Adult Learning - Course Information Sheet

SAB2DA70 - Reflexology For Beginners

Abington Bowling Club
Abington Bowling Club
12 Park Avenue
Northampton

NN3 3AA **Room** Upstairs Room

Start Date:	21 February 2023
End Date:	14 March 2023
Start Time:	7:00PM
End Time:	9:00PM
Day:	Tuesday
Sessions:	3
Tutor:	Mrs Janet Flowers

Course aim

To understand the history, background and contra-indications to Reflexology and to carry out specific Reflexology techniques in a routine to use on friends and family. This course is intended for recreational purposes only and the content is not underpinned by scientific research.

Course outcomes

a) Understand the background and history to Reflexology
b) Identify safe practice and contra-indications to Reflexology
c) Apply specific Reflexology techniques
d) Demonstrate a routine to use on friends and family

How will the course be taught?

Demonstration 1:1 tuition and practical work, discussion, group work

What do I need to bring / have ready?

Antiseptic wipes, aqueous cream, 2 x large towel, 2 x pillow.
Completed health check form. Drinks, notepad and pen.

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

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 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.

Further information

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

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

North Northamptonshire Council

West Northamptonshire Council