

ENRICHMENT PROGRAMME

Sport & Social Action Opportunities
2020 – 2021



‘Preparing Learners for Life in Modern Britain’

CLUBS | ACTIVITIES | EVENTS

COLLEGE LIFE. SO MUCH MORE THAN JUST LEARNING.

WELLBEING SERVICES

Look after yourself and stay connected.

It's really important that you look after your wellbeing and the College is here to help with a wide range of services including the Mentor and Counselling Teams, the Sexual Health Team and Teenage Pregnancy Advice Service (STAR), a College Nurse and Stop Smoking Support.

MENTORS AT A GLANCE:

Our Mentors are passionate about engaging with learners in innovative and diverse ways. They lift barriers to learning by providing support, including 1-2-1 sessions, group work, workshops and referrals to outside support agencies. They can help with a wide range of issues including: Social Skills, Money and Time Management, Housing, Self Esteem and Confidence Building, Careers, Emotional Awareness, Relationships, Drug and Alcohol Abuse, Sexual Health and much more!



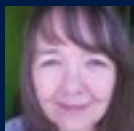
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You can also contact
Claire Oliver – Learner Safeguarding
and Wellbeing Coordinator
on 07786 113845
or email claire.oliver@stokecoll.ac.uk

COUNSELLING AT A GLANCE:

Our Counselling Service is available to all students. It's confidential and offers you time and space to talk, think about and explore the problems that are concerning you. You can also access the Mental Health Support Team (MHST) who support young people with emerging to moderate mental health difficulties which could be affecting your day-to-day life.



Joy Hewitt



Paige Harrison



Copper

In addition to appointments with the team you can also attend some drop-in sessions:

DAY	CAULDON CAMPUS	BURSLEM CAMPUS
Tuesday	It's good to talk group 12:15pm – 1:00pm: Cauldon (Room to be finalised)	It's good to talk group 12:15pm – 1:00pm: Burslem, Room B5
Wednesday	MHST Drop in Sessions 12:00pm – 1:30pm: Cauldon H004	MHST Drop in Sessions 12:00pm – 1:30pm: Cauldon B5
<i>Drop in sessions with the MHST will alternate between campuses each week</i>		
Thursday	Drop in Sessions 12:00pm – 1:00pm: Cauldon Counselling Room	Drop in Sessions 12:00pm – 1:00pm: Burslem B5

To contact the Counselling Service directly, please email: counselling@stokecoll.ac.uk
To refer to our service, visit our wellbeing page on CANVAS in the 'how to refer' section.

ENRICHMENT SPORT & SOCIAL ACTION

This booklet is your essential guide to the College's Enrichment - Sport and Social Action Programme. It is an A-Z of new and exciting activities that all students at Stoke on Trent College can take part in every week, alongside their own course, enhancing the learner experience.

If you have any questions regarding Enrichment, please call into the Students' Union Common Room at either the Burslem or Cauldon Campus. Enrichment at Stoke on Trent College includes a wide range of sporting activities, personal development opportunities, social activities and events. There really is something for everyone, so don't miss out... Get Active, Get Involved!

WHY TAKE PART IN ENRICHMENT?


Through our Enrichment Programme you will have social action opportunities to explore and develop the values, knowledge, confidence and skills to prepare you for life in modern Britain and to successfully progress to employment or higher education.


It's also a great opportunity to:


- Gain new skills to add to your CV.
- Get prepared for living and working in a diverse community.
- Meet new people.
- Make healthy choices.
- Enjoy, achieve and progress.
- Improve your personal statement if you are thinking about progressing to higher education.


If you have any other questions relating to Enrichment contact Calvin Austin on 07786 113853


SOCIAL DISTANCING – COVID 19


 Do not come to college if you, or a member of your household has a high temperature, a new, continuous cough, or experience a loss or change to your sense of smell or taste.


 Wear a face covering in enclosed spaces on campus (optional).


 Keep 1m distance between yourself and others at all times.

 Keep to the one-way designated routes around the campus at all times.

 Avoid physical contact with each other and gatherings in groups.

 Wash your hands regularly for a minimum of 20 seconds each time with soap and water or hand sanitizer.

 Cover your nose and mouth when you cough or sneeze with a tissue (or a sleeve) but not your hands. Put used tissues in a bin afterwards and wash your hands.

 If you feel unwell at any time, please inform your lecturer.

All Enrichment activities will be delivered with consideration in relation to Government and Stoke on Trent College guidelines for social distancing and hygiene. Additional advice will be obtained from National Governing Bodies of Sport in relation to each and every activity.

WEEKLY/MONTHLY CLUBS & SOCIETIES

B	Burslem Campus
C	Cauldon Campus
B&C	Burslem & Cauldon Campus

■ New ● Online

Social distancing may be required for the activities listed below in accordance with Government guidelines.

ACTIVITY

<p>NEW B&C ABILITY COUNTS FOOTBALL </p> <p>B&C ABILITY COUNTS VOICE</p> <p>NEW B ARTS & CRAFTS</p> <p>C ARCHERY </p> <p>B&C BAME VOICE</p> <p>B&C BADMINTON</p> <p>B&C BOXING FOR FITNESS</p> <p>B&C CHALLENGE POLAND</p> <p>B&C CHALLENGE SOUTH AFRICA</p> <p>B&C CHALLENGE STOKE ON TRENT COMMUNITY ACTION </p> <p>B&C CHALLENGE UNITED KINGDOM</p> <p>B&C CLIMBING CLUB </p> <p>C DUNGEONS AND DRAGONS</p> <p>B&C FREE GYM SESSIONS </p> <p>B&C FUTSAL </p>	<p>C GIANT GAMES CLUB</p> <p>NEW B&C GOOD TO TALK GROUP</p> <p>B INDOOR 'STREET' CRICKET</p> <p>NEW C JUDO</p> <p>B&C LGBT+</p> <p>NEW B&C LUDO STAR 2 ●</p> <p>NEW C MULTI SPORTS</p> <p>B&C PEER MENTORING CLUB</p> <p>B&C POOL/VIRTUAL POOL CLUB ●</p> <p>C RECREATIONAL FOOTBALL </p> <p>NEW B&C SWIMMING</p> <p>B&C TABLE TENNIS</p> <p>C TRUE GRIT CIRCUIT TRAINING AND STRETCH AND RELAX </p> <p>NEW B&C YOUNG CARERS</p>
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AOC SPORT – LEAGUE & CUP COMPETITIONS

B&C	MEN'S BASKETBALL
B&C	MEN'S FOOTBALL
B&C	MEN'S FUTSAL
B&C	LADIES FOOTBALL



SHORT COURSES, COACHING & VOLUNTEERING OPPORTUNITIES

These courses, qualifications and volunteering opportunities are available to those students at both Burslem and Caudon Campuses and for those who are work-based.

SHORT COURSES

- Emergency First Aid
- Introduction to Driving Theory
- Introduction to Drugs Awareness

SPORTS COACHING

- Sports Hall Athletics Course
- Junior Football Leaders Course
- Tennis Activators Course
- Ultimate Frisbee Course

LEADERSHIP AND VOLUNTEERING

- Sport & Health Volunteers
- Student Ambassadors
- Student Council
- Students' Union Executive Committee



WEEKLY/MONTHLY CLUBS & SOCIETIES

ABILITY COUNTS FORUM

MONTHLY MEETINGS

The Students with Disabilities Forum enables students with disabilities and/or learning difficulties to voice their opinion in an informal setting and promotes positive change and inclusion across college. This includes access issues and the promotion of equal opportunities. For more information about how to attend the first meeting contact Laura Davies on 01782 208208 or visit the Students' Union.

ABILITY COUNTS FOOTBALL

THURSDAY 9AM – 10:30AM, SPORTS ACADEMY, CAULDON CAMPUS

This new club gives opportunities for students with disabilities and/or learning difficulties the chance to play recreational football and also represent Stoke on Trent College and Stoke City Football Club at local and regional tournaments. For more information Contact Calvin Austin on 07786 113853 or Laura Davies on 01782 208208 or visit the Students' Union.



ARCHERY

TUESDAY 4:45PM – 6:00PM, SPORTS ACADEMY, CAULDON CAMPUS

Why not come and try this exciting activity with fully qualified instructors. Learn how to hold a bow and arrow correctly and hit the targets from a range of distances. All equipment is provided. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

ARTS AND CRAFTS



WEDNESDAY 1:00PM – 2:00PM, STUDENTS' UNION, BURSLEM CAMPUS

This new arts and crafts club aims to give students the opportunity to gain new skills by making a wide range of arts and crafts on a weekly basis. The session is extremely informal and relaxed and all equipment will be provided. For more information please contact Lucy Shore on 07786 114029.

BAME VOICE

WEDNESDAY 2:00PM – 3:00PM, CAULDON AND BURSLEM CAMPUS, STUDENTS' UNION

Black, Asian, Minority Ethnic Voice is a group of young people who meet to support and represent the needs of black, minority and ethnic individuals and their friends at Stoke on Trent College. Activities are arranged throughout the year networking closely with the Student Council. For more information contact Iqlaq Ahmed on 07557 319401 or visit the Students' Union.

BADMINTON

THURSDAY 12:15PM – 1:00PM, SPORTS ACADEMY, CAULDON CAMPUS

THURSDAY 1:00PM – 2:00PM, SPORTS HALL, BURSLEM CAMPUS

Badminton sessions offer an informal opportunity to keep fit, meet new people and take part in regular competitions. We cater for all levels from beginners to advanced. All equipment provided. For more information please contact Calvin Austin on 07786 113853 or visit the Students' Union.

BOXING FOR FITNESS

THURSDAY 12:30PM – 1:30PM, DANCE STUDIO, SPORTS ACADEMY, CAULDON CAMPUS

FRIDAY 12:00PM – 1:00PM, SPORTS HALL, BURSLEM CAMPUS.

This session will give you the opportunity to explore attack and defence, stance, guard and positioning. Regular pad work and fitness conditioning will also be a feature of this session. For more information contact Calvin Austin on 07786 113853, Craig Brough in the Sports Academy or visit the Students' Union.

CHALLENGE POLAND

APPLY FROM JANUARY 2021

This Enrichment Programme involves taking part in a series of activities including workshops, visits to local communities, meetings with Holocaust survivors and museum trips aimed at raising awareness of the impact of the Holocaust. This project culminates in a 4 day visit to Krakow to visit Auschwitz Concentration Camp and memorial site. For more information, please contact Calvin Austin on 07786 113853 or visit the Students' Union.

CHALLENGE SOUTH AFRICA

APPLY FROM APRIL 2021

MONDAY 4:45PM – 6:00PM IN THE STUDENTS' UNION, CAULDON CAMPUS

This 36 week Enrichment Programme involves learning about South Africa's history, culture and lifestyle. Students take part in a range of social and personal development activities and fundraising events before setting off for a 10 day trip of a lifetime to Cape Town, South Africa. For more information, please contact Calvin Austin on 07786 113853 or visit the Students' Union.



CHALLENGE STOKE ON TRENT – COMMUNITY ACTION



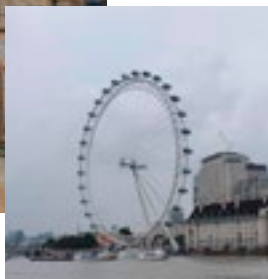
This programme runs in partnership with Stoke City Community Trust and offers the chance to learn about Stoke-on-Trent and the local community. In addition, it encourages students to assist and engage in a range of community action projects working with the homeless, the elderly and other charitable organisations. For more information, please contact Calvin Austin on 07786 113853.

CHALLENGE UNITED KINGDOM



This programme gives students the opportunities to learn about and visit a range of places in the United Kingdom. The day visits are a great opportunity to give students an insight into the history and culture of some of the most famous locations in the United Kingdom.

Liverpool
London
Manchester



For information about these fantastic opportunities, please contact Calvin Austin on 07786 113853 or visit the Students' Union.



CLIMBING

MONDAY 4:45PM – 6:00PM,
KILNWORX CLIMBING CENTRE, BURSLEM



Why not take advantage of this fantastic opportunity to go climbing on a regular basis at Kilnworx Indoor Climbing Centre. All abilities are welcome, transport and equipment provided. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

DUNGEONS AND DRAGONS

WEDNESDAY 2:00PM – 4:00PM, STUDENTS' UNION, CAULDON CAMPUS

This club gives learners a fantastic opportunity to try this unique board game that promotes creativity and imagination.

Everyone welcome. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

FREE GYM SESSIONS

WEDNESDAY 7:00AM – 4:30PM,
SPORTS ACADEMY, CAULDON CAMPUS

Come along to this session and you can use a wide range of fitness and training machines in the college fitness suite. Places are limited. Learners will initially receive 15 free sessions. For more information or to book an induction contact Calvin Austin on 07786 113853 or Sharon Salmon in the Sports Academy.

Please note – There may be a nominal 'one off' payment for your membership card.



FUTSAL

MONDAY & WEDNESDAY 12:00PM – 2:00PM, SPORTS HALL, BURSLEM CAMPUS

TUESDAY 4:45PM – 5:45PM, SPORTS HALL, BURSLEM CAMPUS

THURSDAY 12:00PM – 1:00PM, SPORTS HALL, BURSLEM CAMPUS

TUESDAY 12:30PM – 1:30PM, SPORTS ACADEMY, CAULDON CAMPUS



Futsal is a format of five-a-side football that is played extensively throughout the world. It is played on a pitch approximately the size of a basketball or netball court. Futsal is a great skill developer, demanding quick reflexes, fast thinking, and pinpoint passing. For more information contact Calvin Austin on 07786 113853, Iqlaq Ahmed on 07557 319401 or visit the Students' Union.

GOOD TO TALK GROUP

NEW

TUESDAY 12:15PM – 1:00PM, B5, BURSLEM CAMPUS

TUESDAY 12:15PM – 1:00PM, H209, CAULDON CAMPUS

Let's start a conversation about how you are feeling. The "it's good to talk" group provides you with the opportunity to talk, share experiences, make new friends, gain emotional support and talk about 'what helps'. Helping to reduce feelings of isolation and loneliness, and overall improving your mental health. You will be provided with a safe space that allows you to speak openly without judgement, and where you can feel understood and accepted. Throughout the year there will be opportunities to get creative, by doing different activities that are aimed to improve your wellbeing.

Going to a group for the first time can be daunting, but you can be sure to receive a warm welcome. For more information contact Stoke on Trent College's Counsellor Paige Harrison.

GAMES CLUB

TUESDAY 4:45PM – 5:45PM, STUDENTS' UNION, CAULDON CAMPUS

Want to meet new people? Do you have an hour spare? Why not come along to Connect to socialise with your fellow students and have the opportunity to play XBOX, table tennis and giant board games. All students welcome. For more information contact Steve Taylor on 07557 319432 or visit the Students' Union.

INDOOR 'STREET' CRICKET

THURSDAY 4:45PM – 5:45PM, SPORTS HALL, BURSLEM CAMPUS

Howzat?!...Are you the next Joe Root?

Whether you have played cricket before or not, you are welcome to join in this exciting Enrichment activity. Recreational sessions are offered to all students and all equipment is provided. For more information contact Iqlaq Ahmed on 07557 319401 Burslem Campus or visit the Students' Union.



JUDO

THURSDAY 4:45PM – 6:00PM,
SPORTS ACADEMY, CAULDON
CAMPUS

Come along and experience Olympic level coaching from our very own Martin Barrie. All abilities are welcome, just turn up and give it a go. All equipment will be provided. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

LUDO

MONDAY 7:00PM – 8:00PM & TUESDAY 12:30PM – 1:30PM, ZOOM
& BURSLEM CAMPUS AND CAULDON CAMPUS STUDENTS' UNION

Meet on Zoom to play this exciting online activity. Players will be allocated to a table and will compete against staff and students in a no nonsense, ruthless and fun game. Monthly prizes will be awarded to winner from each campus. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

NEW

Online

LGBT+

LGBT+ is a group for all students who self-identify as Lesbian, Gay, Bisexual, Trans, Asexual, Intersex or Non-Binary, as well as those who are unsure or questioning. The group will meet to support and represent the needs of the LGBT+ community at Stoke on Trent College through a range of social events and awareness raising events throughout the year. For more information contact Claire Oliver on 07786 113845 or visit the Students' Union.

MULTI SPORT ACTIVITY SESSION – YOU DECIDE!

NEW

FRIDAY 12:15PM – 1:15PM, SPORTS ACADEMY, CAULDON CAMPUS

Why not join in each Friday? This session gives students the chance to select different sports on weekly basis with a 'you decide' initiative – simply turn up and choose your activity. We have the facilities to co-ordinate 2 or 3 different activities on a weekly basis including Basketball, Table Tennis, Tennis, Badminton, Hockey, Football, Futsal and Volleyball. For more information contact Calvin Austin on 07786 113853 or visit the Students Union.

PEER MENTORING CLUB

TUESDAY 12:30PM – 1:30PM, STUDENTS' UNION, CAULDON CAMPUS

The opportunity for learners to develop mentoring and mediation skills as well as the chance to build a working knowledge of safeguarding practices. Learners will have the chance to speak to people their own age about issues faced either in college or in the community and assist to direct individuals to the required support. Full training will be given. For more information contact Steve Taylor on 07557 319432 or visit the Students' Union.

POOL LEAGUE / VIRTUAL POOL

Online

WEDNESDAY & FRIDAY 1:00PM – 2:00PM, STUDENTS' UNION, BURSLEM CAMPUS

FRIDAY 1:30PM – 2:30PM, STUDENTS' UNION, CAULDON CAMPUS

Why not take part in this recreational session giving you the opportunity to compete against other students and play free pool on a weekly basis. All equipment is provided and this session is open to all levels including complete beginners. For more information contact Calvin Austin on 07786113853 or Iqlaq Ahmed on 07557 319401 or visit the Students' Union.

RECREATIONAL FOOTBALL

MONDAY 4:45PM – 5:45PM, SPORTS ACADEMY, CAULDON CAMPUS

Join in these recreational 5-a-side football sessions, where teams are mixed and picked at random each week. Come down and meet your new team mates! For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.



SWIMMING

NEW

WEDNESDAY 3:00PM – 4:30PM, FENTON MANOR SPORTS COMPLEX

This new club allows students to take part in recreational fitness swim at Fenton Manor Sport Complex. Simply show your ID badge to receive a free-swimming session on a weekly basis. For more information contact Calvin Austin on 07786 113853 or visit the Students' Union.

TABLE TENNIS

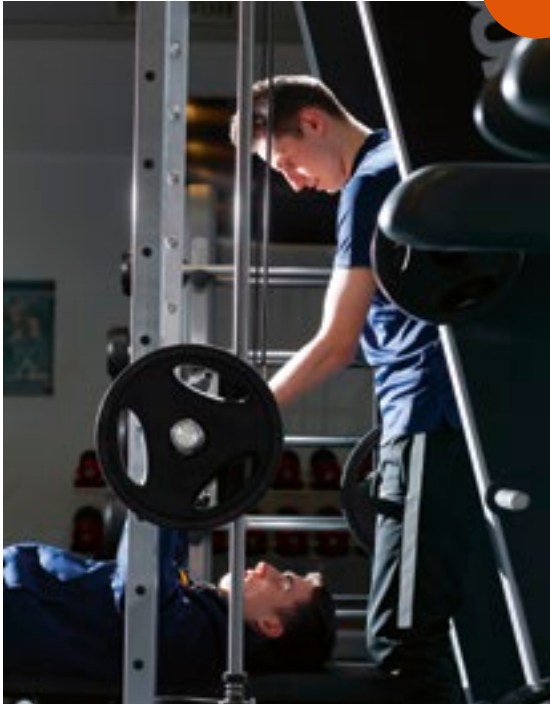
TUESDAY 12:00PM – 1:30PM, SPORTS HALL, BURSLEM CAMPUS

WEDNESDAY 12:30PM – 1:30PM, SPORTS ACADEMY, CAULDON CAMPUS

Recreational Ping-Pong sessions and a structured league are now offered at both campuses. Join in and compete against your fellow students in this informal Table Tennis session. For more information please contact Iqlaq Ahmed on 07557 319401, Burslem Campus, or Calvin Austin on 07786 113853, Cauldon Campus, or visit the Students' Union.



NEW



TRUE GRIT CIRCUIT TRAINING & STRETCH AND RELAX

FRIDAY 12:30PM – 1:00PM
TRUE GRIT HIIT TRAINING

FRIDAY 1:00PM – 1:30PM
STRETCH AND RELAX CLASS

DANCE STUDIO, SPORTS ACADEMY,
CAULDON CAMPUS

True Grit circuit training & stretch and relax in an innovative and enjoyable way to get fit and improve core strength. These sessions will be delivered by a member of the True Grit Team who will use a variety of equipment including tyres, ropes, kettle bells and weights during the session. The sessions are open to both males and females and all abilities are welcome. For more information, please contact Calvin Austin on 07786 113853 or visit the Students' Union.

TRUE GRIT
TRAINING

YOUNG CARERS

NEW

TERMLY CATCH UP

A young carer is someone age five up to their 18th birthday who regularly provides care and emotional support to a family member (parent, brother or sister, grandparent or other relative) who is physically or mentally ill, disabled or misuses alcohol or drugs. If you are carrying out a caring role or want more information please speak to Claire Oliver on 07786 113845 or visit the Health Zones.

SHORT COURSES



Stoke on Trent College offers a range of short courses in addition to your main programme giving you the opportunity to develop new skills and gain extra qualifications.

EMERGENCY FIRST AID

This course covers emergency matters such as resuscitation, dealing with an unconscious casualty, dealing with severe bleeding and more general matters such as burns and scalds. The course is very practical and run in an enjoyable and friendly way by a fully qualified First Aid Tutor. On satisfactory completion a certificate will be awarded which is valid for 3 years. For more information or to sign up please contact Calvin Austin on 07786 113853 or visit the Students' Union.

INTRODUCTION TO DRIVING THEORY

These informal sessions will provide you with help and advice on how to successfully complete the theory element of your driving test including the interactive hazard perception section. This session is being delivered by a local fully qualified driving instructor. For more information please contact Calvin Austin on 07786 113853 or visit the Students' Union.

INTRODUCTION TO DRUGS AWARENESS

To find out more about the dangers of drug misuse and to increase your knowledge about drugs, sign up for this informal, interactive and fun session. For more information or to sign up contact Calvin Austin on 07786 113853 or visit the Students' Union.

SPORTS COACHING

Please find below a range of sports courses that will enable you to gain practical experience in a range of sporting activities.

A certificate will be awarded on completion of each course. For more information including dates and times of the courses listed below please contact the College's Learner Involvement Coordinator, Calvin Austin on 07786 113853.

SPORTS HALL ATHLETICS

This course provides an opportunity to gain all the necessary skills to deliver Sports Hall Athletics in a range of settings. Sports Hall Athletics is an exciting indoor programme of adapted athletics activities and is an enjoyable way to build core skills and gain British Athletics Sports hall Awards.

JUNIOR FOOTBALL LEADERS COURSE

This course provides a basic introduction to leadership skills required when involved in football. The course will primarily introduce 4 areas: Assisting Football Activity Sessions, An Introduction to Refereeing, Helping with a Team and Different Football Events. In addition to these areas, promoting and developing the game will be embedded into the session.

TENNIS ACTIVATORS COURSE

This course provides a basic introduction to coaching tennis in a primary school setting with children 5 – 11 years. The course provides warm up techniques, a range of ice breaker activities and coaching drills as well as the skills and knowledge to organise a small competition.

ULTIMATE FRISBEE COURSE

This is a fun introductory course to the game of Ultimate Frisbee. This course will give participants an overview of the game including rules and different formats and allow plenty of opportunity to play the game and have fun!

LEADERSHIP & VOLUNTEERING

Stoke on Trent College offers a wide range of volunteering opportunities to improve your social and personal skills and ultimately make your time at College more enjoyable while enhancing your employability.

SPORT & HEALTH VOLUNTEERS

Why not become a Sport and Health Volunteer for the College and get involved in campaigns and promoting health and wellbeing. Students will have the opportunity to coach in local schools as well as the opportunity to attend conferences/workshops and volunteer in community settings.

Full training will be given, including an exciting teambuilding and training day.

For more information please contact Calvin Austin 07786 113853 or visit the Students' Union.

STUDENT AMBASSADORS

Represent the College at open evenings and external promotional events. This is an excellent chance to develop social and personal skills including communication, confidence and teamwork. For more information please contact Suzy Ball or Amy Howle on 01782 603601 or visit the Students' Union.



STUDENT COUNCIL

MONTHLY MEETINGS

Do you want to make a difference? Do you want to act as a voice for students on your course or maybe even become a Student Governor? If so, get involved in your Student Council and discuss issues that are important to you to make college better for all. Stoke on Trent College Student Council offers training and teambuilding activities throughout the academic year.

For more details contact Calvin Austin on 07786 113853 or visit the Students' Union.

STUDENTS' UNION EXECUTIVE COMMITTEE

MONTHLY MEETINGS

This committee of 9 students meets monthly and has the responsibility of helping to run the Students' Union, including overseeing its annual budget. This is a fantastic opportunity for you to have a voice in the College and to learn new skills such as how to take part in professional meetings, communication, decision making and team work.

For more information on how to be elected onto this committee please contact Calvin Austin on 07786 113853 or visit the Students' Union.



ENRICHMENT ACTIVITIES AT A GLANCE

CAULDON CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:45PM – 5:45PM Recreational Football (Sports Academy)	12:30PM – 1:30PM Futsal (Sports Academy)	7:00AM – 4:30PM Free Gym Sessions (Sports Academy)	9:00AM – 10:30AM Ability Counts Football (Sports Academy)	12:15PM – 1:15PM Multi Skills – You Decide Session (Sports Academy)
4:45PM – 6:00PM Climbing (Kilnworx Climbing Centre, Burslem)	12:30PM – 1:30PM Peer Mentoring (Students' Union and Zoom)	12:30PM – 1:30PM Table Tennis (Sports Academy)	12:15PM - 1:00PM Badminton (Sports Academy)	12:30PM – 1:00PM True Grit HIIT (High Intensity Interval Training) (Sports Academy, Dance Studio)
7:00PM – 8:00PM Online Ludo (Ludo Star 2, Zoom)	12:30PM – 1:30PM Online Ludo (Ludo Star 2, Zoom)	2:00PM – 3:00PM BAME Voice (Students Union)	12:30PM – 1:30PM Boxing (Sports Academy)	1:00PM – 1:30PM True Grit Stretch and Relax (Sports Academy, Dance Studio)
	4:45PM – 5:45PM Games Club (Students' Union)	2:00PM – 4:00PM Dungeons and Dragons (Students' Union)	4:45PM – 6:00PM Judo (Sports Academy)	1:30PM – 2:30PM Pool League/ Virtual Pool (Students' Union)
	4:45PM – 6:00PM Archery (Sports Academy)	3:00PM – 4:30PM Swimming (Fenton Manor)		

BURSLEM CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00PM – 2:00PM Futsal (Sports Hall)	12:30PM – 1:30PM Table Tennis (Sports Hall)	7:00AM – 4:30PM Free Gym Sessions (Sports Academy, Cauldon Campus)	12:00PM – 1:00PM Futsal (Sports Hall)	12:00PM – 1:00PM Boxing (Sports Hall)
4:45PM – 6:00PM Climbing (Kilnworx Climbing Centre, Burslem)	12:30PM – 1:30PM Peer Mentoring (Students' Union and Zoom)	12:00PM – 2:00PM Futsal (Sports Hall)	1:00PM - 2:00PM Badminton (Sports Hall)	1:00PM – 2:00PM Pool League/ Virtual Pool (Students' Union)
7:00PM – 8:00PM Online Ludo (Ludo Star 2, Zoom)	12:30PM – 1:30PM Online Ludo (Ludo Star 2, Zoom)	1:00PM – 2:00PM Arts and Crafts (Students' Union)	4:45PM – 5:45PM Cricket (Sports Hall)	
	4:45PM – 5:45PM Futsal (Sports Hall)	1:00PM – 2:00PM Pool League/ Virtual Pool (Students' Union)		
		2:00PM – 3:00PM BAME Voice (Students' Union)		
		3:00PM – 4:30PM Swimming (Fenton Manor)		

For more information please contact Calvin Austin 07786 113853

In addition to these weekly activities we have a range of other Enrichment opportunities which you may be interested in, these include... Challenge South Africa, Challenge Poland, Challenge UK, Challenge Stoke on Trent, Community Action, Ability Counts Forum, Young Carers Forum and LGBT+ Forum.

WHAT TO DO NEXT...

PLEASE GIVE THE FOLLOWING DETAILS:

Name:

Group Tutor / Assessor:

What main course are you studying (eg. Sports Science, Media):

Campus (please circle): Burslem Cauldon Work-based

Mobile Number:

Email Address:

What Enrichment Activities will you take part in:

COMPLETE THIS FORM AS SOON AS POSSIBLE AND HAND IT TO YOUR TUTOR, ASSESSOR OR A MEMBER OF STUDENTS' UNION STAFF.

Or text this number with your name, your course, and the Enrichment Activities you want to take part in.

TEXT: 07786 113853

You will be sent a text reminder of your chosen activity before it is due to start.

All Cross College Enrichment activities will start week beginning **Monday 21st September 2020.**