Adult Learning - Course Information Sheet

AUNP31 - Japanese Face Massage

Abington Bowling Club
Abington Bowling Club
12 Park Avenue south
Northampton

NN3 3AA **Room** Abington Bowling Club

Start Date:	23 November 2026
End Date:	23 November 2026
Start Time:	7:00PM
End Time:	9:00PM
Day:	Monday
Sessions:	1
Tutor:	Mrs Janet Flowers

What will I learn?

This short complementary therapy workshop offers a practical and relaxing introduction to the basic principles of the chosen therapy. Through hands-on learning, you will develop practical techniques in a supportive, informal setting, allowing you to explore therapeutic touch, relaxation techniques, and basic wellbeing principles. Build confidence in giving and receiving treatments in a calm, respectful environment and learn about safe practice, including posture, comfort, and basic hygiene. No previous experience is required, and sessions are suitable for personal interest, wellbeing development, or as a taster for further study in complementary therapies. You will learn safety factors and to recognise contra -indications to the therapy. You will also recognise the importance of aftercare advice.

What will I need to take part?

Please complete the PARQ form and send to adultlearning@northnorthants.gov.uk 1 week prior to the start of the workshop so that the tutor can identify any contraindications. For Indian Head Massage, Seated Acupressure, Hand Reflexology, Arm and Hand massage please bring a notebook and pen and a drink of water. For Japanese Face Massage and Thai Foot Massage, please bring a cushion and two bath towels as well as a notebook, pen and water. You should bring reading glasses if you need them as there may be some paperwork to complete.

What to expect

The course will be a face-to-face session including tutor input and demonstration, group discussion, individual practise and supervision.

Tutors use Google Classroom to help make course resources available both during and after this session. Please take advantage of joining your Classroom when invited to do so. For IT help please visit https://learners.northantsadultlearning.ac.uk/it-tips

Where can it lead to?

With your interest awakened and your appetite stirred for more knowledge, you may want to explore alternative therapies in further workshops or longer courses. These techniques are also fun to practise with people at home. Please ask you tutor about further learning and opportunities to progress.

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Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:
- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.
- Resident in England for the duration of your learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support, you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

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 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/

Adult Learning Service
Support Service Team
Email - AdultLearning@northnorthants.gov.uk

North Northamptonshire Council

West Northamptonshire Council