correspondence, please indicate.

Forename	Surname
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Job title	Organisation
-----	-----
E-mail	
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Address	
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Tel	Fax
-----	-----
Do you have any dietary/access requirements?	
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I would rather receive hard-copy correspondence <input type="checkbox"/>	

All places £45 (£39.13 plus £5.87 VAT). Please note all places must be paid for **before** attendance at the event

Cheque enclosed ▲  Please invoice ◆

- Please make cheques payable to **PCSP (UK) Ltd** with the date of the course and participant name(s) on the back.
- Invoices issued may be paid by BACS. Full details will be given on the invoice.

All cancellations must be received in writing. In the event of a cancellation, a full refund will be given for one month's notice; a 50% refund will be given for 1 month to 14 days notice. No refund will be given for less than 14 days notice but substitutions may be made at any time.

Please contact **Postural Care on 01827 304 938** if you have not received confirmation of your place at least 2 weeks prior to the date of the event.

### Once completed, please post or fax to:

Postural Care Skills,  
The Sharratts,  
School Lane,  
Hopwas,  
Tamworth,  
Staffs,  
B78 3AD

Tel: 01827 304 938  
Fax: 01827 304 938