

Adult Learning - Course Information Sheet



AAB6DA63 - Hand And Arm Massage

Abington Bowling Club

Abington Bowling Club
12 Park Avenue
Northampton

NN3 3AA

Room Upstairs Room

Start Date: 05 November 2022
End Date: 05 November 2022
Start Time: 10:00AM
End Time: 12:00PM
Day: Saturday
Sessions: 1
Tutor: Mrs Janet Flowers

Course aim

To learn how to perform a basic hand massage.

Course Outcomes

Recognise the common contra-indications to massage
Perform a basic relaxing hand and arm massage
Identify different oils and recognise how they affect the skin

How will the course be taught?

Demonstration, practical session working in pairs.

What do I need to bring / have ready?

2 small towels, massage oil, hand wipes, sanitizer gel.

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 or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info 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

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive.stopfraud.org.uk/> national awareness campaign. 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/>

