















NELSON & COLNE COLLEGE COLLEGE

EXTRACURRICULAR

GUIDE 2021/22



EXTRACURRICULAR

We offer an exciting, extensive and constantly-changing programme of extracurricular activities at both Nelson and Colne College and Accrington and Rossendale College to support your personal development and prepare you for your future

Develop a new skill, learn a new language, volunteer for a good cause and keep fit through sport. Enhance your learning and make the most of the array of activities on offer under the 'Five Ways to Wellbeing', to ensure you stand out from the crowd when applying for university, an Apprenticeship or a job.

What are the 'Five Ways to Wellbeing'?



CONNECT

Ignite a passion, make new friends and connections and get involved with an array of activities



BE ACTIVI

Keep both your body and mind fit and healthy



KEEP LEARNING

Develop vital career and life skills



GIVE

Stretch and challenge yourself to make a difference, to both yourself and others



TAKE NOTICE

Be aware of your wellbeing and reflect on the world around you



CONNECT

Ignite a passion, make new friends and connections and get involved with an array of activities

Relationships | Build relationships and improve your confidence and wellbeing by getting involved with an activity.

- Book Club
- Creative Art/Crafting
- Creative Writing
- Freshers' Fair

- Games Club
- IT Gaming
- Pumpkin Carving
- Reptile Experience





BE ACTIVE

Keep both your body and mind fit and healthy through sport and leisure

Sport and Leisure | Keep fit, make friends and get active with one of our sports. All abilities welcome!

- Archery
- Badminton
- Basketball
- Bubble Football
- Clubbercise/Glow Fit
- College Gym
- Cricket
- Cycling and Bikeabilty
- Exercise Classes including HIIT and Circuit Training

- · Female Only Sessions
- Multisports
- Rounders
- Running Groups and Challenges
- Self Defence
- Seven-a-side Football
- Skiing
- Social Football (Indoor)
- Table Tennis

The college gym is free to use for students across both sites.

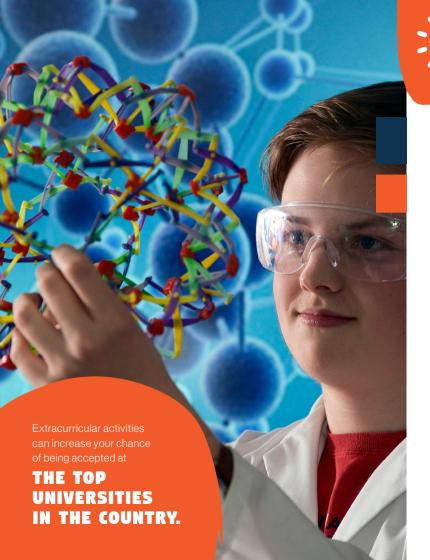
Sport Academies | Challenge yourself and compete against peers from across the region in the British College Sport Leagues.

Football Academy

Netball Academy

"We encourage all our students to be fit and healthy"





KEEP LEARNING

Develop important career and life skills

Career and Life Skills | Put yourself at the front of the queue at interview by gaining a new career skill, or take up a life skill to be learned away from the classroom.

- · Circus Skills
- Cooking on a Budget
- Cycle Maintenance
- Driving Theory

- Financial Wellbeing
- Hair and Beauty Masterclasses
- Call Push Rescue





GIVE

Stretch and challenge yourself to make a difference, to both yourself and others

 $\textbf{Volunteering} \mid \text{Make a difference, learn new skills and take on a new challenge by volunteering.}$

- Ambassadors
- · Community Action Projects
- · Care Home Volunteer Supporters
- · Duke of Edinburgh's Award
- Fundraising Opportunities and Events
- Other Volunteering Opportunities
- · Wellbeing Peer Supporters

a record-breaking **295,490** started their Duke

of Edinburgh's

· Young Leaders

THE DUKE OF EDINBURGH'S AWARD

Go for Gold in the ultimate challenge and join our Duke of Edinburgh's Awards programme. (Silver and Bronze Award also available).











TAKE NOTICE

Be aware of your wellbeing and reflect on the world around you

National and Global Awareness Events | Support a number of awareness events throughout the academic year and feel the benefits from taking on board advice and guidance.

- Animal Therapy
- Fitography
- · Litter Picking
- · Meditation and Relaxation
- Mindful Walks

- Mindfulness and Wellbeing Workshops
- · Sustainability Group
- Yoga and Pilates





SPECIAL EVENTS

- Freshers' Fair
- Comic Relief
- Children in Need
- Sports Relief
- And many more...

There will also be an array of competitions and opportunities including the LRC Six Book Challenge, photography competitions and more.



How can I get involved?

- Speak to a member of the Extracurricular or Health and Wellbeing Team. You can contact us by emailing extrac@nelsongroup.ac.uk
- Keep up to date via MyDay, student email and Moodle
- O You can also find us on Instagram: <u>@ARC_ExtraC</u> and <u>@NCC_ExtraC</u>

Activities offered may be subject to change due to government guidelines and restrictions during the current Covid-19 pandemic.

An activity not listed? Speak to a member of the team as new activities may be added throughout the year.





Nelson and Colne College

Scotland Road. Nelson, BB97YT

www.nelson.ac.uk



Accrington and Rossendale College

Sandy Lane, Accrington, BB5 2AR

www.accross.ac.uk











