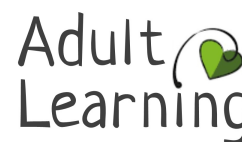


Adult Learning - Course Information Sheet



AZZ2DA03 - Complementary Therapies

Virtual Classroom - Zoom

Start Date: 07 November 2021
End Date: 28 November 2021
Start Time: 7:00PM
End Time: 8:30PM
Day: Sunday
Sessions: 4
Tutor: Mrs Barbara Lewis

ZZ99 9ZZ

Room Meeting ID:

Personal Development

Personal Development courses can help you to take up a new interest, learn for enjoyment, build your confidence or gain skills for future employment or self-employment.

Course aim

This online course, using Zoom for delivery will enable you to learn more about the subject, and practice new skills. We will investigate and practise a range of complementary therapies and learn how they may be used in conjunction with conventional treatments, seeking to improve mind, body and spirit.

Course Outcomes

- a) We will practice a self indian head massage
- b) We will investigate the use of bach flower remedies and how they may help with emotions and also practice breathing techniques.
- c) We will practice reflexology on the hands
- d) We will practice reflexology on the ears
- e) We will discuss feng shui, learners will recognise ways of applying feng shui in their own homes.
- f) Recognise the benefits of a good diet and how this is applied to vegan, vegetarian and meat eating diets.
- g) Understand how all aspects of our life affect our health and wellbeing.

How will the course be taught?

The course will be taught online via Zoom and will be a lively interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address prior to the class.

What do I need to bring / have ready?

To take part in the course, you will need a computer, laptop, phone or tablet connected to the internet and be able to view a live video stream. We also recommend that you have a pen and notepad to hand during the sessions. Drink of water.

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 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.

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/>

