

Adult Learning - Course Information Sheet



SGB2DA01 - Women's Self Defence

Bugbrooke Sports and Community Ctr

Bugbrooke Sports and Community

Camp Close

Bugbrooke

Northampton

NN7 3RW

Room Main Hall

Start Date: 21 February 2023

End Date: 21 March 2023

Start Time: 7:30PM

End Time: 8:30PM

Day: Tuesday

Sessions: 5

Tutor: Ms Caroline Izzard

Course aim

For participants to learn self defence tools and strategies to promote confidence, awareness and skills in a variety of settings.

Course outcomes

- a) Describe basic theory of self defence including current UK Law
- b) Recognise the stages of an attack
- c) Be able to apply the 3 distances and 3 timings
- d) Use various tools and techniques appropriate to each learner's build and ability.

How will the course be taught?

Verbal, practical demonstration. Active participation, including solo, pair and group work.

What do I need to bring / have ready?

Wear loose, comfortable clothing to exercise in, this is an active course. Trainer type footwear. Water to drink. Notebook and pen.

All ladies who are pregnant must bring a letter of consent to take part from GP or midwife.

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

For anyone that may have an impairment to their health.

Further courses/clubs and training are available via Northamptonshire Sport - visit their website for more details <http://www.northamptonshiresport.org/sports>

Chewing gum and wearing jewellery will not be permitted during sessions. For rehydration please drink water only.

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/>

