

## **Come to our Information Day and find out more about Postural Care**

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.

Postural care is about protecting a person's body shape using therapeutic positioning, particularly at night. This form of therapy is very gentle and based on common sense principles.

We will think about how and why a person's body can change shape over time, ways in which we can try to prevent changes happening and who might be able to help.

**Email Toni [Tonigoodchild@sky.com](mailto:Tonigoodchild@sky.com) to book a place or give her a ring on 07546 220 943 if you would like to know a little more about the day**

Postural Care CIC is a not-for-profit organisation providing accredited training and support around Protection and Restoration of Body Shape.

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](http://www.mencap.org.uk/posturalcare)

**When? 8<sup>th</sup> July 2013**

**What time? 9.30am – 3.00pm**

**Please bring along a packed lunch ☺**

**Where? The Ascension Centre, 1 Thorold Road, Bitterne Park, SO18 1HZ**

**Cost £18 per person**

