

## Online Cross College Enrichment from TMC Student Support

Fun, Weekly Online Activities for Staff and Students

Although we may be physically separated, we can still be socially and mentally connected. Join us online for engaging and interactive activities. We will be adding new activities weekly.

For the latest information please follow our social media pages  [Twitter](#)  [Instagram](#)  [Facebook](#) or contact your Head of Department for Student Support

All facilitated activities are on Microsoft Teams, unless otherwise stated. To book onto an event send an e mail request to join to the staff lead with your chosen time slot, date and state the event name and you will receive a diary invitation to log into the session.

Please remember to follow the link at the end of the session if requested as this will enable us to run a report of all attendees and get your feedback on the event.

We also have a variety of pre recorded links that you can log into (highlighted in peach) within your own time, these are very informative and form part of your enrichment program.

Please remember these are college run activities and so all expectations apply. We look forward to seeing you online!

### November – Citizenship Theme- Be Kind – keeping yourself and others safe

<u>Date</u>	<u>Event Name</u>	<u>Overview</u>	<u>Time</u>	<u>How To Join</u>	<u>Staff Lead</u>
Friday Nov 6th	<b>Book Club</b>	The Book club is every Friday at 12. You will be set a book to read, and then in your club you will discuss the books emerging themes and interesting points. The club is set for an hour a week. It's a great way to meet new students and improve your literacy skills. Students need to e mail Beth to be added into the teams group.	12 – 1PM Every Friday	Access Through Teams Invite If you are interested e mail <a href="mailto:BWhitby@tmc.ac.uk">BWhitby@tmc.ac.uk</a> to be added to the teams meeting	Beth Whitby
Friday Nov 6th	<b>LGBTQ Club</b>	LGBTQ – Lesbian, gay, bisexual and transgender. This club gives students a platform to meet other students from across campus. It offers support, advice, fun and friendship and the opportunity to get involved in raising awareness events and campaigns		Access Through Teams Invite If you are interested e mail <a href="mailto:JHamilton@tmc.ac.uk">JHamilton@tmc.ac.uk</a> to be added to the teams meeting	James Hamilton
Thursday Nov 12th	<b>Red Box Campaign Period Poverty</b>	What is Period Poverty? Introduction to the Red Box Campaign We are asking Achievement Tutors to invite female students so we can raise awareness of the college's solution for period poverty. We will discuss how students can access supplies on campus and discuss how our feelings can change through our monthly cycle.	10am- 10.30	Join on your computer or mobile app <a href="#">Click here to join the meeting</a>	Amanda Sillet
Thursday Nov 12 <sup>th</sup> Access all day	<b>ODD Socks</b>	Bullying awareness . Video made by staff and students about bullying, how to identify the signs, where to get help and what are protected characteristics. <a href="https://youtu.be/G7bIKMfW4rM">https://youtu.be/G7bIKMfW4rM</a> If you would like further advice and support after watching this clip please contact:	Access the link in your own time	Join on your computer or mobile app by clicking this link	Amanda Sillet

		Liam Bell- Openshaw and Welcomb. St Campus <a href="mailto:LBell@tmc.ac.uk">LBell@tmc.ac.uk</a> Gavin Dorsett – Wythenshawe and Nothenden Campus <a href="mailto:GDorsett@tmc.ac.uk">GDorsett@tmc.ac.uk</a> Anne Marie La-Touche- Harpurhey Campus <a href="mailto:ALatouche@tmc.ac.uk">ALatouche@tmc.ac.uk</a> Bev Mc Farquhar- Shena Simon Campus <a href="mailto:BMcFarquhar@tmc.ac">BMcFarquhar@tmc.ac</a>		<a href="https://youtu.be/G7bIKMfW4rM">https://youtu.be/G7bIKMfW4rM</a>	
<b>Pre Recorded Access anytime</b>	<b>Drug Awareness</b>	This session will give you information on how to stay safe and an awareness of drugs and substance misuse. It will give you advice on who you can contact if you are worried about yourself or someone else. If you would like further advice and support after watching this clip please contact the following support staff. Liam Bell- Openshaw and Welcomb. St Campus <a href="mailto:LBell@tmc.ac.uk">LBell@tmc.ac.uk</a> Gavin Dorsett – Wythenshawe and Nothenden Campus <a href="mailto:GDorsett@tmc.ac.uk">GDorsett@tmc.ac.uk</a> Anne Marie La-Touche- Harpurhey Campus <a href="mailto:ALatouche@tmc.ac.uk">ALatouche@tmc.ac.uk</a> Bev Mc Farquhar- Shena Simon Campus <a href="mailto:BMcFarquhar@tmc.ac.uk">BMcFarquhar@tmc.ac.uk</a> Chris Williams- Nicholls Campus <a href="mailto:ChrisWilliams@tmc.ac.uk">ChrisWilliams@tmc.ac.uk</a>	Access the link in your own time	Link TBC	Rachel Pilling
<b>Saturday 14<sup>th</sup> November</b>	<b>For Our Female Students</b>  <b>Girl Up Manchester</b>	Girl Up Manchester is a branch group with the mission to empower girls across Manchester to become the next generation of leaders. This is vital work because only 6 countries currently give women equal legal work rights to men, and it will take an estimated 202 years for women to achieve economic equality. We will hear from a variety of speakers to learn about the inequalities girls in Manchester face. We will also be establishing our aims and goals as a group for this coming year and introducing our team. By attending this event, you will have the opportunity to support our work as well as creating a potential partnership with us to work towards a better future for girls across the globe.	2pm onwards	register to the event here: <a href="https://linktr.ee/GirlUpManchester">https://linktr.ee/GirlUpManchester</a> Join in the event on zoom	Girl Up Manchester < <a href="mailto:girlupmanchester@gmail.com">girlupmanchester@gmail.com</a>
<b>17<sup>th</sup> November Tuesday</b>	<b>Movember Launch</b>	Present Movember rules and overview as to why and what Movember is about. Competition rules and how to get involved	1-1.45	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	Kirsty Milne Shena Simon <a href="mailto:kmilne@tmc.ac.uk">kmilne@tmc.ac.uk</a> or <a href="mailto:BMcFarquhar@tmc.ac.uk">BMcFarquhar@tmc.ac.uk</a>
<b>Pre Recorded Access anytime</b>	<b>Movember</b>	Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. This interesting and playful video will give advice on why it is important to take part in Movember.	Access the link in your own time	<a href="https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Documents/General/Project%20Movember%20with%20New%20QR.mp4">https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Documents/General/Project%20Movember%20with%20New%20QR.mp4</a>	Amy Turner
<b>Pre Recorded Access anytime</b>	<b>Autism Awareness</b>	Autism is one word to describe millions of different stories and improving everybody's understanding of autism is important. Students around you may have autism and having a better understanding of this will be help towards creating a kinder and more inclusive environment. Please see the two attached videos for more information. More videos will be added throughout November and December.	Access the link in your own time	<a href="https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Documents/General/10%20Things%20about%20Autism%20Vid.mp4">https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Documents/General/10%20Things%20about%20Autism%20Vid.mp4</a>  <a href="https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Docum">https://mancoll.sharepoint.com/sites/Enrichment349/Shared%20Docum</a>	Amy Turner

				<a href="#">ents/General/compressed%20Austism%20Video%20New%20Qr-1.m4v</a>	
<b>19<sup>th</sup> November Thursday</b>	<b>Movember Mens Mental Health</b>	Present Movember rules and overview as to why and what Movember is about. Competition rules and how to get involved	10-10.45	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	Kirsty Milne Shena Simon <a href="mailto:kmilne@tmc.ac.uk">kmilne@tmc.ac.uk</a> or <a href="mailto:BMcFarquhar@tmc.ac.uk">BMcFarquhar@tmc.ac.uk</a>
<b>Friday 20<sup>th</sup> November</b>	<b>LGBT Group</b>	Anti- bullying awareness	<b>12.30-1.30</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	James Hamilton Shena Simon <a href="mailto:jhamilton@tmc.ac.uk">jhamilton@tmc.ac.uk</a>
<b>Thursday 26<sup>th</sup> November</b>	<b>LGBT Group</b>	Sexual health, information and support.	<b>12.30-1.30</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on	James Hamilton Shena Simon <a href="mailto:jhamilton@tmc.ac.uk">jhamilton@tmc.ac.uk</a>
<b>Thursday 26<sup>th</sup> November</b>	<b>Brook Sexual health Awareness</b>	Introduction to sexual health, how to stay safe , what to do if you are concerned about anything. How to recognise the signs and the impact if sexual health is ignored.	Session 1 10.45-11.45  Session 2 13.35-14.45	Zoom Event Join Zoom Meeting 10.45- 11.45 <a href="https://brook.zoom.us/j/93983790033?pwd=dWI2QlM4cWJlaDlRblRXNVdrZz09">https://brook.zoom.us/j/93983790033?pwd=dWI2QlM4cWJlaDlRblRXNVdrZz09</a> Meeting ID: 939 8379 0033 Passcode: 728229  Join Zoom Meeting <a href="https://brook.zoom.us/j/98246623783?pwd=RTAwQ0lxYUNibHhqbDhrUXBaaUViZz09">https://brook.zoom.us/j/98246623783?pwd=RTAwQ0lxYUNibHhqbDhrUXBaaUViZz09</a> Meeting ID: 982 4662 3783 Passcode: 132516	Lauren Wood <a href="mailto:LWood@tmc.ac.uk">LWood@tmc.ac.uk</a>
<b>30<sup>th</sup> November</b>	<b>Anti-bullying</b>	Anti-bullying presentation <ul style="list-style-type: none"> <li>○ Psychology of bullies</li> <li>○ Stories from bullies / bullied</li> <li>○ Some data</li> <li>○ Homophobia / racism / sexism etc.</li> <li>○ How to respond to bullies</li> </ul>	<b>2 sessions</b>  <b>10-11.30</b>  <b>1.33-3pm</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on	<b>Olga Niayesh</b> <b>Shena Simon</b> <b>Campus</b> <a href="mailto:o.niayesh@tmc.ac.uk">o.niayesh@tmc.ac.uk</a>

		- Videos of staff / celebrities experience of bullying		Teams Session to forward you the invite	
<b>December- Citizenship staying safe- Risky Choices</b>					
<b>2<sup>nd</sup> December Wed</b>	<b>Anti-bullying</b>	Anti-bullying presentation <ul style="list-style-type: none"> <li>○ Psychology of bullies</li> <li>○ Stories from bullies / bullied</li> <li>○ Some data</li> <li>○ Homophobia / racism / sexism etc.</li> <li>○ How to respond to bullies</li> </ul> - Videos of staff / celebrities experience of bullying	<b>2 sessions</b>  <b>10-11.30</b>  <b>1.33-3pm</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	<b>Olga Niayesh</b> <b>Shena Simon</b> <b>Campus</b> <a href="mailto:oniayesh@tmc.ac.uk">oniayesh@tmc.ac.uk</a>
<b>Friday 4<sup>th</sup> December</b>	<b>LGBT Group</b>	Christmas prep and holiday joy	<b>12.30-1.30</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	James Hamilton Shena Simon <a href="mailto:jhamilton@tmc.ac.uk">jhamilton@tmc.ac.uk</a>
<b>Thursday 10<sup>th</sup> December</b>	<b>LGBT Group</b>	Volunteering and charity work	<b>12.30-1.30</b>	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	James Hamilton Shena Simon <a href="mailto:jhamilton@tmc.ac.uk">jhamilton@tmc.ac.uk</a>
<b>Friday 11<sup>th</sup> December</b>	<b>Charity Fundraiser</b>	Christmas Jumper day for Save the Children– let’s see some sparkle and festive cheer. Wear your Christmas jumpers and donate £1.00 at reception. Every student and class taking part will receive a selection box. Take you photos and post on our social media pages.	<b>All Day</b>	<b>Every Campus</b>	Post on social media
<b>14<sup>th</sup> December Monday</b>	<b>Staying Safe Brook Sexual Health</b>	This Brook session is our introductory session available to all college students. It ensures that all students have up to date knowledge around sexual health and local sexual health services. Once this session has been delivered Brook can always offer further sessions for tutor groups on related topics such as Healthy relationships, Consent, Pregnancy choices, Pornography and Sexuality. We can also offer one to one education for young people	<b>4 SESSIONS</b>  9.30-10.30am 11am – 12 1pm- 2pm 2.30-3.30pm	<b>Shena Simon</b> Please e mail staff lead if you would like to book your group on Teams Session to forward you the invite	James Hamilton Shena Simon <a href="mailto:jhamilton@tmc.ac.uk">jhamilton@tmc.ac.uk</a>
<b>Monday to Thursday 14<sup>th</sup> -17<sup>th</sup> December</b>	<b>Festive Activities and Events</b>	Watch your campus notice board for daily activities .	<b>Lunch Time Sessions</b>	<b>All Campuses</b>	Campus Team Leaders of Student Experience

