

Adult Learning - Course Information Sheet



AZH6DN07 - Hand Massage For Wellbeing

Chester House Estate

Higham Road
Irchester
Wellingborough

NN29 7EZ

Room Chester House Estate

Start Date: 24 August 2024
End Date: 24 August 2024
Start Time: 10:00AM
End Time: 12:00PM
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 to use on the hands to encourage suppleness in the hands and fingers, for example with arthritis, as well as improving skin tone. These techniques can be carried out on yourself or another person

Course outcomes

- a) Recognise the common contra-indications to massage
- b) Perform a basic relaxing hand and arm massage
- c) 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 or call 01536 535809 (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

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 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/>

