

# Adult Learning - Course Information Sheet



## SAB1DA68 - Thai Foot Massage

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue  
Northampton

NN3 3AA

**Room** Upstairs Room

Start Date: 06 February 2023  
End Date: 06 February 2023  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Monday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course aim

Introduce the origins of Thai Foot massage and perform a treatment for family and friends.

### Course Outcomes

- a) Recognise contra-indications to Thai foot massage
- b) Select application of pressure
- c) Perform a sequence to feet and legs
- d) Safe use of Thai sticks to enhance treatment

### How will the course be taught?

Demonstration, discussion and practical application.

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

Bath towel, pillow, foot cream or Aqueous cream.  
Writing materials. A drink of water

### Further support or 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

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](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. The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session. Wearing jewellery will not be permitted during sessions. For re-hydration please drink water only.

### 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. Please note this course takes place on the first floor of the building and there is no lift access.

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/>

