

# BILBOROUGH EXTRA

## ACTIVITY PROGRAMME

WINTER TERM 2017



five ways  
to well-being

C

### Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

A

### Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

N

### Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

L

### Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

G

### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

## MONDAY LUNCH TIME 12.15 – 1.00PM

Art Group <b>L,C,N</b>	A1.01
Christian Union <b>L, C, N</b>	A1.05
Gap Year Options <b>C, N</b>	C0.01
Yoga <b>A, C, N</b>	Small Hall
Badminton <b>C, A, L</b>	Large Hall
Pick up a play football (rent a football) <b>C,A</b>	Sports Office
Pick up a play Basketball (rent a basketball) <b>C,A</b>	Sports Office

## TUESDAY LUNCH TIME 12.15 – 1.00PM

Debating Society <b>C, N</b>	B3:07
Philosophy <b>C, N, L</b>	A1.04
Board games, cards and chess <b>C,L</b>	A1.06
Pick up a play football (rent a football) <b>C</b>	Sports Office
Pick up a play basketball (rent a basketball) <b>C,A</b>	Sports Office
Dodgeball <b>C, A, L</b>	Large sports Hall
<b>NEW** Indoor Cricket</b>	<b>Large Sports Hall</b>
<b>NEW** Self Defence/Kickboxing</b>	<b>Small Sports Hall</b>

## TUESDAY AFTER COLLEGE 4.10—6PM

Archery Club (4.20-6pm) <b>C,A,L</b>	Large Sports Hall
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## WEDNESDAY LUNCH TIME 12.15 – 1.00PM

<b>NEW** Spoken Word Society</b>	C1:12
Duke of Edinburgh's Gold Award <b>C, A, N, L</b>	A1.06
Guitar Hero <b>L, A</b>	A0.07
Circus Skills <b>C, L, A</b>	C1.0
Young Enterprise <b>C, A, N, L</b>	A1.04
First Aid <b>L, N, G</b>	B0.07 to sign up

## WEDNESDAY AFTERNOON 1PM ONWARDS

Beginners Piano <b>L</b>	A1.01
Performance Group <b>L,C,A,N</b>	Theatre
College Magazine <b>C,N</b>	C1.14
Amnesty International <b>C, L, G</b>	C0.01
Anime Club <b>C,N</b>	C1.12
Dungeons and Dragons Group <b>C, L</b>	A1.02
<b>COLLEGE SPORTS FIXTURES (Head to the sports hall &amp; show your support)</b>	
Gym Induction <b>A, L</b>	Gym—Sports Centre
<i>(5 free sessions. Open from 1pm - Advanced booking required)</i>	
Free Swim for all <b>A</b> (sign up in the sports office)	Harvey Haddon
Table Tennis Club (1-3pm) <b>C,A</b>	Small Hall
<b>NEW** Indoor rock climbing (1-3pm) L,C,A</b>	offsite
<i>(Contact Zoe McKenzie to secure your place. Sessions begin Weds 18th Jan. Please note a £5 one off fee is required)</i>	

## THURSDAY LUNCHTIME 12.15—1.00PM

Politics Society <b>N, L, C</b>	C1:07
Pick up a play Basketball (rent a basketball) <b>C,A</b>	Sports Office
Street Dance <b>L, C, A</b>	Dance Studio
<b>NEW** Indoor Fantasy Football League</b>	<b>Large Sports Hall</b>
<i>(For more info or to enter a team, contact Zoe McKenzie by 13.1.17)</i>	
<b>NEW** Fitness Pilates L, C, A</b>	<b>Small Sports Hall</b>

## THURSDAY AFTER COLLEGE 4.10—6PM

Badminton club (4.20-6pm) - <b>C,A,L</b>	Large Sports Hall
<i>(All abilities welcome)</i>	

## FRIDAY LUNCHTIME 12.15—1.00PM

ICT Skills <b>C, L</b>	B2.01
Jazz Band <b>C</b>	A0.01
Korean Language and Culture <b>L, C, N</b>	C1.08
LGBT <b>L, C, N</b>	A1.02
Concept Society	A1:01
Pick up a play football (rent a football) <b>C,A</b>	Sports Office
Pick up a play Basketball (rent a basketball) <b>C,A</b>	Sports Office
Table Tennis <b>C,A</b>	Large Sports Hall
Volleyball <b>C,A</b>	Large Sports Hall
<b>NEW** Futsal (E Block 12.55-2.30pm) L, C, A</b>	<b>Large Sports Hall</b>
<b>NEW** Race for Life/Pretty Mudder Bootcamp</b>	<b>Sports Building</b>
<b>C, A, G</b> (In aid of Cancer Research) <b>START AFTER FEB HALF TERM.</b>	



# A FUTURE LESS ORDINARY