

# Adult Learning - Course Information Sheet



## SAB1DA38 - Swedish Body Massage

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue S  
Northampton

NN3 3AA      **Room**

Start Date: 28 February 2022  
End Date: 14 March 2022  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Monday  
Sessions: 3  
Tutor: Mrs Janet Flowers

### Course aim

To learn to use safe practice in Swedish massage and a routine to use on family and friends. This course may be unsuitable for individuals with certain conditions such as varicose veins. Please check with your tutor.

### Course outcomes

- Identify contra-indications to Swedish massage
- Recognise the benefits of Swedish massage
- Demonstrate different massage techniques
- Demonstrate a routine to use on friends and family
- State aftercare advice

### How will the course be taught?

Discussion, demonstration and practical.

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

Writing materials. Antiseptic hand wipes, grape seed or sweet almond oil. 2x hand towels, 2x bath sheets, robe, slippers and a drink of water. Please bring drinks, pen and paper.

### 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 01604 368023 (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 session. 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 for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

### Further information

In order to show progression throughout the course, it may be necessary to use video or digital cameras during the lesson. Your course induction should cover any further information you may require.

**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/>**

