

# Adult Learning - Course Information Sheet



## SZZ2DA31 - Indian Head Massage For One

### Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 08 February 2022  
End Date: 08 February 2022  
Start Time: 7:00PM  
End Time: 8:30PM  
Day: Tuesday  
Sessions: 1  
Tutor: Mrs Barbara Lewis

ZZ99 9ZZ Room Meeting ID:

### Course aim

To introduce learners to the basic principles and techniques of Indian Head Massage. Learners will learn how to perform a massage on themselves.

### Course Outcomes

- Discuss the history and concept of Indian head massage
- Recognise the benefits both physical and psychological for this type of massage
- Recognise contra-indications whilst giving massage
- Perform the classical movements relating to Indian head massage

Learners will be required to complete a health questionnaire online prior to the course.

### How will the course be taught?

Zoom – everything will be demonstrated, you will be able to try things out, ask questions and make notes.

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

Pen, pencil and notepaper. Chair without arms, small cushion, wet wipes and a towel.

### 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 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.

### Further Information

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. Further information can also be found here: [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info)

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/>

