



Postural Care Info Day

People who find it hard to move are at risk of developing changes in their body shape. These changes can make life much more difficult for the person and for those caring for them, they are also preventable.

My Life CIC has invited Postural Care CIC to deliver an Awareness Day in this area. Postural Care CIC trains people to protect body shape using therapeutic positioning, particularly at night. This form of therapy is very gentle and based on common sense principles.

Night positioning involves using the long hours spent in bed, usually about a third of the year, to gently support people to prevent stresses on joints or even to restore existing problems with body shape. The earlier you start to protect body shape the better – but it's never too late.

This info day will provide you with practical skills that you can adapt and develop to suit your needs. It's been developed with a view to improving the health and lifestyle of people affected by movement difficulties. Any child with a movement problem, regardless of their diagnosis, could benefit from postural care.

Please come along to what promises to be a supportive, valuable and exciting day!

Monday, 10 June 2013

10am to 2.30pm, or 7pm to 9pm

Britannia Hotel, Almond Brook Road, Standish,
Wigan, WN6 0SR

Cost: £15 members, £25 non-members

To book, email: info@my-life.org.uk

Postural Care CIC is a not-for-profit organisation providing accredited training and support around Protection of Body Shape for people with movement difficulties, such as children with cerebral palsy.

Our work has been developing for the past 15 years and we are very proud of the results achieved by families, self advocates and professionals all working in partnership.

People are becoming more aware of postural care and the huge benefits that it can have. To find out more take a look at the Mencap campaign – there are six short films and a booklet to explain what postural care is and how people have used it to support the person they care for.

www.mencap.org.uk/posturalcare

