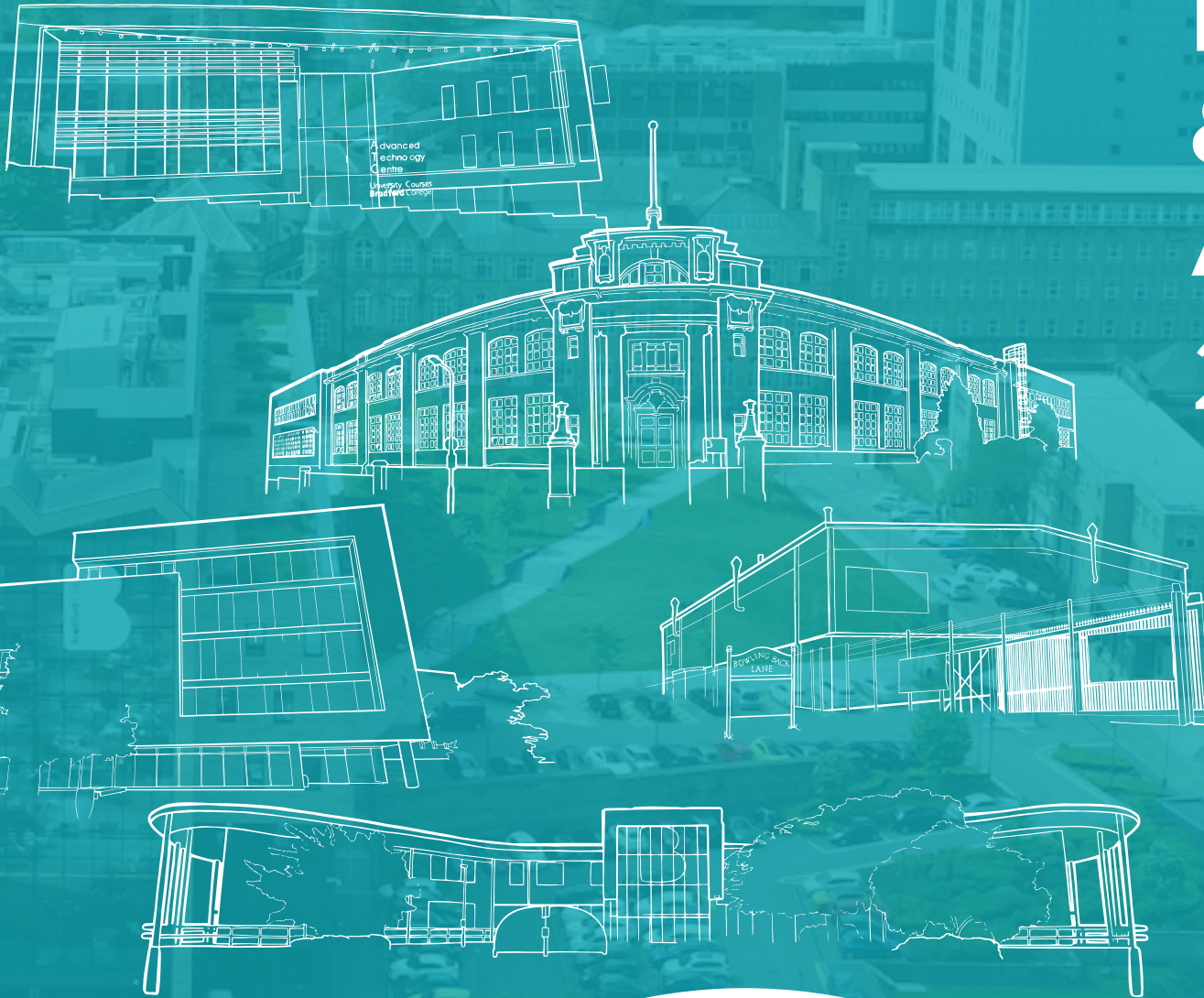


# Personal Development & Enrichment Activities 2023/24



**For all activities contact:**  
**[activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk)**



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## What is Enrichment at Bradford College?

**Bradford College offers an extensive programme of personal development and enrichment opportunities for all our students. Taking part allows you to enhance your experience and make the most of your time here.**

These activities are your opportunity to discover new interests, develop new skills and make friends.

Enrichment is anything that enhances or adds to your learning and is usually something you do outside of your main course and lessons. This can be anything from joining a sports club, developing your leadership skills through becoming a Course Representative, or taking part in one of our 'Give it a Go' activities.

Enrichment can be provided by your department or the Personal Development Team, in partnership with the Students' Union, which offers lots of activities for you to take part in. These can include:

- \* **Clubs**
- \* **Events, Campaigns and Fairs**
- \* **Guest Speakers**
- \* **Sports Teams**
- \* **Volunteering**

If you have any ideas for events and activities please contact the team.

### Why take part?

Our enrichment activities can help you develop your confidence and skills and meet new people. It can be used to boost your CV, UCAS Personal Statement, employability skills or discuss with employers at an interview.

This can increase your opportunities, and chances of realising your goals, whether this is progressing to further study, Higher Education, apprenticeships, volunteering or gaining employment.

### How do I attend or book onto a session?

You can book these activities on an individual or group basis. If you'd like to book any of these sessions, please email the relevant email addresses that are listed on each page, with the title of the session you are interested in, the time you would like to book and we will be in touch.



# Personal Development Programme (Tutorial)

Personal Development topics will be delivered in tutorials as part of your study programme here at Bradford College.

The Personal Development tutorial programme is mandatory and will be recorded on your Navigate account.

Each month is linked to a topic to raise awareness and knowledge of current and emerging themes, and to prepare you for life after college.

## Staff Notice

Staff will be sent the relevant resource material each month and can also find the links on the student services page on the intranet.

## September

### Safeguarding and Keeping Safe (Induction)

At Bradford College we want all our learners to feel safe. This tutorial will look at how you can keep yourself safe, and where to access support if you are feeling worried about yourself or someone else.

## October

### Equality, Diversity and Inclusion

To understand why Equality, Diversity and Inclusion is relevant to us and to help you understand more about your responsibilities as a student. This session will also allow you to explore the theme of Black History month.

## November

### Prevent and United Values

A tutorial informing learners about Prevent which aims to help them recognise the signs of radicalisation and stop them from being exploited and drawn into terrorism.

## December

### Online Safety & Anti Bullying

The tutorial will help learners define safeguarding and identify some online safeguarding issues, identify how to stay safe on social media, describe what 'cyberbullying' and 'online grooming' mean, identify whom you can go to for help and support.

## January

### Mental Health & Time for Action

A workshop for learners to attend and learn about looking after their own mental health, raising awareness of mental health issues, looking at coping strategies, and where they can refer/seek support both internally and externally.

## February

### Love is Love (LGBTQ+ History Month)

Despite some important steps forward, LGBTQ+ people still experience discrimination, harassment, and hostility in many parts of the world. This can lead to poor mental health outcomes that are directly related to experiences of stigma, prejudice, and abuse on the basis of being LGBTQ+. This workshop is discussion based and introduces appropriate terminology and can help you explore gender and sexuality and gain an understanding of some of the issues faced by LGBTQ+ people.

## March

### Careers & Next Steps

Our Careers Advisers can help you gain up to date information, advice and guidance on a range of career paths. We will guide you in planning your next steps towards achieving your future career goals.

## April

### Disabilities & Autism

This session will allow you to discuss what disability is, to recognise that some disabilities are not visible, and have the opportunity to talk about the stigmas surrounding those affected by physical, mental, or emotional impairments and the barriers people face on a daily basis.

## May/June

### Healthy Relationships & Self Care

A tutorial looking at recognising healthy and unhealthy relationships, enabling learners to identify different relationships, discussing the differences between forced and arranged marriages, what is domestic abuse, look at sexual health and keeping safe, and looking at the support available to the learners.





## Enrichment Activities

These sessions can be booked by either you or your tutor, are available on multiple dates and times throughout the year, on campus, free of charge and organised into the following themes:



**Be Safe**



**Be Respectful**



**Be Active**



**Be Creative**



**Be Ready**



**Be Part Of The Change**







## Be Safe

Keeping safe is about doing everything we can to make sure our students and staff are kept safe and are able to achieve their aspirations. Some of the sessions will cover, keeping safe at College, keeping safe online, healthy relationships, and support and information regarding mental health.

Visit the Community Hub on the ground floor in the David Hockney building to see what services we offer and who can support you whilst you study with us. We're here to support your journey at Bradford College. To book any of these sessions, email [activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk) with the title of the session and time you are interested in and we'll be in touch.

### Black Dog - A workshop looking into depression and how to seek help

In collaboration with 'WHO' to mark World Mental Health Day, writer and illustrator Matthew Johnstone tells the story of overcoming the "black dog of depression."

At its worst, depression can be a frightening, debilitating condition. Millions of people around the world live with depression. Many of these individuals and their families are afraid to talk about their struggles and don't know where to turn for help. However, depression is largely preventable and treatable. Recognising depression and seeking help is the first and most critical road to recovery.

### Consent Workshop - Unblurred Lines

A workshop covering aspects of consent, sexual violence, rape myths, and victim blaming. It sets out the extent of the problem, how to respond to unacceptable behaviour, and where to seek support.

### County Lines Workshop

Interactive Workshop for students explores what County Lines is, how young people can be groomed and exploited into criminal activities, and where to go for advice and support. The workshops are led by skilled facilitators with expertise in working with youth and engaging with communities.

### Emergency First Aid Workshop & CPR

A workshop where students will learn essential first aid skills. We will help them build the confidence and willingness to help someone in an emergency, using everyday objects around them. We also show them where to get support if they have an injury or illness and how learning CPR could help save more lives.

### Hate Crime Awareness Workshop/ Bradford Hidden Stories

Hate Crime is a troubling manifestation that is evident in various aspects of society. This workshop will explore what Hate Crime looks like in the UK, how it affects young people, what the direct causes of it are, and how young people and communities can work together to overcome this.

### Healthy Relationships – Women

In this workshop, we will cover a range of topics that promote positive, respectful and empowering relationships. The session will help you understand what a healthy relationship entails, emphasising mutual respect, trust, communication, self-esteem, self-worth and support.

### Healthy Relationships – Men

In this workshop, we will cover a range of topics that promote positive, respectful and empowering relationships. The session will help you understand what a healthy relationship entails, emphasising mutual respect, trust, communication, self-esteem, self-worth and support.

### Housing Services

Meet Housing Options and Unipol at the Community Hub on the ground floor in the David Hockney building to discuss short term and long term housing options and discuss your ongoing support. Do you have questions about tenancy agreements or landlords? Visit the hub to find out more.

### Knife Crime Awareness Workshop

An interactive workshop to raise awareness among young people about the hazards of carrying knives or other bladed articles. The workshops are led by skilled facilitators with expertise in working with youth and engaging with communities. The aim of the workshop is to equip young people with the information and abilities they need to make wise decisions and steer clear of knife crime.

### Kooth Awareness – Manage your Mental Health

The Safeguarding and Wellbeing Team have teamed up with Kooth who provides online support for young people around Wellbeing and Mental Health. This workshop will be going through some of the functions on Kooth and how you can self-care.

### Mental Health Awareness

This session will provide information on a number of different mental health issues and we will discuss support in college and the services you can access outside of college. The session will also introduce you to our new online platform, 'My Wellbeing'.

### Nitro Oxide Workshop

Addressing the current emerging issue amongst young people around 'Nitrous oxide', which is known as laughing gas, or balloons. This has become increasingly popular and is second only to cannabis for levels of use by young people. However, many users are unaware that it can potentially lead to spinal injury and nerve damage.



## Pressure and Stress Awareness

In this session, you will have a discussion on what stress is and how it affects the body and mind. The workshop will help you recognise the sources of stress in your lives. We will also provide stress management techniques and practical strategies for coping with stress, such as deep breathing, mindfulness, and relaxation exercises.

## Preventing Youth Homelessness

The aim of this session is to raise awareness about youth homelessness and the work of Bradford Night stop so that young people in the Bradford District are aware that sleeping 'rough' is very dangerous, extremely bad for your health and is something which they should never consider doing.

## Sexual Health

During this workshop, we highlight important topics and provide a safe space for discussion and information on how to access further services. You will discuss things such as contraception, STIs, and how to keep yourself and others safe and healthy during sex.

## Staying Safe

Visit our workshop to discuss ways how to stay safe both in and around the college campus buildings. Hints and tips for how to prioritise your own safety.

To book any Be Safe workshops or activities please contact:  
**[safeguarding@bradfordcollege.ac.uk](mailto:safeguarding@bradfordcollege.ac.uk)**



# Be Respectful

## Black Lives Matter Workshop

This helps learners reflect on the BLM movement with a focus on how people might experience racism and how it might feel.

## Climate Change (Planet Earth)

This session explores key questions such as, “is our planet at risk?”, “how can we make a difference to our planet”, “what role do we have to play”, “what can we do as individuals to influence the change”? The session will aim to improve your understanding of the impact that small changes including recycling can have on the environment.

Students will be expected to engage and reflect on their own positions as students and members of the Bradford College community and commit to one action moving forward.

## Community Action

Students will develop their local understanding in order to; create safe and welcoming spaces, understand the needs of different communities, and put together an event to celebrate diversity and inclusion.

If you have any ideas for a community action project, please contact us to discuss in more detail. This could be, a local litter pick or a protecting/cleaning our college green spaces.

## Islamophobia Awareness Exhibition

The Islamophobia Awareness exhibition is a resource designed to raise public awareness about Islamophobia and its impact on British Muslims. The exhibition showcases the enormous contributions by British Muslims to the UK in the fields of medicine, business, sport, finance and economy.

## Protest Power - (Reclaim the Night)

A great way for students to channel their emotions of social injustice, for student to understand the power of their voices through positive protest, using your power to make a difference through, poetry, music and art. Hands on workshop were students create some form or creative response.

## Social Justice and Human Rights

This is an opportunity where you can discuss the challenges in society and in the world. We will discuss globalisation, peace, feminism, LGBTQ+, and human rights to provide you with a better understanding of your rights and responsibilities as a citizen.

To book any Be Respectful workshops or activities, please contact:  
**[activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk)**





## Be Active

### Healthy Body Healthy Mind - Bradford City Foundation

The programme provides an opportunity for students to enrol in a 6-week condensed programme (4 per half term) that would consist of 45 minutes of health messaging followed by a 45-minute fitness session decided by students for the students.

### Healthy Eating and Living

An ever-changing workshop which offers advice on healthy living, health plans, smoothie making and healthy eating.

### Archery

**Beginner Group:** Embrace the timeless sport of archery with our Beginners Archery Club

**Location:** Trinity Green Sports Hall

**Intermediate Group:** Are you ready to aim high and take your archery skills to the next level and join our intermediate archery club?

**Location:** Trinity Green Sports Hall

### Badminton

Whether you're a beginner or an experienced player, our club is open to everyone! Learn the basics or challenge yourself to improve your game with our supportive coaches.

**Location:** Trinity Green Sports Hall

### Basketball

Basketball isn't just about winning, it's also a fantastic workout that keeps you active and energised. Our basketball sessions cater to all students, learn the fundamentals or elevate your game to new heights. It's never too late to join!

**Location:** Trinity Green Sports Hall

### Boxing

Ready to step into the ring and embrace the art of boxing. Welcome to our boxing sessions based at Unique Fitness, University of Bradford. Mally McIver, our experienced boxing coach is here to guide and support your boxing journey, from mastering technique, to building strength and endurance, they'll help you become a better boxer. Whether it's your first time in the ring or you have a passion for the sport, everyone is welcome.

**Location:** Unique Fitness Boxing Gym

### Cricket AOC T20 + Evening League

Are you ready to step onto the pitch and experience the thrill of cricket like never before? Welcome to the Bradford College Cricket Team, where dedication, sportsmanship, and a love for the game unite. Our team is built on mutual respect, where each player contributes their unique talents to the team.

**Location:** Trinity Green Sports Hall

### Dance

Ready to move your feet to the beat and let your inner dancer shine? Welcome to the Dance Club, where rhythm, energy, and fun take centre stage

**Location:** Trinity Green Dance Studio

### Female Football

Unleash your potential, whether you're an experienced player or just starting, we believe in nurturing talent at every level. Our experienced coaches are dedicated to bringing out the best in you, developing your skills, and elevating your game to new heights.

**Location:** 4G, Trinity Green Sports Campus

### Fitness Studio & Gym

Unleash Your Inner Strength. Discover our modern and fully equipped fitness space, designed to cater to all your exercise needs. Experience the ultimate workout environment that motivates and inspires.

**Location:** Trinity Green Gym

### Gaming Club

Level Up – Join our Gaming Club. Are you passionate about gaming and ready to join a community of like-minded players? Equipped with the latest technology and consoles for an immersive gaming experience. Feel the excitement as you dive into a world of virtual adventures.

**Location:** Gaming Studio, 3rd Floor, David Hockney Building

### Men's Football

Are you ready to be part of something extraordinary, Welcome to Bradford College men's football team, where passion, teamwork, and sheer determination fuel the spirit of the game.

**Location:** 4G, Trinity Green Sports Campus

### Netball

Are you passionate about netball and ready to be part of a new journey? Welcome to our brand-new Netball Club where you can learn the basics of the game, from passing techniques to strategic plays. Sign up now and embark on a netball adventure filled with teamwork and achievements.

**Location:** Trinity Green Sports Hall

### Jiu-Jitsu

Want to embrace the art of self-defence, then join our Jiu-Jitsu club. Our experienced Jiu-Jitsu instructor is dedicated to sharing her knowledge and passion. Learn the fundamentals, advanced techniques, and effective self-defence skills.

**Location:** Trinity Green, Dance Studio



## Racket Sports

**Pickle Ball:** The Fastest Growing Sport! Enjoy the fusion of tennis, badminton, and table tennis in one exciting sport. Pickleball's simple rules make it easy to pick up, and welcome players of all abilities to join the fun. **Location:** Trinity Green Sports Hall

**Short Tennis:** Are you ready for a fast-paced and exciting racquet sport? Short Tennis will provide you with an exhilarating playing experience whilst developing your skills and agility in the company of your friends. Enjoy a new sport whilst having a blast on the court!

**Location:** Trinity Green Sports Hall

## Table Tennis

Welcome to our table tennis club, where speed, precision, and fun come together! Table tennis is a sport for everyone whether you're experienced or a beginner, Bradford College welcomes players of all abilities to come and play. Our table tennis club offers the convenience of playing indoors, regardless of the weather conditions. Rain or shine, you can always enjoy table tennis fun.

**Location:** Trinity Green Dance Studio and Student Central

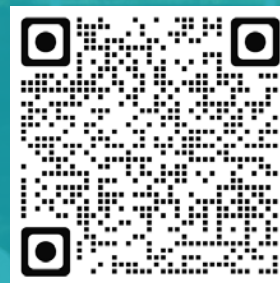
## Walk with Us

Come and explore the city and other places such as Saltaire, Piece Hall and Ilkley Moor. This will boost your physical and mental health and improve your navigation skills, journey planning and teamwork.

## Yoga

Are you ready to find balance and calmness in your life? Welcome to our Yoga class where mind, body, and spirit unite through the ancient art of Yoga. Join our yoga instructor to guide you through the practice, ensuring you embrace the correct form, alignment, and breathing.

**Location:** Trinity Green, Dance Studio



**For more information regarding location, session times, and who to contact, please use this QR code. For more information or to sign up for any Be Active sessions please contact the personal development and enrichment team on the following email address; [activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk)**



# Be Creative

## Creative Writing

This session will provide you with space and time to reflect on your personal experience and emotions through critical thinking. Within this session, you will be able to improve your communication skills and creativity.

## Go-Arty

A walk-in art session that allows learners to express their thoughts and emotions by painting on canvas.

## Odd Arts Drama Workshop - Prevent

'Here and Now' includes a hard-hitting play that ends with many complex societal problems relating to hateful extremism, specifically focussing on the far right and International terrorism. Workshop participants use the play to try out solutions and early intervention techniques.

## Origami Club

The art of paper folding. Come along to expand your skills and knowledge on this intricate and delicate art form.

**For further creative sessions and activities please visit the Students' Union website for all monthly updates. You can also contact the personal development and enrichment team on the following email address [activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk)**

**[www.bradfordcollegesu.co.uk](http://www.bradfordcollegesu.co.uk)**

## Mindfulness Colouring Club

At Bradford College, we take mental health and wellbeing very seriously. That's why each week we offer a calm and relaxing space for students and staff to use art to unwind.

## E-Sports Gaming Club

The E-sports gaming club is a place where students can play e-sport related games, improve their skills, and play competitively. With club leaders on the level 3 e-sports course, this club will help new gamers as well as intermediate gamers improve their skills whilst having fun.

## Upcycling

Come and learn to repurpose old materials such as glass bottles, cardboard, and plastic containers, and turn this into art! Help save the planet one art piece at a time.

## Chess Club

Have you ever wanted to be a Grandmaster or just wanted to try chess? Join us at our dedicated chess space where you can enjoy a game that develops critical thinking, problem-solving skills, and strategic thinking. Give it a go!





## Be Ready

As part of your journey at Bradford College you will be looking at next steps for your future, whether this is remaining in education, progressing to higher level study or an apprenticeship or moving into employment. Some of the sessions and workshops will provide vital information on what you need to do and who you need to speak to and will help you prepare and be ready for your next steps and your journey in life!

### Careers Fair

Not sure what career or sector you want to work in. Visit our careers fair where a number of local and regional organisations and universities come together to showcase their courses, and job opportunities to engage with potential candidates. It provides an opportunity for you to network, learn about different career paths and gather information about different careers and sectors.

### CV Workshops

Not sure how to write a CV or how to make it stand out from the crowd. This workshop will provide you with guidance and tips on creating an effective CV. The session will cover, CV Format, Content, Language, Design & Layout, Keywords, Cover Letters, Proofreading and much more.

### Employment, Apprenticeships, and University

Unsure which route to take, join this session to explore all things progression including the positives and negatives of all options.

### Employability

This session will look at CV writing, job searching, help you understand the process of applying for a job, and prepare you for life after college.

### Essential Life Skills

Come along and take part in this session that gives you the knowledge you need to live healthier, happier and safer.

We will look at money management, cyber security, personal banking, and public speaking. This session will explore how to pay attention to detail, improve your self-confidence and resilience.

### Goal Setting

How do you stay motivated to achieve your goals? Looking at intrinsic and extrinsic motivation, students will explore the different aspects needed to obtain their goals. Students will be expected to participate in group discussions and plan their next steps.

### How to be Effective in your University Interview

A university interview is an opportunity for the university to get to know you better, so be genuine and show your passion for learning. These sessions will provide you with hints and tips to help you prepare through research and how to present yourself in a positive light.

### Money Management

Not sure how to manage your money when you go to University? We provide hints, tips, and techniques on how to manage your finances when living independently, including; budgeting and household costs, your income, banking and being informed, borrowing & loans and sharks.

### What is an UCAS Application?

This workshop will provide an overview of what you can expect from your UCAS application. We will talk about the application and how you can ensure you complete all the required information in a timely manner to start your university journey.

### University Visits

The careers team organise a number of university visits each year to explore the campus facilities, learn about academic programmes and get a general feel for University life. During the visit you may have the opportunity to attend presentations, campus tour, talk to current students, meet faculty and staff and ask any questions.

### UCAS Support 1:1

Do you need support completing your UCAS application? We will provide you with help and support with Application Processing, Information and Guidance, UCAS Website, References and Personal Statements.

### University Finances

Not sure about what tuition fees and maintenance loans are? Speak to our careers advisors to discuss how and when to apply for your university finances.

To book any Be Ready workshops or activities please contact:

[careers@bradfordcollege.ac.uk](mailto:careers@bradfordcollege.ac.uk)





# Be Part of the Change Student Voice

We are a Union led by students for students with a vision to play a key role in transforming the lives of students through support, representation and opportunities. Every student aged 16 and above enrolled at Bradford College automatically becomes a member of the Students' Union.

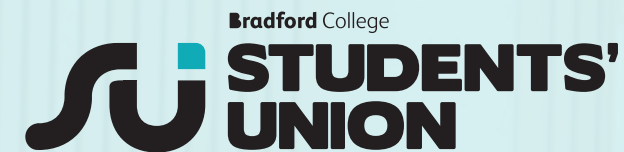
Quite simply, we are here to make student life better and we aim to do this through capturing the Student Voice. With the help of elected Student Officers and Course Representatives we want to hear your ideas, views and opinions on topics that matter to you as a student so that we can help improve college life for everyone.

## Become a Course Representative

Course reps are volunteers who gather feedback from their fellow students and share this at departmental meetings. This process is known as the 'Student Voice' and is about gaining honest student feedback (good and bad) in order to improve teaching and learning.

Course reps, therefore, play an important role in helping Bradford College to provide the best learning opportunities for its students. You will be the voice for everyone on your course! The good news is that you don't need any experience to become a course rep!

Bradford College Students' Union provides free training for course reps and is here to support you every step of the way in your role.



## Student Executive Group (Students' Union)

Our Student Officers are there to represent students across Bradford College, organising student events, including charity fundraising, and raising awareness and addressing issues that affect students.

If you would like to nominate yourself to become a Student Officer, the SU will release further information in January or visit the Students' Union website.

[www.bradfordcollegesu.ac.uk](http://www.bradfordcollegesu.ac.uk)



For more information regarding the Students' Union, please use the QR code above.



**For all activities contact:  
[activities@bradfordcollege.ac.uk](mailto:activities@bradfordcollege.ac.uk)**



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## Contact Us

Personal Development, Enrichment  
and Students' Union Team, David Hockney Building,  
GF23, or the Student Services Office at the  
Trinity Green Campus