

# Adult Learning - Course Information Sheet



## ABA1DA02 - Bach Flower Remedies

### Buccleuch Academy - Pavillion

Buccleuch Academy  
Weekley Glebe Rd  
Kettering

NN16 9NS      **Room** Pavillion Community Room

Start Date: 27 November 2023  
End Date: 27 November 2023  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Monday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course aim

This course is an introduction to the Bach Flower Remedies. You will learn about the background and history of the remedies and how they can be applied.

### Course Outcomes

- State the background and history of Dr Bach
- Identify how the remedies work on emotions
- Recognise which emotions the 38 remedies work on
- Be able to blend a bottle of remedies

### How will the course be taught?

By discussion, demonstration, observation, group work and work in pairs.

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

- A drink (water)
- A pen and paper

### Further support or 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 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://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

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> a national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

### Further Information

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/>

