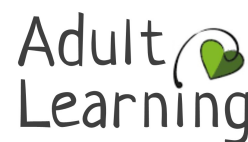


Adult Learning - Course Information Sheet



SAB1DA28 - Hand And Arm Massage

Abington Bowling Club

Abington Bowling Club
12 Park Avenue south
Northampton

NN3 3AA

Room Upstairs Room

Start Date: 24 February 2025
End Date: 24 February 2025
Start Time: 7:00PM
End Time: 9:00PM
Day: Monday
Sessions: 1
Tutor: Mrs Janet Flowers

Course aim

To learn how to perform a basic hand massage.

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?

Demonstration, practical session working in pairs.

What do I need to bring / have ready?

2 small towels, massage oil, hand wipes, sanitizer gel.

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 <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> 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. 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/>

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



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