



Enrichment 2022-23



WELCOME TO NCD ENRICHMENT 2022-23

The enrichment programme allows students to learn new skills away from their academic learning, pursue new interests, express themselves and is designed to support them both physically and mentally.

Enrichment activities are an important way of making friends, trying new things, working on your resilience and ultimately helping you get to where you want to after college. We have split all activities into different dimensions of development and wellness offering a holistic approach to our student's development, health and wellbeing.

Some enrichment activities aren't part of this booklet as they are designed and delivered by your curriculum team e.g., fundraising events.

Signing up for an enrichment activity is simple, just use the QR Code below.



ENRICHMENT



This booklet outlines the range of activities that are being offered in the first term for all students as part of the cross-college offer.

You can book on more than one activity as long as they don't clash. We have split the offer into seven key development areas, these are:

If you have any general questions about enrichment or you want to set up a club or a society then you should speak to a member of staff in the Students' Union Office (SP10) or email student.union@newdur.ac.uk

- 1 **Thrive** Progression, careers and employability
- 2 **Express Yourself** Creative
- 3 **Give** Community cohesion and volunteering
- 4 **Connect** Making friends
- 5 **Take Notice** Cultural and wellbeing
- 6 **Keep Learning** Life Skills
- 7 **Be Active** Sport and Fitness

1 // Thrive

College Ambassadors

College Ambassadors are student volunteers who help us out at events and open days. For further information on this role please contact the SU directly.

HE Progression Drop In

Are you considering progressing after your current Level 3, do you need support with exploring Higher Education (HE) options, please come and join us and we can help support you with everything related to HE progression.

Day: Wednesday

Time: 1-3pm

Number of Slots: Drop in

Young Enterprise – After Half Term

Fancy developing your business and enterprise skills? Then this is the enrichment activity for you.

Day: Wednesday

Time: 1-3pm

Number of Slots: 25

2 // Express Yourself

College Glee Club

Enjoy singing? Do you perform concerts in the shower? Are you a professional? Doesn't matter! Come and join our Glee Club for a sing-along. We'll be singing songs from across the genres, from the likes of Ed Sheeran, Beyonce, Harry Styles, Showtunes or just bring your suggestions along. No experience needed, IT'S JUST FOR FUN!

Day: Wednesday

Time: 2pm

Number of Slots: 30

Musical Jam Session

Do you play an instrument and would like to meet weekly to jam in Starbucks with other students? Musicians of all types and abilities welcomed. You will need to bring your own instrument to the sessions although a keyboard will be available. Alternatively, you can come and chill in Starbucks and watch the sessions unfold.

Day: Wednesday

Time: 2pm

Number of Slots: 20



2 // Express Yourself

Book Club

Enjoy reading, want to further develop your knowledge of literature or just meet new friends and chat about books? Then book club is for you. Please note that book club will not start until after October half-term.

Day: Wednesday
Time: 3pm
Number of Slots: 30

Art Club & Textiles Club

Do you enjoy drawing and painting or do you want to learn? The art and textiles club is a safe space for you to learn or develop your artistic skills.

Day: Wednesday
Time: 3pm
Number of Slots: 30

Warhammer – Han Ridden

Warhammer 40,000 is a miniature wargame produced by Games Workshop. It is the most popular miniature wargame in the world. You will paint the figures you will use to play the game. We have some supplies available for those who are new to Warhammer.

Day: Wednesday
Time: 1pm
Number of Slots: 15



3 // Give

NCS – After Half Term

We're a space to explore who you are and who you want to be. Where you feel at home, no matter where you're from. Where you can meet new people and step out, step up and raise your voices together, to make a positive difference where you live. We're a space to grow and learn, with the experiences to help find your footing in the world and leave a lasting print. You will be expected to attend a residential and carry out 30 hours of social action.

Day: Wednesday
Time: 1pm
Number of Slots: 30

Please sign up for NCS via the Students' Union or attend one of our talks in College – these will be arranged via Personal Development Coaches.

Beach Clean

We will be taking a minibus to the Beach every Friday morning during term time to carry out beach cleans across the region. Please contact the Students' Union for further information.

Day: Friday
Time: 9am
Number of Slots: 12

Interested in Volunteering?
Contact the SU for
Volunteering Opportunities

4 // Connect

Switch

Every Wednesday the switch will be set up in Mall for you to play on, we have a range of games including Mario Kart, Fifa and Just Dance. We have four controllers available for gaming. So why not grab your mates and head down for a quick race.

Day: Wednesday
Time: 1pm onwards
Number of Slots: Drop in

Board Games

Fancy a quick game of Uno, chess, guess who or trivial pursuits? Then pop into Starbucks any time and pick up one of our many board games to while away time between classes.

Day: Any
Time: Any time
Number of Slots: No upper limit

Table Tennis

Every Wednesday, where permitting, we will have the table tennis tables set up for enrichment activities.

Day: Wednesday
Time: 1pm onwards
Number of Slots: 2x2/1x4 player

Movie Club

Join us every Wednesday for the film of the week.

Day: Wednesday
Time: 1:15pm
Number of Slots: 25

Duke of Edinburgh

We will be offering both Bronze and Silver opportunities for those who wish to achieve their Duke of Edinburgh Award. Please contact the Students' Union to arrange attending one of our information sessions.

Day: TBC
Time: TBC
Number of Slots: TBC



5 // Take Notice

Wellbeing Workshops

These sessions will focus on tools and techniques to improve wellbeing and resilience, sessions will include stress management, nutrition and meditation and mindful techniques.

Day: Thursday
Time: 12:15pm
Number of Slots: 20

French

Parelz Vous Francais? Would you like to? Come and join us for conversational French classes.

Day: Wednesday
Time: TBC
Number of Slots: TBC

LGBTQ+ Society

LGBTQ+ Society is a Student led Service, the main aim of NCD LGBTQ Plus is to create a confidential, safe and secure space for members of the LGBTQ Plus community, and allies who may not define as LGBTQ Plus. We meet every Wednesday and engage in a range of activities that are decided on by the members.

Day: Wednesday
Time: 1pm
Number of Slots: No upper limit

Young Carer's Group – October 2022

Are you a young carer? If so, we have a group in College specifically for you. The College will support our young carers through the offer of several activities that will enable you to learn new skills and also have some "me" time. You will also be able to shape the work that the college does in supporting students who are young carers.

Day: Wednesday
Time: TBC
Number of Slots: No upper limit

Arabic

Would you like to learn Arabic and about Arabic culture? Come and join us for classes and make new friends.

Day: Wednesday
Time: TBC
Number of Slots: TBC

6 // Keep Learning

Maths Prep for November Exams

Are you resitting your maths exams in November? Need extra help or support with revision for your exam, then come along to one of our revision sessions?

Day: TBC
Time: TBC
Number of Slots: TBC

First Aid Awareness

Would you like to learn the basics of first aid? Will this help you with your skills development? Then please join Craig for our first aid awareness course. Please note that this is not a formal qualification, however attendees will need to attend all sessions.

Day: TBC
Time: TBC
Number of Slots: 20

Learn to Cook – Richard Salkeld

Would you like to learn the basics in the Kitchen, then join Richard in the Kitchen for our 5 week programme, to develop those skills to get you started on your master chef journey!

Day: Wednesday
Time: 1pm
Number of Slots: 10



7 // Be Active

Football Development Centre:

U19 Men's team (First Team): In partnership with Newcastle United Foundation and therefore play matches under the Newcastle Utd name and wear the exact same strip as the current Newcastle Utd first team wear. We play in the Community and Education Football Alliance League playing games against teams such as Manchester City, Sunderland, Sheffield Utd as well as many more Premier League/Championship clubs.

Women's Team: In partnership with Newcastle United Foundation and therefore play matches under the Newcastle Utd name and wear the exact same strip as the current Newcastle Utd first team wear. We currently play in the North East College League, however we do have aspirations to play in the Community and Education Football Alliance League as the men's first team do.

Open Age Team: This team is predominantly for HE students though there are FE students that play in this team too. We play in the North East College League playing other colleges such as Gateshead, TyneMet, East Durham College etc.

Development Team: This team is predominantly for students that enjoy playing football and being part of a team. We play in the North East College League playing other colleges such as Gateshead, TyneMet, East Durham College etc.

[Click here for further information](#)

Five a Side

Five a side football is a mixed football game played over lunch-times and are drop in sessions.

Day: Monday/Thursday
Time: 12:15pm
Number of Slots: 20

7 // Be Active

Gym Pass

All students can access the Steps to Fitness Gym here at New College as part of the College enrichment offer.

Sessions are run on a Wednesday afternoon, from 12pm but must be booked directly with the Students' Union to ensure that staffing supervision ratios are maintained. You have a one-hour slot, but your first session must include your gym induction.

Once you have completed your induction you will receive a membership card, which you can use on a Wednesday afternoon to access the student sessions.

Day: Wednesday

Time: Hourly from 12pm

Number of Slots: TBC



Hiit

High intensity interval training is fast paced and fun. Combining cardiovascular and bodyweight exercises with short rest periods; this will burn fat, build muscle strength/endurance and set your metabolism on fire! Please be aware that this is a mixed student and staff session.

Day: Tuesday

Time: 12:10pm

Number of Slots: TBC

Abs & Core

Abs-Core is a great way to tone up the troublesome abdominal region! The class consists of specific moves, sequences and routines put together to give you a great abdominal workout to achieve a slimmer, more defined core and waistline. Even if you have never been to a class before and simply want to tone up, this class is a fun alternative to the gym and is suitable for all ages and abilities. Please be aware that this is a mixed student and staff session.

Day: Thursday

Time: 12:10pm

Number of Slots: TBC

Badminton

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side) Badminton is played on a rectangular indoor court in the sports hall.

Day:

Wednesday/Thursday

Time: 1:15pm/4pm

Number of Slots:

Singles 4/Doubles 8

7 // Be Active

Volleyball

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules

Day: Wednesday

Time: 4pm

Number of Slots: 24

Dodgeball

Dodgeball is a game played with two teams and one or more bouncy balls. Two teams play, and each team gets half the playing field. Players throw the ball and try to hit each other with it.

Day: Wednesday

Time: 3pm

Number of Slots: 20

Spinning

Spinning is indoor cycling, one of the benefits of spinning is that you can achieve your fitness goals faster. That's because you can burn more calories spinning than with other low-impact activities such as walking or yoga. As such, you can burn between 200 to 300+ calories during 30 minutes of spinning, while yoga only burns approximately half of that.

Day: Friday

Time: 12:10pm

Number of Slots: 12

Trips

All trips take place on a Saturday and students must be able to make their way to and home from the campus. There will be a charge for these trips, each trip is charged accordingly. Any students under the age of 18 must complete a parental consent prior to travelling.

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