



Rotherham
College

PART OF RNN GROUP

Discover

*Putting choice at the heart
of your college experience*

What is Discover?

Discover is all about enhancing your learning experience and getting the most from your time at college.

Our enrichment activities are your opportunity to Discover new hobbies, try new things, develop new skills and meet new people from your college.

Simply choose a programme that suits your aims and ambitions, whether it's having fun as part of a sports club, developing your leadership skills through student voice activities, or building your confidence through an employer masterclass, the choice is yours.

What's in it for me?

Enrichment is personal to you, but our range of activities are designed to help you develop confidence, stand out on jobs and university applications and boost your chances of realising your aspiration; whether it be further study, progressions to Higher Education, an apprenticeship or employment.

Who can attend?

All current college students are welcome to attend, this includes learners studying full time courses, apprentices, adult learners and Higher Education students.

How does it work?

It's all about choice, flexibility and what suits you!

You are encouraged to choose enrichment activities from the options provided in this programme based on your interests and aspirations.

Think about the choices that will help you develop in areas that will support your next steps and which will help you stand out on your UCAS or job applications.

Study programme learners will be offered support from their Skills and Employability Tutor. They will meet with you to review your initial Navigate assessment and plan appropriate activities to further develop your skills based on your aspirations for progression. All learners can contact the Learner Experience team for advice or to ask any questions about our range of enrichment activities, email **RothEnrichment@rnngroup.ac.uk**

Some enrichment activities may take place outside of your normal timetabled hours or during holiday periods, this will allow you to be flexible and plan your attendance in advance.

All learners will automatically be enrolled onto sessions which cover; Safeguarding, Prevent, British Values, Being Safe Online and An Introduction to G Suite. These must be completed and recorded in your Navigate profile.

How do I book onto a session?

You can access the campus programme through the student portal and the enrichment pages through the College website. You will be able to see all the activities available for the current and next half term. To book on a session you will need to login using your College Google account to access the booking form. You must book on sessions in advance, as these will run subject to enough learners participating.

Sessions will be organised based on student interest and feedback, so if you have any suggestions on sessions that could be run, please see either your Skills and Employability Tutor or email **RothEnrichment@rnngroup.ac.uk**

The choice is yours...

Choose... **Your best life**

Prepare for life beyond college with a range of sessions covering key skills including personal budgeting, building positive relationships and how to access a range of localised support.

Choose... **University**

If you're interested in progressing to Higher Education or Higher Apprenticeships these sessions are perfect for you. You'll receive a range of support designed to make the application and transition to university seamless.

Choose... **A job**

Develop employability skills, create a high-quality CV and boost your confidence when it comes to job interviews with these workshops and masterclasses designed alongside employers.

Choose... **To be active**

Develop and boost fitness, team working, communication and enjoy the benefits of being more active day-to-day in sessions led by the College's Health and Activity Leads. Choose from sports clubs, fitness classes, gym sessions, sporting events or competitions.

Choose... **To have a voice**

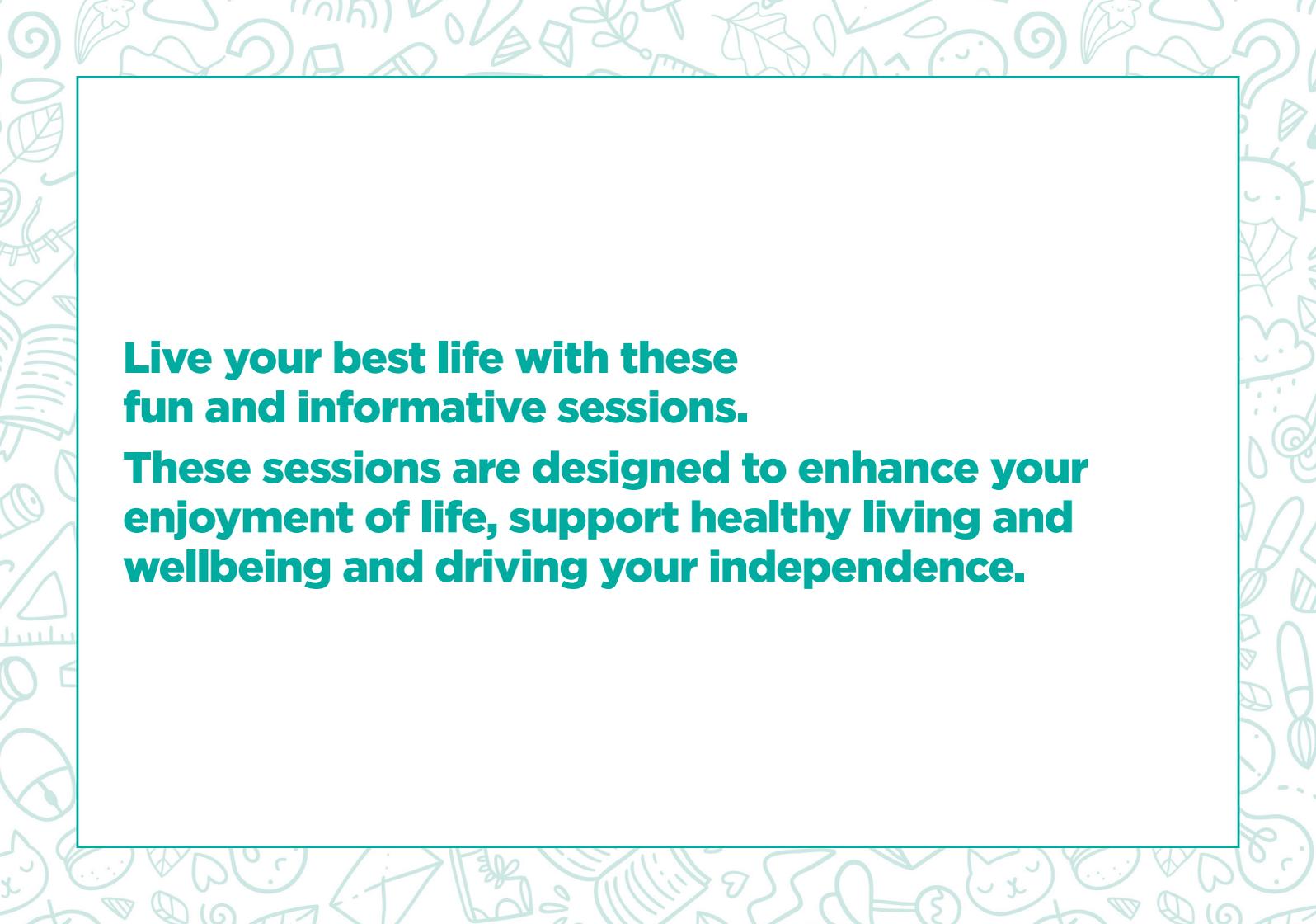
Have your say! This is your opportunity to make a difference not only to your own college experience but that of your friends and peers. The College encourages students to work together and in partnership with staff to share ideas which can improve the learning experience for all students.

Choose... **Careers not courses**

Enhance your college experience and hear from guest speakers, take part in educational visits and get involved in programmes such as the National Citizenship Service (NCS).



Choose...
Your best life



**Live your best life with these
fun and informative sessions.**

**These sessions are designed to enhance your
enjoyment of life, support healthy living and
wellbeing and driving your independence.**

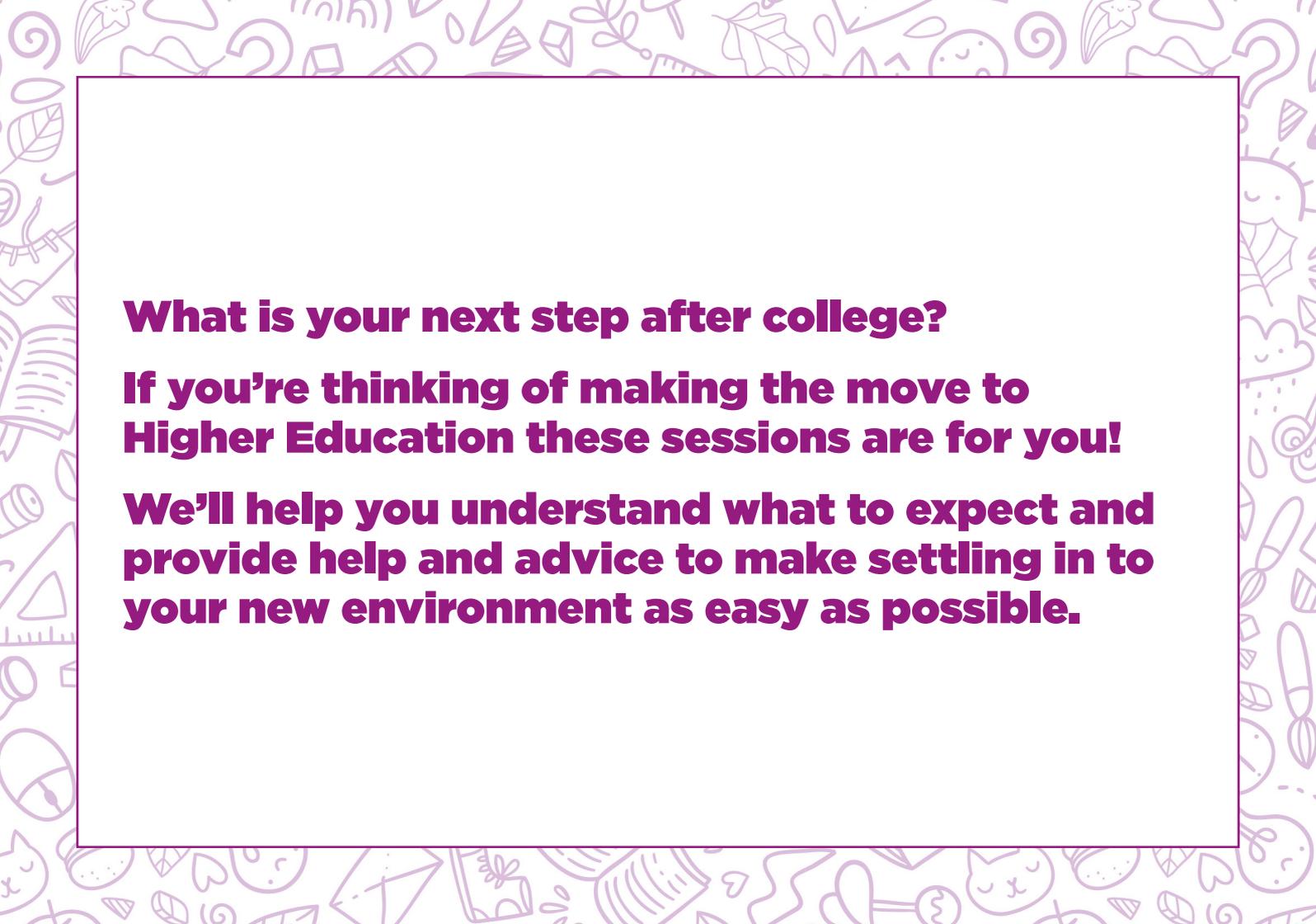
Session title	Activity	Skills developed
Healthy Living	Attend our healthy living workshop and hear from guest speakers to broaden your mind on lifestyle choices.	Confidence
Let's Talk About Mental Health	This one-hour workshop will offer information on a variety of mental health issues and provide coping strategies to support either yourself or someone you know.	Confidence
Staying Safe	Your safety matters to us! Visit one of our workshops to pick up hints and tips on how to stay safe and make sure those around you are prioritising their own safety.	Online relationships Confidence Self-awareness
Support at College	Still unsure on who offers what services around college? Drop in to find out about the services we have available to help you through college life.	Confidence
Let's Talk About Addiction	Throughout these sessions, we will be raising awareness of addiction and showing you how to make sure you do not fall into the trap. We offer a variety of sessions packed full of information, advice and tips for staying safe (covering internet, phone, social media, drugs, alcohol and smoking).	Confidence Awareness
Sexual Health	Visit our fun and informative workshop where we are covering a variety of sexual health subjects.	Awareness Confidence Self-awareness
CPR - British Heart Foundation	This session will help prepare you for when unexpected things happen, so you know what to do. By learning CPR you could help save more lives.	Confidence Taking responsibility Problem-solving
Healthy Relationships - Women	During this session, we will be exploring why healthy relationships are so important and how a positive relationship can be shared between any two people who love, support, encourage and help each other practically as well as emotionally.	Self-awareness Confidence Taking responsibility
Healthy Relationships - Men	During these sessions, we will be exploring why healthy relationships are so important and how a positive relationship can be shared between any two people who love, support, encourage and help each other practically as well as emotionally.	Self-awareness Self-esteem Confidence

Session title	Activity	Skills developed
Prevent	The Counter Terrorism and Security Act 2015 introduced the Prevent duty for various bodies, The Prevent duty's aim is to help stop vulnerable people from being exploited and drawn into terrorism. Book now to learn more.	Self-awareness Taking responsibility
Safeguarding and Cyber Security	The internet is amazing. You can learn, create and connect to anyone, anywhere - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure you are safe online? That's where we come in. Whether you're an online expert or you're not sure where to start, come along to our sessions and find out more.	Self-awareness Taking responsibility
Bullying	Talking about bullying is an important part of making a positive change. Pop along and join in this session to support our Anti-Bullying campaign.	Self-awareness Self-esteem Problem-solving Communication
Stress Awareness	We all know what it's like to feel stressed - being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. Visit our information session to find out more.	Problem-solving Communication
Housing Services	Housing services can provide information on various issues including homelessness, hostels, refuges, sheltered housing and long-term accommodation for people with ongoing support needs. Join in the session to find out more and speak to an advisor.	Independence Problem-solving Awareness
Resilience Programme	When it comes to mental health and wellbeing, it is common for us to focus only on those facing difficulties, but this doesn't build the resiliency skills needed for everyone to achieve long-term wellbeing. This programme provides a powerful tool to help you thrive and flourish.	Problem-solving Awareness Accountability
Study Skills	Are you looking to develop your study skills? Come along and join in our sessions to find new and effective ways to stay on track, revise and ace your exams.	Concentration Problem-solving Reflection
Disability Awareness	The biggest barriers people with disabilities encounter are other people. Disability Awareness means educating people regarding disabilities and giving people the knowledge required to carry out a job or task.	Awareness

Session title	Activity	Skills developed
Body Image	Where do we get our ideas about body image? What are the influences? We are looking at how we can promote self-acceptance and challenge the impact of body image to emphasise the internal rather than external qualities of each other	Confidence Self Awareness Self Esteem
Time Management	Whether you are always late or looking for new ways to be more efficient, this one-hour session will provide you with the tips on good time management.	Time management Taking responsibility Organisation
Money Talks	We invite you to join our session on all things money as we explore how effectively managing your money will have a major impact on your life and goals.	Budgeting Managing stress Taking responsibility
Confidence Building	No matter who you are, or what you are going through, we believe everyone should feel empowered. That is why we are offering this one-hour session to explore the different techniques behind excelling your confidence.	Confidence Self-awareness Self-esteem
Leadership and Conflict Resolution	This session will give you the opportunity to find out how to be an effective leader, and how to resolve conflicts within the work place. It will also give you the opportunity to use role play with a variety of scenarios to try put your new learned skills into action.	Leadership Skills Communication Conflict Resolution
All equal, all different	A common myth is that equality and diversity is about 'special' treatment for a group of people. Use this session to expand your knowledge and learn what to do if you hear, see or experience hate crime.	Self- Awareness Equality & Diversity Inclusivity FBV Hate Crime awareness
Teamwork Skills	These sessions will give you the opportunity to put your teamwork skills to the test with a variety of scenarios for you to work on within a group dynamic, testing your ability to work and communicate as a team.	Teamwork Confidence Problem Solving Communication



Choose...
University



What is your next step after college?

If you're thinking of making the move to Higher Education these sessions are for you!

We'll help you understand what to expect and provide help and advice to make settling in to your new environment as easy as possible.

Session title	Activity	Skills developed
University Visit	Join us in visiting some of the best universities around the country and learn more about what each one has to offer. We will take a campus tour, talk to the academic staff and participate in a wide variety of activities to get a real taste of Uni life.	Decision making Career planning Confidence
Employment Vs Uni	Still undecided on which path to take? This helpful session will explore the pros and cons of both Uni life and the working world, including apprenticeships.	Decision making Career planning
UCAS Support - 1:1	Are you dreading filling in your UCAS application? We will provide you with help and support to make sure that your application really stands out from the crowd. Either make an appointment or call in to see us.	Career Planning
How to Ace Your University Interview	These informative sessions will provide you with hints, tips and suggestions on how you can nail your university interview and secure a place with a university of your choice.	Career Planning Confidence Interview Skills
Making an Application to UCAS	These one-hour sessions will provide you with an overview of what to expect from your university application. We will also include some handy hints and tips to get you started. Don't forget to book in for your one to one appointment afterwards.	Career planning Confidence
Aim Higher - Choose Higher Education	If you are currently on a Level 3 course then this is the perfect session for you. Come along and find out more about Higher Education and how it can benefit your career.	Decision making Career planning
Financing Uni	Ever wondered how you might pay for University or perhaps you are worried that you won't be able to afford the lifestyle while you are there. Don't panic, we have our university experts here to bust some myths.	Decision making Career planning Budgeting Confidence Managing stress
Finding your Uni	Not sure which Uni is right for you? Come along to this interactive session where we will be exploring the different universities across the UK.	Decision making Career planning



Session title	Activity	Skills developed
Changed Your Mind?	Decided that University isn't for you? Allow us to show you all of the other available options so that you can still achieve your career goals.	Decision making Career planning
Independent Living	We're looking at all things associated with the student life including managing money, paying your bills, alcohol safety and simple cooking tips.	Decision making Career planning Budgeting Confidence Keeping healthy Taking responsibility



Choose...
A Job

Are you thinking about making the jump to employment at the end of your course? Perhaps you're looking for part-time work alongside your studies?

Boost your employability and secure your next job with help from our expert team.

Session title	Activity	Skills developed
Careers Fair	Whether you are exploring career options or seeking further information, our careers events are packed full of local employers and industry professionals who can all help you find the right path. You can also speak to employers about possible placement opportunities and apprenticeships.	Career planning Confidence Decision making Taking responsibility
Job Search Workshop	Broaden your job search skills through this informative session delivered by our Skills and Employability Tutors. This session will enable you to gain a full understanding of the best hot spots to find great jobs.	Career planning Problem solving CV writing Job search
CV Building Workshop	Whether you are completely clueless on CV writing or just need some help getting your CV noticed, this one-hour session is perfect for you. Delivered by our CV experts, we will make sure that your CV stands out from the crowd and gets you noticed.	CV writing Career planning Job search
CV Writing – 1:1 Appointment	Book in for a one-to-one session with our CV experts, they will show you how to design a CV that attracts the attention of employers and secures you an interview. They will reveal their secrets, tips and hints for great CV writing.	CV writing Career planning Job search
Self-employment	This session is ideal if you are learning a trade and think that self-employment may be an option for you in the future. Come along and join in our journey through self-employment.	Career planning Budgeting Enterprise skills Confidence
Preparing for Work Experience	Our specialist team are here to help and support you throughout your placement journey, come along to this one-hour session to find out everything there is to know about placements.	Taking responsibility Working with others
Finding a Placement	If you need help and support with finding a placement then this is the session for you. Come along and meet with our friendly team who will help you to secure the perfect placement.	Career planning Confidence Taking responsibility
Placement Support – 1:1	Do you need additional support, advice or guidance about your placement? Book in to see one of the team today.	Career planning Taking responsibility



Choose...
To be active

Being active at Rotherham College is about more than sport. We provide opportunities for all students to try activities and find one that will develop you physically, mentally and socially. So, make use of your downtime by trying a sport or activity, socialise and make the most of these free activities.

If you're looking to take part in competitive sport you can represent your college in a variety of sports.

Activities vary throughout the year and these are the proposed activities which may change. If there is an activity not listed that you would like to do please let us know, by emailing: **RothEnrichment@rnngroup.ac.uk**

Session title	Activity	Skills developed
Boxercise/Boxfit*	Boxercise is high intensity interval training based on boxing. Boxercise includes aspects of boxing training using pad work but not sparring or competitive bouts. Everyone welcome.	Communication Confidence Coordination Fitness Keeping Healthy Punctuality Resilience Social Skills
Football*	<p>Are you an excellent team player with a passion for football? Join our football teams as part of your enrichment plan. Our football teams work towards 5 a side tournaments, futsal competitions and friendly matches.</p> <p>Teams: Mens 5 a side, Women's 5 a side, Pan Disability Mixed teams 5 a side.</p> <p>Venues: We use Facilities off site for these sessions (Rotherham Leisure Complex, Clifton Park, Rotherham Football Centre in Eastwood and Parkgate Astro).</p>	Communication Confidence Coordination Fitness Punctuality Resilience Social Skills Teamwork
Pilates	Pilates / Yoga. Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. It is a great way to stretch and relax your mind and body. No experience necessary.	Communication Confidence Coordination Fitness Punctuality Resilience Social Skills Teamwork
Social Table Tennis*	<p>Available for you to drop in at any time, our table tennis sessions are a fun and friendly gateway to meet new people and participate in a light-hearted sport. Our social sports enrichment sessions are open for anyone to attend and are inclusive of all capabilities.</p> <p>Sessions take place in the Active Zone in Eastwood Refectory.</p>	Communication Confidence Coordination Keeping Healthy Personal Development Social skills Teamwork

Session title	Activity	Skills developed
Multi-Sport	<p>The multi-sport enrichment varies week to week based on the participants request the week prior. Activities could include the following activities - Athletics, Tennis, Rounders, Cricket, Netball, Basketball, Badminton, Volleyball etc.</p> <p>Venue: Sessions take place off site (depending on availability of facilities) at Rotherham Leisure Centre / Clifton Park</p>	<p>Communication Team working Keeping Healthy Social Skills Fitness Confidence</p>
Gym/Fitness Suite	<p>New for 2021-22 Academic Year we have a small Gym being built on-site in C232. Students will be able to access this during the day at scheduled times. Inductions must be completed and programme planning is available to help you reach your goals.</p>	<p>Keeping Healthy Fitness, Confidence Commitment</p>

To take part in these activities a health check consent form needs to be completed ([click here](#)).

***Please note:** All these activities are subject to change in line with any Government guidance for Sport and physical activities due to Covid-19 restrictions.

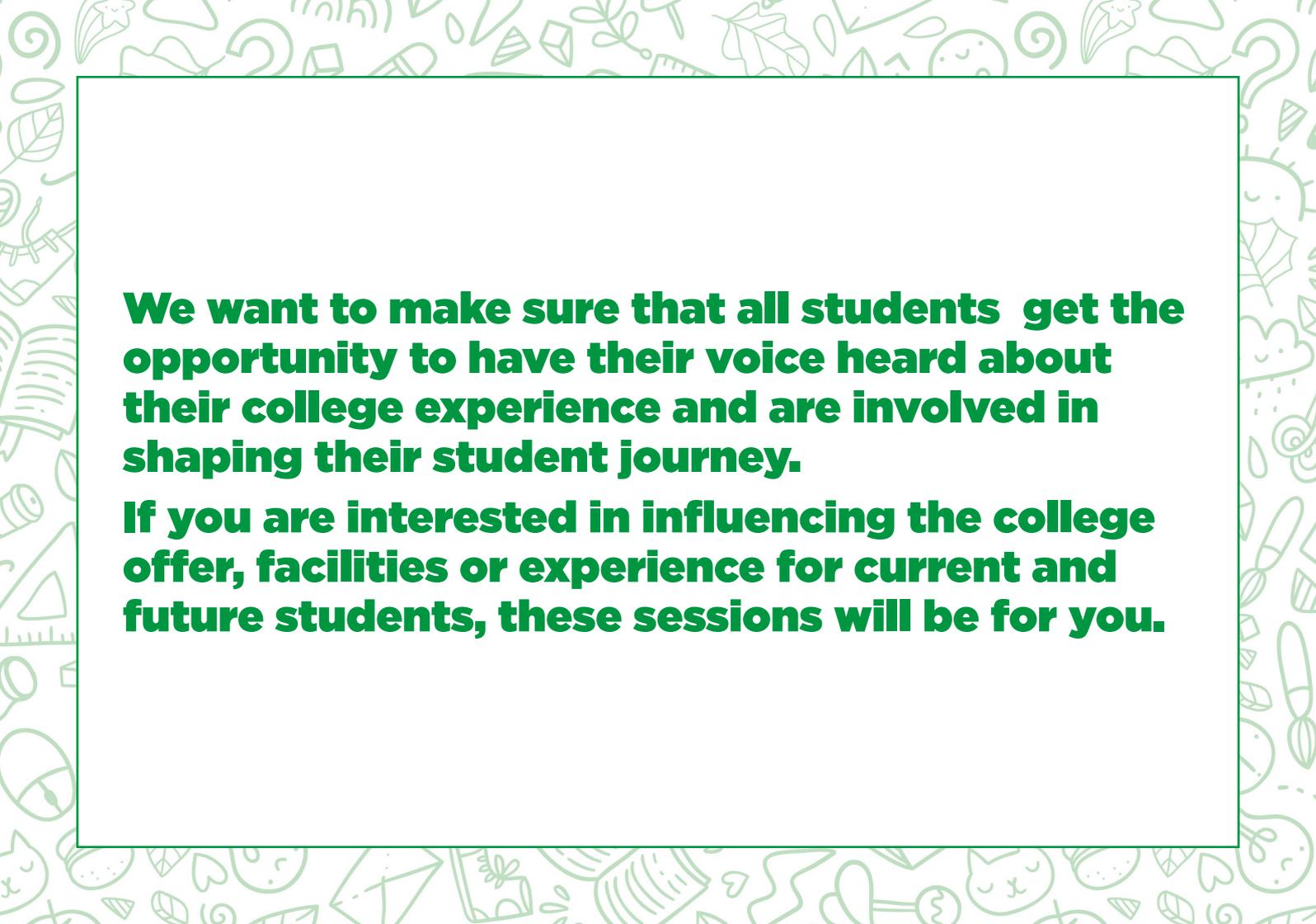
Session title	Activity	Skills developed
Competitions / Tournaments / Sports Days / Events*		
Association of Colleges Regional Futsal League (January to May)	5 a side Men's Futsal (indoor football) - If you are interested in representing the college in Futsal please get in touch	Communication Confidence Skill development Teamwork
Association of Colleges PAN Disability South Yorkshire Football League (November to May)	5 a side (outdoor) Mixed Football League	Communication Confidence Skill development Teamwork
Inter-College 5 a side Football Tournaments	RNN Group Colleges 5 a side tournaments are held once a term	Communication Confidence Skill development Teamwork
Colour Smash*	A fun-run with a difference! Improve your fitness, have fun and get covered in powdered-paint at this FE Network and Yorkshire Sport Foundation organised event.	Confidence Fitness
South Yorkshire College Games (March)	Take part in a variety of sports and represent your college. This is a participation event so anyone can join in.	

Other competitions and sports days occur throughout the year, so watch out on the student portal for when these become available.

Session title	Activity	Skills developed
<p>Leadership Academies</p> <p>These programmes provide you with the opportunities to develop employability and personal skills, as well as formal qualifications such as first aid and coaching courses. Courses vary year to year.</p>		
<p>AOC Leadership Academy programme</p>	<p>There are 3 different programmes delivered by the AOC:</p> <p>Inclusive Ambassadors integrate student volunteers into disability specific sport and physical activity as well as inclusive activity. (2 student selected per campus)</p> <p>This Girl Can Ambassadors promote and inspire other females within their colleges to participate in sport and physical activity whilst raising awareness of the Sport England This Girl Can campaign. (2 students selected per campus)</p> <p>Mental Health Ambassadors promote the physical activity benefits on mental health and wellbeing and to support students experiencing mental health problems to become more active. (5 students selected per campus)</p> <p>Register your interest by the 30th September 21 (add a google form link)</p>	<p>Communication, Confidence Event Management Listening Organisation Personal Skill Development Responsibility Reliability Timekeeping</p>
<p>FA Activator Programme</p>	<p>The FA Activator programme selects 2 students per college* (1 male & 1 female) to support the Women's Development Officer in developing Football at their campus. Activators will receive FA Lead Playmaker Training and FA First Aid and Safeguarding Training. This enables you to gain a football coaching qualification. Activators also receive a sports t-shirt and rain jacket.</p> <p>Click here to apply (add google form link)</p> <p>* Please note 2 per college not campus.</p>	
<p>Online Activities</p>		
<p>Health and Activity Leads Online Classroom</p>	<p>We have a Health and Activity Leads Online Google Classroom 2021-2022. CODE: gwtr6r3</p> <p>This platform will showcase online workouts, live workouts, tips on nutrition, mental health and how to keep active. We will also be sharing information about when new enrichment activities become available and host quizzes and challenges for you to take part in.</p>	



Choose...
To have a voice



We want to make sure that all students get the opportunity to have their voice heard about their college experience and are involved in shaping their student journey.

If you are interested in influencing the college offer, facilities or experience for current and future students, these sessions will be for you.

Session title	Activity	Skills developed
Student Representative/ Apprentice Champion Forum	<p>Representing students on your course, capturing their views on anything College-related and providing feedback to staff and the Student Executive Group.</p> <p>One Course Rep for each programme of study/apprenticeship programme, meeting every half term to support learner voice activity and meeting with Curriculum Managers at least twice a year to provide additional student feedback.</p>	<p>Communication – verbal, written and listening</p> <p>Planning and organising</p> <p>Teamwork</p>
Student Executive Group (Student Union)	<p>Representing and supporting students across the RNN Group, organising student events, including charity fundraising, and raising awareness of and addressing issues that affect students.</p> <p>As part of the Student Union you will have the opportunity to create blogs and produce the Learner Experience Magazine.</p>	<p>Communication – verbal, written and listening</p> <p>Decision making/analysis</p> <p>Creative thinking</p> <p>Teamwork</p> <p>Leading by example</p> <p>Change orientation</p> <p>Planning and organising</p> <p>Initiative</p> <p>Budget management</p>
Student Governor	<p>Representing students at the Full Corporation Board meetings, participating at the highest level in the decisions shaping learning, teaching and assessment. There will be two Student Governors, who will attend the monthly Full Corporation Board meetings.</p>	<p>Communication – verbal, written and listening</p> <p>Decision making/analysis/ reflection</p> <p>Negotiation</p> <p>Planning and organising</p> <p>Teamwork</p> <p>Public speaking</p> <p>Making a difference</p> <p>Change orientation</p> <p>Leading by example</p> <p>Creative thinking</p>

Session title	Activity	Skills developed
Safe space	Everyone is welcome to join our LGBTQ+ safe space. We facilitate and support a number of social and support groups in our Community Centre. These groups provide a safe and welcoming environment for members of the LGBTQ+ community who may feel isolated, have recently or are thinking about coming out or are looking to make new friends.	Confidence Social skills Making a difference
Be a community champion	Think your community could be improved? Have ideas to help others? This workshop will introduce a range of topics and opportunities for you to help improve your local community.	Social Action Volunteering Problem solving
Debate Sessions	Our debate club provides a fun way of developing your communication skills while enhancing your ability to express yourself fluently and grammatically in speech. Throughout the duration of this club, you will also become informed about political and global affairs.	Communication Confidence Language Skills
Environment Club	Throughout these sessions we will be looking at local, national and worldwide environmental issues while exploring our options to help make our world a more clean, sustainable living space for everyone.	Communication Confidence Language Skills
Book Club	Working with the Library, read new books, explore new genres and learn something new! As well as gaining knowledge, you will also have the chance to meet new people and make new friends! To register your interest in Book Club please click the link: https://forms.gle/VfszLLqQuGDimvoR9	Communication Confidence Language Skills
Movie Club	Alongside your peers and course mates, take part in our Virtual Movie Club. You can talk to others in the party via the chat function! Watch new films, learn new things and most importantly meet new people and make new friends! To register your interest in Movie Club please click the link: https://forms.gle/VfszLLqQuGDimvoR9	Communication Confidence Language Skills

If you have any questions relating to any student voice activities, please email: learnerexperience@rnngroup.ac.uk



Choose...
Careers not courses

Town Centre Campus

We encourage all of our learners, regardless of subject area, to get involved in Love Our Colleges week, the annual event gives you the opportunity to get involved in a wide variety of extra-curricular activity, enhancing your experience of college and shining a spotlight on the fantastic role you, and your fellow learners, play in the local community.

Art and Design

Draw your inspiration from a range of enrichment activities if you're studying an Art and Design course at Rotherham College. Revel in insight from industry speakers, take inspiration from The Chatsworth Arts Festival or paint the town red with various residential and day trips to cities including London, Liverpool, Manchester and Madrid.

Performing Arts and Music

Bust a move in a dance competition, show your technical expertise as part of the technical team for local productions, gain valuable insight from guest speakers or put on a play highlighting social issues for local school children, whatever you choose the stage is yours.

Digital Media and Photography

From picture perfect residential visits and live photoshoots, to cinema nights, free film festivals and team building events; if you're a Digital Media and Photography student at Rotherham College you can craft experiences tailored to your aspirations.

Computing

Enrich your experience and gain valuable insight into the industry with talks from guest speakers, network with independent game makers and share Skype sessions with industry experts to get the most from your College computing course.

Hair and Beauty

If you're studying Hair or Beauty at Rotherham College you can choose from a range of additional activities that aren't part of the core curriculum. From hair masterclasses and hair extension techniques to OPI ear candle and gel polish courses, you can learn skills that boost your employability and allow you to stand out.

Media Make-up

Play your part in local panto as part of the media production team, create lifelike injuries using special effects for paramedics or enjoy a range of guest speaker slots from some of the biggest names in the industry including Dermalogica and Babyliis.

Engineering

Enrich your engineering experience at College with visit to industry shows and site visits to Wilmot Dixon, allowing you to benchmark against the skills required to be successful within the industry.

Construction

Build your knowledge with visits to local businesses and construction sites and attend other industry events including World Skills and the Woodwork Show at the Birmingham NEC.

Town Centre Campus

Health and Social Care

Enrich not only your learner experience but a play a part in enriching the lives of those less fortunate through a range of fundraising initiatives for worthy causes, become a dementia friend or upskill yourself by learning emergency first aid and lifesaving skills.

Childcare

Organise a coffee morning, bake a cake or tackle a feat of endurance to raise vital funds for worthy causes including Children in Needs, MacMillan and Genes for Jeans. You may also take part in a visit to Yorkshire Wildlife Park and enhance your skills with an introduction to Makaton.

FLEX

Volunteer and learn important skills with a range of projects designed to boost confidence, self-esteem and employability while developing independence, team working and communication skills with a range of projects including growing

vegetables at a local allotment, working with young people or looking after animals at Graves Park.

Business

Build your business acumen with a range of activities designed to encourage you to think beyond the theory taught in the classroom and consider the real-world application of what you're being taught. You'll have the opportunity to hear from guest speakers, visit local businesses of varying sizes and importantly celebrate your successes with a trip to a theme park!

Travel and Tourism

Spread your wings and explore on overseas residential trips, visit industry trade shows and begin a blog alongside your studies. Throughout your course you will have opportunities to develop, including working with leading professionals from FlyBe - exploring their cabin simulator and Air Traffic Control station - to develop your employability skills.

Catering and Hospitality

Cook up a storm in the kitchen with a departmental cooking competition and drink in the knowledge of industry experts at guest speaker slots and masterclasses. Enrichment activities for hospitality and catering students give real insight into what to expect from the industry and the routes you may wish to take after your course.

ESOL

Take part in sports maker sessions to develop team working and communication skills, visit the World Skills event and hear from guest speakers about core British Values.

