

# Adult Learning - Course Information Sheet



## SAB6DA02 - Hand Reflexology

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue S  
Northampton

NN3 3AA

**Room** Upstairs Room

Start Date: 29 January 2022  
End Date: 29 January 2022  
Start Time: 1:00PM  
End Time: 3:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course aim

To introduce hands and feet reflexology, explaining history, theory and contraindications.  
To learn a hand and foot reflexology technique.

### Course outcomes

- Perform simple hand and foot reflexology techniques
- Explain the benefits and effects of hand and feet reflexology
- Describe the origins and history of reflexology
- Identify contra-indications to reflexology

### How will the course be taught?

Talk, followed by practical demonstration with learners then practicing on each other.

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

Cleansing wipes, writing materials, hand cream or lotion, small towel, small cushion, completed medical form.

### 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.

**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/>**

