

# Adult Learning - Course Information Sheet



## AAB1DA24 - Chair Massage

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue south  
Northampton

NN3 3AA

**Room** Upstairs Room

Start Date: 18 November 2024  
End Date: 18 November 2024  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Monday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course aim

This is an introductory course so could lead to other introductory courses in massage and therapies or could lead onto a qualification course if desired.

### Course outcomes

- The effects and benefits of massage.
- Reasons why you may not be able to give someone a massage.
- Specific techniques to use in Chair Massage to relieve tension, including pressure points.
- A routine to use on friends and family.

### How will the course be taught?

This routine is taught through clothes so wear a light T shirt. You will be working in pairs on each other. The course is delivered using demonstration and then talking through the techniques and giving support.

### What do I need to bring / have ready?

You will need to bring pen and paper, water, a pillow or cushion, antiseptic hand wipes.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first day. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

