

Invite to free workshops about restrictive practices



We are **Improvement Cymru**. Our job is to improve NHS services in Wales.



We are holding 3 workshops across Wales about **restrictive practices** with:

- Learning Disability Wales
- All Wales Peoples First
- Regional Partnership Boards
- All Wales Forum for Parents & Carers
- and Social Care Wales



Restrictive practices are ways of stopping people from doing something. Or controlling people. For example:

- holding someone down to stop them hurting themselves or others
- giving them medicine to stop them doing something harmful
- making them stay in a room away from other people.





The workshops are for people with a learning disability and their families.



The aim of the workshops is to tell you about:

- the 7 types of **restrictive practices**
- when it is lawful to use **restrictive practices**
- how the law protects you and what your rights are

The workshops will be taking place in:



- **South Wales on 4 October at the Village Hotel, Cardiff**
- **North Wales on 6 October at Conwy Business Centre, Conwy**
- **West Wales on 27 October at Ffos Las Racecourse, Kidwelly**



If you would like to come to 1 of the workshops, [please register by clicking on the link here](#).

A light blue registration form with three input fields. The first field is labeled 'Your name' and has a small icon of a person. The second field is labeled 'Address' and has a small icon of a house. The third field is labeled 'Phone' and has a small icon of a mobile phone.

Or you can fill out the word version of the registration form and e-mail it to Tarah.cooke@wales.nhs.uk.



If you need any help to register, please contact Tarah.cooke@wales.nhs.uk.