

# Invite to free workshops about restrictive practices



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



We are holding 2 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:



- **Plas Dolerw Newtown – Monday 27 March 2023**
- **Llangoed Hall Brecon – Tuesday 28 March 2023**



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



If you need any help to register, please contact [Tarah.cooke@wales.nhs.uk](mailto:Tarah.cooke@wales.nhs.uk).