

PERSONAL DEVELOPMENT EVENTS & WORKSHOPS

SEPTEMBER - OCTOBER 2024



C-Card Sessions For Sexual Health Week







World Sexual Health Day is during this week and so we are offering a couple of 30 mins bookable sessions for info about the C-Card.

-  Tuesday 3rd September | 10.00am - 10.30am | Room to be confirmed [BOOK HERE](#)
-  Wednesday 4th September | 10.00am - 10.30am | Room to be confirmed [BOOK HERE](#)

September Sign Up Event

-  Wednesday 11th September | 9.30am - 3.00pm | Rotherham College Refectory [BOOK HERE](#)
-  Tuesday 10th September | 9.30am - 3.00pm | North Notts College Sports Hall [BOOK HERE](#)
-  Thursday 12th September | 9.30am - 3.00pm | Dearne Valley College Social Space [BOOK HERE](#)

British Red Cross First Aid session

-  Tuesday 12th March 2024 | Afternoon Session 1.20pm - 2.20pm [BOOK HERE](#)
-  Thursday 19th September 2024 | Morning Session 9:30am - 10:30am | Afternoon Session 1.20pm - 2.20 pm [BOOK HERE](#)
-  Monday 16th September | Morning Session 9:30am - 10:30am | Afternoon Session 1.20pm - 2.20pm [BOOK HERE](#)
-  Wednesday 18th September 2024 | Morning Session 9.20am - 10.20am [BOOK HERE](#)
-  Tuesday 12th March 2024 | Afternoon Session 1.15pm - 2.15pm [BOOK HERE](#)
-  Thursday 19th September 2024 | Morning Session 9.30am - 10.30am | Afternoon Session 1.20pm - 2.20pm [BOOK HERE](#)

Inclusion Week (Culture)

Daily theme and activities across all sites

-    Week Commencing Monday 23rd September [NO BOOKING REQUIRED](#)

Careers Fair



-  Wednesday 2nd October | 10.00am - 2.00pm | Rotherham College Refectory [NO BOOKING REQUIRED](#)
-  Tuesday 1st October | 10.00am - 2.00pm | North Notts College Bistro [NO BOOKING REQUIRED](#)
-  Thursday 3rd October | 10.00am - 2.00pm | Dearne Valley College Social Space [NO BOOKING REQUIRED](#)

Health and Wellbeing Week - MESMAC Sexual Health

-  Monday 7th October | Seminar Room U115
9.15 am - 9.45am | 10.00am - 10:30am | 10.45am - 1.15am | 11.30 am - 12.00am [BOOK HERE](#)

Health and Wellbeing Week - MyBnk Financial Sessions

Financial sessions. Students must complete the following survey before the session: www.mybnk.org/survey

-  Monday 7th October | 1.30pm - 2.30pm | 2.45pm - 3.45pm | Seminar Room U115 [BOOK HERE](#)
-  Monday 7th October | 9.15am - 10.15pm | 10.30am - 11.30am [BOOK HERE](#)

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Health and Wellbeing Week - Coppafeel! Guest speaker

CoppaFeel! is a breast cancer awareness charity based in London focused on promoting early detection of breast cancer by encouraging women under 30 to regularly check their breasts.

 **Tuesday 8th October | 1.30pm - 2.30pm | Seminar Room U115** [BOOK HERE](#)

 **Monday 7th October | 9.30am - 10.30am | Room TBC** [BOOK HERE](#)

 **Tuesday 8th October | 11.00am - 12.00pm | Room TBC** [BOOK HERE](#)

Health and Wellbeing Week - Lync Active

Lync Active - How does PA benefit mental wellbeing?

 **Thursday 10th October | 10.30am - 11.30am | Seminar Room U115** [BOOK HERE](#)

Health and Wellbeing Week - Wellbeing Walks

Meet Bethanie and Tegan in Eastwood Refectory 10 minutes prior to the walk starting.
TUTORS MUST BE PRESENT DURING WALKS FOR BEHAVIOURAL AND SAFEGAURDING ISSUES.


 **Friday 11th October | 10.30am - 11.00am | Meet at Eastwood Refectory at 10.20am** [BOOK HERE](#)

 **Friday 11th October | 1.30pm - 2:00pm | Meet at Eastwood Refectory at 1.20pm** [BOOK HERE](#)

Health and Wellbeing Week - Sports Sessions

 **Dodgeball | Thursday 10th October | 10.00am - 11.00am | Dearne Valley College Sports Hall** [BOOK HERE](#)

 **Rounders | Thursday 10th October | 11.00am - 12.00pm | Dearne Valley 3G Pitch** [BOOK HERE](#)

 **Thursday 10th October | 1.00pm - 2.00pm** [BOOK HERE](#)

Health and Wellbeing Week - Talk Zone

Talkzone workshop on Managing stress and The Importance of sleep

 **Tuesday 8th October | Session One | Managing Stress | 9.00am - 10.30am** [BOOK HERE](#)

 **Tuesday 8th October | Session Two | The Importance of Sleep | 10.45pm - 12.15pm** [BOOK HERE](#)

Health and Wellbeing Week - Yoga Session

www.youtube.com/watch?v=_kl_DxglATI

 **Wednesday 9th October | 9.30am - 10.30am | 11.00am - 12.00pm** [BOOK HERE](#)

Purple Thursday

Wear purple to raise awareness of Domestic Violence

 **Thursday 17th October** [NO BOOKING REQUIRED](#)

Nickie Walch - Hate Crime Awareness Sessions

Held in classrooms, 3 sessions

 **Thursday 17th October | 1.15pm - 2.00pm | 2.15pm - 3pm | 3.00pm - 3.45pm** [BOOK HERE](#)

 **Thursday 17th October | 9.00am - 9.45am | 10.00am - 10.45am | 11.00am - 11.45am** [BOOK HERE](#)