

Your Enrichment.





Your Enrichment.

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Meet the team.

Find our team in the Enrichment Hub or get in touch via Teams!

ELLIE

Eleanor Brownhill

Enrichment &
Student Liaison
Co-ordinator

NIKKI

Nikla Sawyer

Enrichment Officer

HENRY

Henry Watkinson

Enrichment Officer

ANDY

Andrew Hilbert

Entertainment
Officer: Spark Radio

Ext. 2815

Students of Southport College have daily opportunities to develop new skills, interests and friendships through our Enrichment programme!

Enrichment is designed to make your college life as fulfilling, fun and exciting as possible, all the while setting you up with life skills and the desired 'soft-skills' future Universities and Employers are seeking.

Be it physical wellbeing, mental wellbeing, crafts, sustainability or valuable life lessons – there is something here for everyone!

Our team is always open to your suggestions.

So, if there is anything you would like to do, see or anyone you would like to hear from, let us know!

Your Enrichment.

For updates, check 'Unity' on Teams.



MONDAY

9am-10.30am

- Sports Hall open
- Spark Radio

10.35am-12.05pm



12.05pm-12.50pm

- Gym open
- Enrichment Hub open

12.50pm-2.20pm

- Enrichment Hub open

2.25pm-3.55pm

- Gym open

4pm-5pm

- Gym open

TUESDAY

9am-10.30am

- Sports Hall open

10.35am-12.05pm

- Enrichment Hub open

12.05pm-12.50pm

- Gym open
- Enrichment Hub open

12.50pm-2.20pm



2.25pm-3.55pm

- Sports Hall open

4pm-5pm

- Gym open

WEDNESDAY

9am-10.30am

- Gym open
- Kind to your mind
- Spark Radio

10.35am-12.05pm



12.05pm-12.50pm

- Gym open
- Enrichment Hub open

12.50pm-2.20pm

- Enrichment Hub open

2.25pm-3.55pm

- Sports Hall open

4pm-5pm

- Gym open

THURSDAY

9am-10.30am

- Sports Hall open

10.35am-12.05pm

- Enrichment Hub open

12.05pm-12.50pm

- Gym open
- Enrichment Hub open

12.50pm-2.20pm



2.25pm-3.55pm

- Sports Hall open

4pm-5pm

- Gym open

FRIDAY

9am-10.30am

- Gym open
- Spark Radio

10.35am-12.05pm



12.05pm-12.50pm

- Gym open
- Enrichment Hub open

12.50pm-2.20pm

- Enrichment Hub open

2.25pm-3.55pm

- Sports Hall open

4pm-5pm





Your Enrichment.

All students must sign-in before engaging in Enrichment sessions.

Enrichment is completely optional and, as long as they don't clash with your timetabled lessons, you are more than welcome to take part in any Enrichment sessions that you choose.

All we ask is that you sign-in when you arrive.

You will be asked to scan a QR code and provide the following information:

- The date
- Your name/student number
- The session you are attending

It's as simple as that!

If you have any issues, or can't access the form, speak with the Enrichment Team who will be happy to assist!

Enrichment Hub.

The Enrichment Hub is open daily at the following times:

MONDAY

12.05pm-12.50pm

12.50pm-2.20pm

TUESDAY

10.35am-12.05pm

12.05pm-12.50pm

WEDNESDAY

12.05pm-12.50pm

12.50pm-2.20pm

THURSDAY

10.35am-12.05pm

12.05pm-12.50pm

FRIDAY

12.05pm-12.50pm

12.50pm-2.20pm

This is your place to kick back, relax and have fun.

- Cosy couches
- Board games
- Consoles (X-Box, Wii, PlayStation)
- Table Tennis

The Hub is also a place to get creative & put your stamp on the College!

A 'WHAT'S ON?' timetable will be released each week via Teams and Progress Coaches.

Art – Mandala colouring – Piano for beginners – Jenga – Charity events –
LGBTQIA+ champions – Eco ambassadors – Quizzes – Podcast planning – & MUCH MORE!

REMEMBER:

Our team is always open to your suggestions! If there is something you want to do, let us know.



Sports Hall.

The Sports Hall is open daily at the following times:

MONDAY

9am-10.30am

TUESDAY

9am-10.30am

2.25pm-3.55pm

WEDNESDAY

2.25pm-3.55pm

THURSDAY

9am-10.30am

2.25pm-3.55pm

FRIDAY

2.25pm-3.55pm

If you want to access the Sports Hall outside of these times, please pop into the Enrichment Hub & we will accommodate where possible!

Sport helps us both physically & mentally! Make sure you come along and get involved!

A Sport timetable will be released each week via Teams and Progress Coaches.

Football – Basketball – Badminton – Netball – Table Tennis

Dodgeball – Rounders – Taekwondo – Circuit Training – & MUCH MORE!

REMEMBER:

Our team is always open to your suggestions! If there is something you want to do, let us know.



Gym.

The College gym is open daily at the following times:

MONDAY

12.05pm-12.50pm
2.25pm-5pm

TUESDAY

12.05pm-12.50pm
4pm-5pm

WEDNESDAY

9am-10.30am
12.05pm-12.50pm
4pm-5pm

THURSDAY

12.05pm-12.50pm
4pm-5pm

FRIDAY

9am-10.30am
12.05pm-12.50pm

If you want to access the Gym outside of these times, please pop into the Enrichment Hub & we will accommodate where possible!

- To use the gym, you must first complete a PARQ form and book an induction with our qualified trainer.
- Gym access will be offered on first-come-first-served basis, so make sure that you book in!


Pop into the hub or contact Henry Watkinson via Teams to book your induction and/or book into the gym.

GET YOUR PARQ FORM HERE





Gym Rules.

- Strictly for use by College staff and students only.
 - Students are not permitted entry unless supervised by a member of College staff.
 - Gym equipment may only be used by staff/students following the completion of a PAR-Q form and a full induction with a trained member of staff.
 - All gym users must sign in and out at the gym desk.
 - Equipment users are responsible for their own physical limitations and ensuring that they
 - Do not exceed their own physical limitations.
 - Equipment must be used in accordance with the manufacturer's recommendations and as demonstrated in your induction.
 - Keep body parts clear of any mechanical moving parts.
 - Return all equipment back to its place after use, ensuring to use the techniques demonstrated in induction.
 - Sanitise any equipment that you have used, once you have finished using it.
 - Report any damaged equipment immediately to a member of staff.
 - Suitable clothing & footwear must be worn. Open toe footwear is strictly prohibited.
 - Respect personal space.
 - Bottled water only. No other drinks or food are permitted.
 - No smoking or vaping.
- 

Kind to your mind.

Join Nikki Sawyer in the Enrichment Hub for her Anxiety Reduction Programme:

WEDNESDAY

9am-10.30am

It's so important to look after your mental health – being creative or taking some time for yourself is a really positive way to let loose and distract your mind.

These sessions create a safe space in which Nikki can guide you through:

Mindfulness – Resilience Toolkits – Stress help – Exam stress help –
Bullet Journaling – Self-care – Time management skills – Limiting beliefs – & Much more!

**Nikki will also run creative art therapy sessions in the Enrichment Hub at the following times:
Pop in, get creative or just come along for a chat.**

MONDAY

12.50pm-2.20pm

WEDNESDAY

12.05pm-12.50pm

12.50pm-2.20pm

FRIDAY

12.50pm-2.20pm





Kind to your mind.

Take 20 minutes out of your day to relax, de-stress and learn techniques to reduce anxiety.

To access Nikki's 'Empowering Minds' talk, get in touch with the Enrichment Team who will be happy to send it straight across!

BE KIND
TO YOUR
MIND



Spark Radio.

Join Andy Hilbert in the Spark Radio Studio at the following times:

MONDAY

9am-10.30am

WEDNESDAY

9am-10.30am

FRIDAY

9am-10.30am



Spark Radio is our personal college radio station. This hub of entertainment airs student events, podcasts and radio shows. Come along to RC0.04 to join in!

Learn how the radio is run, have your say on topics important to you and help us advertise Enrichment activities.

A 'WHAT'S ON?' timetable will be released each week via Teams and Progress Coaches.

Have your say – Podcasts – Jingles – Quizzes – Advertising – Student Choice.

REMEMBER:

Our team is always open to your suggestions! If there is something you want to do, let us know.

Spark Radio.

Southport Student Sound.

8am-10.35am

Spark Radio Morning Show with Andy Hilbert

10.35am-12.50pm

Spark Radio Interactive Lunchtime (Get involved)

1pm-3pm

Spark Radio College Day Anthems

3pm-5pm

Spark Radio @ Home Time

5pm-7pm

Non-Stop Music

7pm-8pm

Spark Radio Study Hour

News bulletins on the hour.



Southport Student Sound

LISTEN LIVE:



4pm-5pm sessions.

Enrichment sessions are available after 3.55pm.

College Gym

The College gym will remain open 4pm-5pm Monday to Thursday. Just remember to book in with the Enrichment Team!

Self Defence

Qualified Taekwondo coach and 3rd Dan Taekwondo black belt, Henry Watkinson, is offering 6-week Self defence courses for all students.

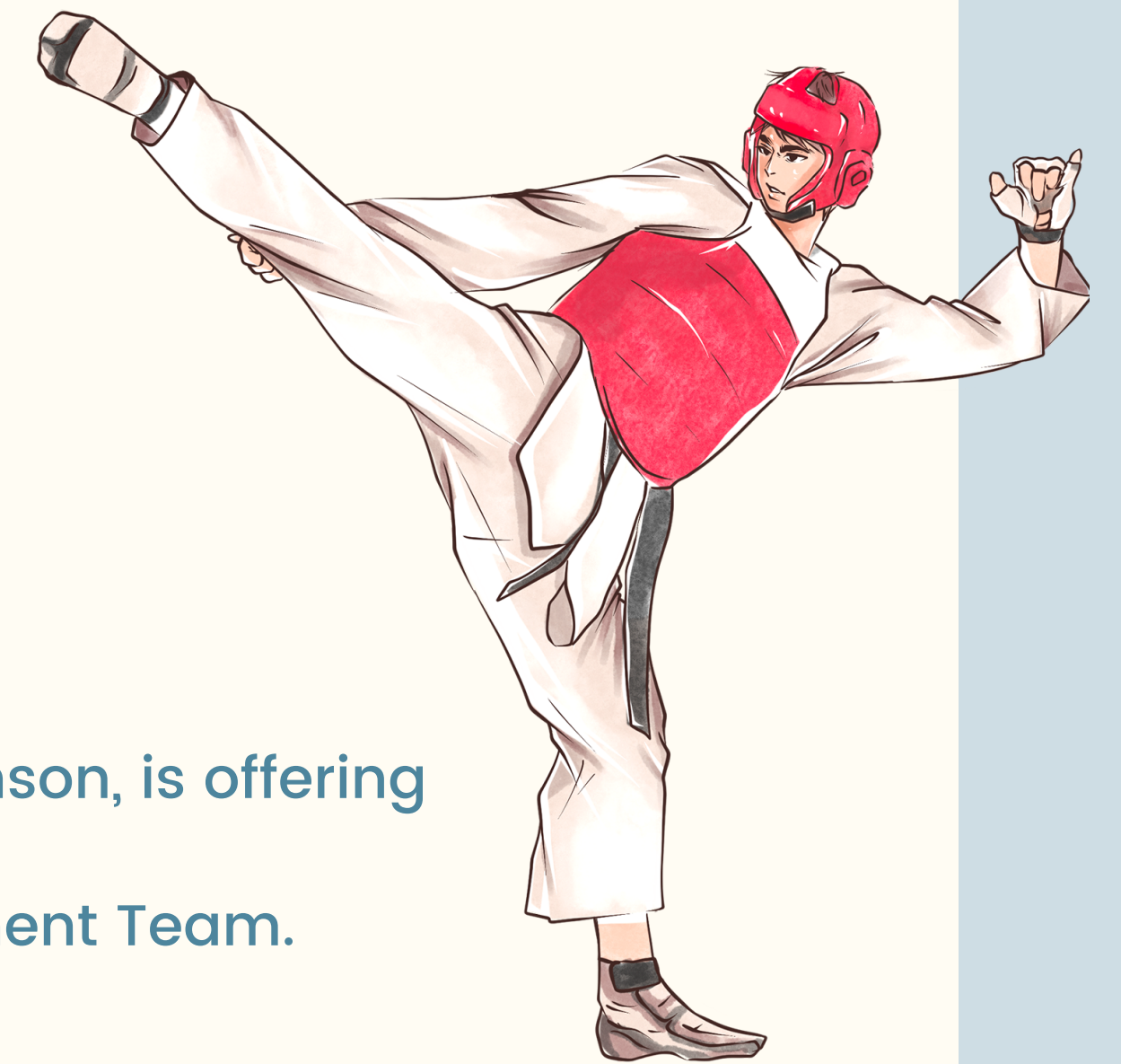
For more information, and to book on to a course, please contact the Enrichment Team.

Sports Hall

If you would like to use the Sports Hall for football, basketball or any other sporting activities between the hours of 4pm-5pm, please let us know and we will accommodate where possible.

REMEMBER:

Our team is always open to your suggestions! If there is something you want to do, let us know.





Driving Theory Course.

Online course.



Before you can book your practical driving test, you must first pass your theory test.

This course will provide you with everything you need to know about taking the test: from booking yourself in, to everything you will be tested on.

All information comes straight from the Driver & Vehicles Standards Agency (DVSA) but, unlike Apps or textbooks, **this course is free to use.**

The course is for your own use and progression. It is not marked or time pressured. It is your learning tool to complete in your own time, at your own pace.

To access the course, please pop into the hub or contact Ellie Brownhill via Teams.



Environmental Sustainability Programme.

Keep an eye out for some exciting Enrichment activities and opportunities this year, including:

**Renovation of our Peace Garden – Renovation of our Sunken Garden –
Litter picking – Volunteering – Enrichment Horticultural Officer positions.**

Environmental experts agree that reducing the amount of waste we produce is the best way to help our planet. We are looking for some Eco-conscious students to help us in our mission to create an eco-friendly college environment.

We need to educate ourselves on the problems our planet is facing as a result of human impact.

The best place to start is the Environmental Sustainability Programme, in which we can focus on:

- 
1. Sustainability
 2. Overpopulation
 3. Pollution
 4. Deforestation
 5. Burning Fossil Fuels
 6. Bees

To access the course, please pop into the hub or contact Ellie Brownhill via Teams.





Work Readiness Programme.

Wondering how to get a foot in the door to your dream jobs or projects?
A good place to start is the Work Readiness Programme.

This is a helpful guide to prepare you for the world of work, focusing on three main areas:

HOW YOU WORK

Using initiative & being self-motivated
Organisation & time management skills
Ability to learn & adapt
Meeting targets & deadlines

HOW YOU WORK WITH OTHERS

Working with others
Valuing diversity & difference
Communication & Interpersonal skills
Customer service skills

HOW YOU THINK

Problem solving skills
Numeracy, Literacy & ICT skills

The course aims to provide useful tips, demonstrate your rights and build up your confidence to approach the working world. It is your learning tool to complete in your own time and at your own pace. It is not marked or time pressured.

To access the course, please pop into the hub or contact Ellie Brownhill via Teams.



Student Council.

Every student is eligible to apply for Student Council.

Help shape our college values & community!

Develop fantastic skills and experiences that are sought after by future universities & employers.

We are seeking applicants for the following roles:

- Eco Champions
- Charity & Volunteering Champions
- Events Champions
- Mental Health & Inclusion Champions
- Sports & Wellbeing Champions



FOR MORE INFORMATION



VOTE!



Good to know.

If you can't make our sessions, or would like a little bit more, we've got you covered!

**YOUR GUIDE TO
BULLET JOURNALING**

**YOUR
RESILIENCE TOOLKIT**

THE SCIENCE OF WELLBEING

Engage in a series of challenges designed to increase your own happiness & build more productive habits.

BENEFITS OF SPORT

For a guide to the benefits of sport for your physical & mental health.

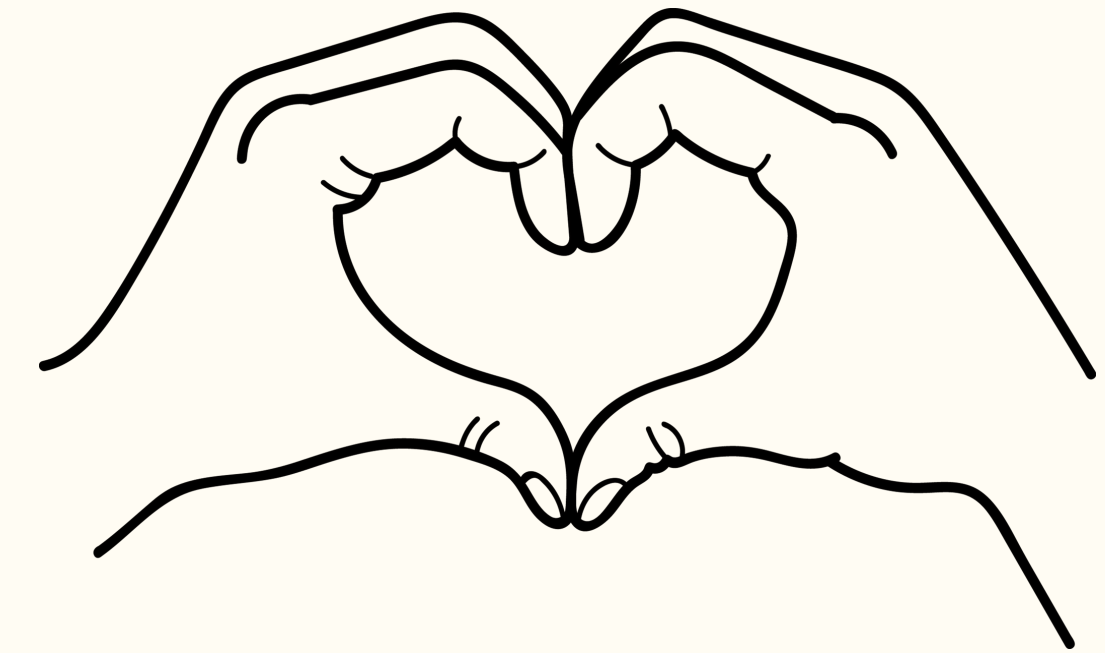
To access the courses, please pop into the hub or contact Ellie Brownhill via Teams.



Good to know.

PERFECTLY YOU

Say goodbye to your inner critic and take this pledge to be kinder to yourself and others.
Body image starts from within, where no one can actually see it.
Learn to love yourself and the rest will follow!



BRITISH SIGN LANGUAGE

Most deaf people who use sign language in the UK use British Sign Language (BSL).
It is a rich combination of hand gestures, facial expressions, body language and, like English, it has its own grammar, syntax and lexicons.



BSL ALPHABET



BASIC SIGNS

To access the courses, please pop into the hub or contact Ellie Brownhill via Teams.



Good to know.

SEXUAL HARASSMENT & VIOLENCE

Sadly, sexual harassment can happen to men, women and people of any gender identity or sexual orientation. It can be carried out by anyone of the same sex, a different sex or anyone of any gender identity.

PREVENT

Prevent is designed to tackle the problem of terrorism at its roots, aiming to safeguard people from becoming terrorists or supporting terrorism.

To access the courses, please pop into the hub or contact Ellie Brownhill via Teams.



Good to know.

HATE CRIME

A crime, typically one involving violence, that is motivated by prejudice on the basis of ethnicity, religion, sexual orientation, or similar grounds.

RACISM

RELIGION

DISABILITY

SEXUAL ORIENTATION & TRANSGENDER

To access the courses, please pop into the hub or contact Ellie Brownhill via Teams.





Eleanor Brownhill
Enrichment & Student Liaison Coordinator