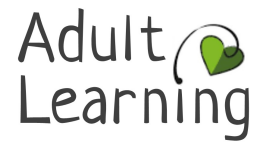


# Adult Learning - Course Information Sheet



## AZH6DN06 - Foot Massage For Wellbeing

### Chester House Estate

Higham Road  
Irchester  
Wellingborough

NN29 7EZ      **Room** Chester House Estate

Start Date: 28 September 2024  
End Date: 28 September 2024  
Start Time: 1:00PM  
End Time: 3:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### UKSPF - Shared Prosperity Fund

UKSPF aims to level up the whole of the UK by building pride in place, supporting local businesses and people, and skills.

### Course aim

Learn a range of massage techniques specifically for the foot to promote relaxation and reduce muscle tension in the ankle and foot area for wellbeing.

### 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?

Face to face

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

All materials are provided

### 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 [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/> 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.

### Further Information

This course is specifically designed to reduce the barriers some people face to employment and support them to move towards employment and education.

**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/>**

