

Active Support: a carers perspective Free webinar!

Are you a family carer? Join us this Thursday (10th February 2022) for a **free webinar** to explore Active Support, a model to support adults and children to participate in a wide range of activities.

Active Support is evidence-based which helps improve the quality of life for people who need support. This approach is person-centred and has been shown to increase participation in activities, improve self-esteem and choice making and reduce depression, boredom and behaviours of concern.

Date: Thursday 10th February 2022

Time: 2pm - 3pm (including Q&A)

Location: Zoom call

Hosted by:

- Professor Edwin Jones, Strategic Lead for PBS at Bild
- Seema Islam – Peer Educator and family carer



Edwin and Seema will provide practical advice by sharing information, personal and professional insights and short videos to demonstrate how Active Support can be used in practice. The focus of the webinar will be on practical things family carers can do at home and how to get more information about Active Support.

This webinar is suitable for any family carers, no prior knowledge of Active Support is required and all are welcome.

For more information and to register your interest, visit bit.ly/ActiveSupportfamilycarer