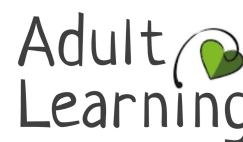


Adult Learning - Course Information Sheet



SUNP08 - Bach Flower Remedies

Vulcan Works Fetter Street

Vulcan Works Fetter Street
Door 9 and 11
Northampton

NN1 1DE

Room Vulcan Works Fetter Street

Start Date: 06 March 2027
End Date: 06 March 2027
Start Time: 10:00AM
End Time: 12:00PM
Day: Saturday
Sessions: 1
Tutor: Mrs Janet Flowers

What will I learn?

During this workshop you will learn a brief history and philosophy of Bach Flower Remedies and the work of Dr Edward Bach, discover how the remedies are used to support emotional wellbeing, explore a selection of the 38 Bach Flower Remedies and the emotions they are traditionally associated with, learn how to choose appropriate remedies for common everyday emotional situations and understand how to use Bach Flower Remedies safely and responsibly as part of a holistic approach to wellbeing.

What will I need to take part?

This is a relaxed, friendly and interactive workshop suitable for beginners. You will take part in tutor -led discussions and practical activities that help you explore how Bach Flower Remedies may be used to support emotional balance. There will be opportunities to ask questions, share experiences (if you wish), and learn in a supportive environment. No previous knowledge is required.

What to expect

Please complete the PARQ form sent to you by Adult Learning and return 1 week prior to the workshop so that any contraindications can be identified. No previous experience or qualifications are needed. You should have an interest in natural health and emotional wellbeing, be willing to participate in group discussions and activities, bring a notebook and pen if you wish to make notes, wear comfortable clothing suitable for a classroom-based workshop. Please note that this workshop is for educational purposes and does not provide medical advice or train learners to diagnose or treat health conditions.

Where can it lead to?

After completing this workshop, you may wish to progress to other courses in complementary therapies and wellbeing, such as:

- Aromatherapy
- Herbal Remedies
- Mindfulness and Stress Management
- Reflexology
- Holistic Health and Wellbeing
- Further study in complementary therapies or natural health

The knowledge gained can also help you make informed choices about using Bach Flower Remedies to support your own emotional wellbeing and everyday self-care.

SUNP08 - Bach Flower Remedies

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- resident in England, outside a devolved adult skills funding area.
- ordinarily resident in the UK on the first day of learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

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/>