


THE ADDED

Xtra

AUTUMN EDITION



**“A mind that is stretched by
a new experience can never
go back to its old dimensions.”**

Oliver Wendell Holmes

MACCLESFIELD.AC.UK



WELCOME

TO MACCLESFIELD COLLEGE

Introduction

This booklet is your essential guide to enhancing your college experience. It details all the exciting activities available to students at Macclesfield College every day. During your time at the College, there will be numerous opportunities to make new friends and have fun. With a wide range of enrichment groups, clubs and societies you can enjoy trying new experiences and making the most of your college life.

Our first enrichment sessions will run for 10 weeks following the Freshers fair in September where you can sign up for your chosen activities



DATES FOR YOUR DIARY

FRESHERS FAIR

**16TH - 19TH
SEPTEMBER**

Check out noticeboards for more details – lots of lunchtime activities taking place in the main rotunda.

BE **X**tra... ...FUN

**13TH
NOVEMBER**

What do you want your off-timetable day to look like, in the first term you will have the choice of going to: Go Ape, Chill Factor, iFly – Indoor Skydiving



BE **X**tra... ...ACTIVE



Macclesfield College believes being active encompasses more than sports. We give all students the chance to try different activities that promote physical, mental and social growth. Use your downtime to explore new sports or activities, connect with others and take advantage of these free opportunities. Have a look at a selection of lunch time activities that you may wish to participate in:



Basket Ball

Bring along a team & take on another in this fast paced ball game. See who can score the most hoops and learn some new skills.

Dodge Ball

Teams of learners take part in this game where they need to dodge or catch balls thrown at them by the opposition whilst attempting to strike their opponents in the same way.

Football

Recreational 5 a-side fun. Where teams are mixed & picked at random. Come and enjoy some team fun with different people.

Netball

Whether you're a netball enthusiast or just curious to try something new, our fun-filled netball sessions are perfect for you!

Ladies Football

As above but ladies only

Table Tennis

Our outdoor table tennis is available to use throughout the day. Bats and balls are available from main reception desk to borrow

Badminton

A very informal way to keep fit, take part in a little bit of competitive fun.

...STUDENT MEMBERSHIP



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BE **Xtra** ...



...CREATIVE

Basic IT Programming

Gain a deeper understanding of how computers work, explore the basics of programming, and expand your skills. Connect with others who share your interests and cultivate a new passion.

Book Club

Engage with the library by discovering new books, exploring various genres and sharing your passion for reading. Join fellow book lovers to exchange ideas, meet new people and learn something new.

Dungeons and Dragons

This club is perfect for students who love this tabletop game. Unleash your creativity by sharing stories & building immersive worlds. Whether you're new to the RPG or simply enjoying the game with fellow enthusiasts, the thing is to have fun!

Games Club

Join small groups of students for a relaxing and enjoyable time with a variety of board games. Whether you're a seasoned player or new to board games, everyone is welcome to come & have fun!

Introduction to Photography

Master the fundamentals of capturing the perfect picture. Discuss the best cameras, lenses and filters and learn how to create stunning special effects and more.

Learning to drive

Join our step-by-step, informative and sometimes fun sessions covering all aspects of getting your driver's license. Learn how to apply for your license, stay safe on the road and test your knowledge with Highway Code quizzes. We'll offer a quick overview of vehicle maintenance with our automotive team. Additionally, get insights into insurance policies and other related costs.

Money skills

Participate in our workshops to explore effective money management strategies. Whether you aspire to be a savvy saver or a knowledgeable investor, you'll learn about budgeting, various types of accounts and how managing your finances can influence your overall health and wellbeing.

Nail Art for beginners

Whether you're starting with simple tips and tricks or exploring intricate designs, this is your chance to showcase your creativity. Share your ideas and skills with others, meet new people and boost your confidence along the way.

Podcasts

Enhance your podcasting skills with the support of the Media team. Learn valuable tips and tricks to make your podcasts more professional, engaging and polished

Warhammer

For enthusiasts of this fantasy game, it's more than just a pastime —it's a hobby with something for everyone. Join fellow players to compare strategies, discuss tactics and lead armies of savage orcs and other fantastical creatures

Wii Club

Explore a range of interactive games at the Wii Club, where you can play with a small group of fellow learners. Set up challenges and form teams to compete against each other for a fun and engaging experience.

BE **X**tra... ...SUPPORTED

This supportive range of enrichment activities look at building your resilience, positivity and self-confidence. Choose an activity that will support your mental and overall wellbeing-

The Art of Brilliance – work with one of our dedicated Welfare Officers to become a Peer Mentor. For more details, please contact oliver.marks@macclesfield.ac.uk

Master your Mood – A number of workshops aimed at tackling anxiety, stress and worry, breathing and relaxation and healthy eating. All helping to raise your self confidence as well as raising awareness for mental wellbeing and reducing stigma around mental illness

Mindfulness, Meditation and More – working with our College counsellor on techniques and strategies to help yourself overcome high levels of anxiety with short and easy remedies.

Pride Safe Space – everyone is welcome to join our LGBTQ+ safe space. We facilitate a number of social and support groups. These groups are a welcome 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



BE **X**tra... ...VOCAL

We want to ensure that every student has the chance to voice their opinions about their college experience and help shape their student journey. If you're interested in influencing the college's programs, facilities, or overall experience for both current and future students, these sessions are for you.

Student Ambassadors

At Macclesfield College, we offer our students the opportunity to apply to become one of our Student Ambassadors. This role provides valuable experience, enhances your CV and develops key skills in leadership, communication and teamwork.

Being a Student Ambassador is a fantastic way to gain practical experience, represent the college and make a positive impact within our community.

For more information on how to get involved please email marketing@macclesfield.ac.uk

Student Council

The Student Council annually recruits students to serve as representatives for their peers. These representatives take part in numerous projects and work alongside the College Management Team, influencing important college decisions with their input.

For more information of how to be part of the student council please contact studentservices@macclesfield.ac.uk

Student Governor

Each year, we recruit two Student Governors to attend the monthly Full Corporation board meetings. These students participate at the highest level in shaping decisions related to learning, teaching and assessment.

For more information on how to apply please contact the Director of Governance, Sarah Gardiner – sarah.gardiner@macclesfield.ac.uk

ENRICHMENT ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|---|--|
| 12.00 - 14.00 FOOTBALL & BASKET BALL (SPORTS HALL) | 12.00 - 14.00 DODGE BALL & NETBALL (SPORTS HALL) | 12.00 - 14.00 LADIES FOOTBALL & BADMINGTON (SPORTS HALL) | 12.00 - 14.00 FOOTBALL & DODGE BALL (SPORTS HALL) |
| 12.00 - 14.00 GAMES CLUB (DROP IN SESSION) | 12.00 - 14.00 PRIDE SAFE SPACE (DROP IN SESSION) | 12.00 - 14.00 PRIDE SAFE SPACE (DROP IN SESSION) | 12.00 - 14.00 WARHAMMER (DROP IN SESSION) |
| 12.00 - 14.00 Wii CLUB (DROP IN SESSION) | 12.00 - 14.00 Wii CLUB (DROP IN SESSION) | 12.00 - 14.00 DUNGEONS & DRAGONS / WARHAMMER (DROP IN SESSION) | 12.00 - 14.00 BOOK CLUB (DROP IN SESSION) |
| 12.00 - 14.00 BOOK CLUB (DROP IN SESSION) | 12.00 - 14.00 DUNGEONS & DRAGONS (DROP IN SESSION) | 12.00 - 14.00 GAMES CLUB (DROP IN SESSION) | 12.00 - 12.45 ART OF BRILLIANCE (WORKSHOPS) |
| 12.00 - 12.45 MINDFULNESS MEDITATION & MORE (WORKSHOPS) | 12.00 - 12.45 MASTER YOUR MOOD (WORKSHOPS) | 12.00 - 12.45 MINDFULNESS MEDITATION & MORE (WORKSHOPS) | 12.00 - 12.45 BASIC IT PROGRAMMING (WORKSHOPS) |
| 12.45 - 13.30 MONEY SKILLS (WORKSHOPS) | 12.00 - 12.45 INTRODUCTION TO PHOTOGRAPHY (WORKSHOPS) | 12.45 - 13.30 MONEY SKILLS (WORKSHOPS) | 12.45 - 13.30 MINDFULNESS MEDITATION & MORE (WORKSHOPS) |
| 13.30 - 14.15 LEARN TO DRIVE (WORKSHOPS) | 12.45 - 13.30 MINDFULNESS MEDITATION & MORE (WORKSHOPS) | 12.45 - 13.30 LEARN TO DRIVE (WORKSHOPS) | 13.30 - 14.15 NAIL ART (WORKSHOPS) |
| | 13.30 - 14.15 PODCASTS (WORKSHOPS) | 13.30 - 14.15 MASTER YOUR MOOD (WORKSHOPS) | |
| | | 13.30 - 14.15 ART OF BRILLIANCE (WORKSHOPS) | |

BOOKING FORM

Please give the following details and include your 2 chosen enrichment activities.

Name: _____

What course are you studying?

Mobile number: _____

Email Address: _____

Which 2 enrichment activities would you like to book?

Please complete this form as soon as possible and hand to your tutor/reception team or a member of the welfare team

Alternatively scan me to complete

You will be sent an email reminder of your chosen activities before they are due to start.





Address

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Cheshire
SK11 8LF



Phone

01625 410000



Email

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