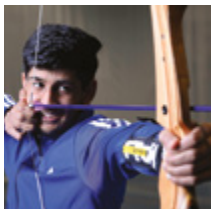


EXTRA
curricular



NELSON & COLNE
COLLEGE

ACCRINGTON & ROSSENDALE
COLLEGE

EXTRACURRICULAR

GUIDE 2020/21



Skills gained through taking part in
**EXTRACURRICULAR
 ACTIVITIES**
 are widely valued by employers'.

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 ACTIVE

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
- Faith Friends
- Freshers' Fair
- Games Club
- IT Gaming
- Life Drawing
- Pumpkin Carving
- Reptile Experience

To build

RESILIENCE

you should develop your self-respect, social skills and positive thinking skills.





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 Bikeability
- 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

Studies show that physical activity can

IMPROVE ATTAINMENT,

increase confidence and mental wellbeing.

“We encourage all our students to be fit and healthy”





Extracurricular activities
can increase your chance
of being accepted at

**THE TOP
UNIVERSITIES
IN THE COUNTRY.**



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
- First Aid
- Hair and Beauty Masterclasses
- Heart Start
- Holiday Languages
- Sign Language





GIVE

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

Volunteering | 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
- Young Leaders

In 2019/20
a record-breaking

295,490

started their Duke
of Edinburgh's
Award journey

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).

VOLUNTEERING



SKILL



PHYSICAL



EXPEDITION



RESIDENTIAL



One fifth of the
UK population

VOLUNTEERS

on a regular basis.



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



"It is through
AWARENESS
that change and
growth occurs."



**SUSTAINABILITY
GROUP**

College has
committed to removing
SINGLE USE
plastic from
all refectories

In 2019/20 College has
recycled over
27 TONNES
of paper and cardboard





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.



Get
Involved!

How can I get involved?



Speak to a member of the Extracurricular or Health and Wellbeing Team



Keep up to date via MyDay, student email and Moodle



You can also find us on Instagram: [@ARC_ExtraC](#) and [@NCC_ExtraC](#)

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.

EXTRA
curricular

NELSON & COLNE
COLLEGE

Nelson and Colne College

Scotland Road,
Nelson, BB9 7YT

www.nelson.ac.uk

ACCRINGTON & ROSSENDALE
COLLEGE

**Accrington and
Rossendale College**

Sandy Lane,
Accrington, BB5 2AR

www.accross.ac.uk

