

GETTING INVOLVED

WHAT'S ON OFFER IN COLLEGE ??



- Debating Society
- Drama
- Film Club
- Language Taster Courses
- Music

- Amnesty International
- Christian Union
- College Council
- College Newspaper
- Community Activities / Volunteering / Work Experience



- Overseas Expedition
- Photography Club
- Sport and Rec
- UK Youth Parliament



SPORT & RECREATION AT SSFC

Whether you are a team player and keen competitor or just want to keep fit, whether you have a spirit of adventure or want to put something pack into your community, the college has something to offer you.



- Team sports - Weds pm
- Monday Sports - after college
- Canoeing, rowing
- Girls rugby
- Badminton, squash , table tennis
- Climbing and bouldering
- Quarry Fitness Centre - QFC
- Duke of Edinburgh Award - D of E
- Community Sports Leader - CSLA
- Lifesaving awards - RLSS

Staff

There are many staff at the college who help in the Sport & Recreation Dept.

- Jules - Juliet O'Neill (JON) - Head of Sport & Rec
- Bob - Bob Mulford (RWM) - Head of PE
- Rosie - Rosie Turner (RT) - Teacher of PE
- Andy - Andy Plant (AMP) - Teacher of PE
- Sarah - Sarah Ralphs (SJR) - FE Sport Co-ordinator

For any queries/requests go to room 17 the Sport and Recreation office

Where

As we use off site facilities to support our programmes students are transported to and from the venues by coach or minibus.

Communication

- The main sports notice boards are through the hall near rooms 15 and 17.
- The electronic bulletin displays current information
- Moodle - Sport and Recreation page - all of you should have access to this
- Word of mouth

Wednesday Afternoon

Football	(7 teams)	Bob Mulford, Tim Garner (Sociology), Andy Plant (PE) and other coaches
Girls Football	(1 team)	Matt Comerford (Film and Media)
Rugby	(2 teams)	Haydn Jenkinson (General Studies)
Netball	(4 teams)	Rosie Turner (PE), Clare Hodgson (English),
Hockey	Boys & Girls	Deb Read (Biology) and Jules O'Neill
Cricket	(Summer only)	Deb Read (Biology)
Tennis	(occasional fixtures)	Jules O'Neill
Canoeing		Drummond Outdoor
Rowing	3.30 after college	Pengwern Rowing Club

You should already be time tabled in to Weds afternoon sport. If you are not involved but are keen to participate then go to Room 17 and ask.

Monday Sports - After College - open to all

Shrewsbury Sports Village	Badminton, squash, table tennis, basketball, recreational football, climbing and bouldering
Frankwell	Rounders and girls rugby
Netball league team	Monday 7.00 at Sundorne Sports Village

Quarry Fitness Centre

There are details of how to access the gym on Moodle. Follow the guidance and you will then be able to access the gym for free on week days during term time between 7 am and 3.30 pm

Duke of Edinburgh Award

Each year 40+ students take the Gold award. Expedition training takes place in September / October and at October / February half terms. Qualifying expeditions are at Easter and during the Summer term. Meetings are held on most Fridays particularly for the Autumn term. These are in the hall / Room 15 from 4.15 - 5.30 pm.

Community Sports Leader Award

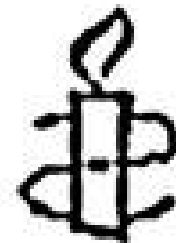
This is on a Thurs block in room 15. Some have already enrolled. A few spaces are available. Just come along

RLSS - Royal Lifesaving Society Awards

This is taught during the Autumn Term only. There is a session in the pool on Mondays from 9.00 to 10.00 and a first aid session on Tuesdays 10.10 to 11.10. Most of you are already enrolled. If you are free and want to join, come along.

Amnesty International

- Do you feel the world in an unfair place?
- Do you feel angry when you see abuse of human rights?
- Do you sometimes feel powerless to do anything about it?



Make a difference - join Amnesty International.

Get involved in campaigns, sending cards to prisoners of conscience, writing letters to MPs and fund raising.

Further details available from Clare Hodgson in Room 12.

Christian Union



SSFC Christian Union aims to provide a place for Christian study, friendship and fun; encouraging young Christians at SSFC in their individual and spiritual growth and witness. A lively forum for debate, the group meets **every Tuesday lunchtime at 1.10 pm in N5**. Just turn up if you're interested

These sessions include chatting, bible study, guest speakers, worship and prayer. We have regular socials where we visit the churches of CU members to gain an insight into the varying backgrounds of members of the group and a greater understanding of the diversity that exists in the Christian faith. Over 10 different churches are represented within the CU and all are very welcome.



Contact cu@ssfc.ac.uk for further information. Leaders: Jacob Madin and Charlie Ashton

Staff contact: Michael Jaffrain, Priory House

College Magazine



Each year there is an opportunity to produce a college magazine. Writers, photographers, illustrators and IT experts - all welcome.

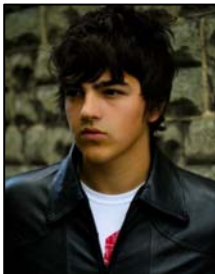
If interested, contact Lynne Banks (English Department).

College Council

- Do you want to have a say in College life?
- Do you want to know what's going on?
- Would you like to meet lots of other people and help to get things done?

College Council is the democratically elected student body, with one rep from each tutor group. It is led by a team of elected officers, headed by the two Student Presidents. It is the main forum for Students and the College Leaders & Governors to discuss matters and make key decisions.

Council meets formally twice a term, organises social events such as parties and the Leavers' Ball, and raises thousands of pounds for charity. Ultimately, it aims to make your time in college enjoyable, and to encourage you all to take part in the fun.



College Presidents

James Ashford & Sana Ayub
Email: collegecouncil@ssfc.ac.uk



Staff Contacts: Aidan Long, Student Support Leader (T25) & Wendy Challinor, Youth Support Worker (St Austin's Student Social Area)

Debating Society

The SSFC Debating Society will be meeting every Friday, in the Philosophy and Religion room (Rm 44) during lunchtime. Everyone will receive a warm welcome - especially new members to the group. First years will receive an extra warm welcome.



It's fun and friendly! What more could you ask for?

Staff contact: Chris Hose, Philosophy & Religion Dept

Film Club



Wednesday, starting Weds 2nd October 3.35pm in Cirrus House, opening film Watchmen.

Possible films: Watchmen, Slumdog Millionaire, The Hangover, True Romance, Superbad, Drag me To Hell, Fight Club, Trainspotting.

Community Activities / Volunteer Work / Work Experience

- ? Are you interested in careers in Medicine, Teaching, Physiotherapy, Social Work, Working with Animals?
- ? Just want to know more about what's involved in a particular career?
- ? Do you want to improve the quality of life for people, in terms of care of the environment?



If so, you may be interested in our community activities/volunteer work / work experience programme.

'At my interview for a place on the teaching primary school children course, I was so glad that I had recently helped for a term at my old primary school'.

'The medical school made it very clear that they valued my experience at the hospice, and the old peoples home. They wanted people who had a realistic attitude towards medicine'.

Building a broad walk in the nature reserve was very satisfying and it showed my commitment to the environment when applying for an Ecology course'.

For further information contact Sarah Jarrett in the Careers Area of the Learning Centre.

Remember, if you are hoping to use this experience to support an application to university, it is important to arrange place as early as possible in your first year.

Photography Club



Photography club will be run on a Tuesday at lunch time in C2. Drop in all welcome for film and photography.

Staff Contact: John Comerford, Cirrus House

Drama

In previous years we have staged a very successful productions including Sweet Charity and Les Misérables

Look out for details around College about the next production.



All students are welcome - you don't have to be taking Performance Studies



If you would prefer being involved in the backstage aspects of putting on a production of this magnitude, we need you too!

For further details see Simon or Angie Talbot in the Performance Area

Language Taster Courses

A craving for Czech? Ano?

An interest in Italian? Si? A passion for Portuguese? Sim?

The Modern Foreign Languages Department offers a range of taster courses to whet your appetite or to help you out on holiday. Available to all students

During the Autumn term only - German Club - a twice weekly lunchtime German Club with native German speaker, Benjamin Ruf. All levels welcome. See Lyn in Cirrus House to sign up and get further details.

Look out for details of other taster courses on Moodle.

Overseas Expedition

Following a brilliant 2009 trip to Africa with students undertaking a community development project in Zambia, trekking and going on safari in Botswana, we are planning another trip in the very near future. Watch this space for more details.



Music @ SSFC



Classical, rock, big band, brass, jazz, singing - the Music Department caters for every taste.

If you would like to join an ensemble, just come along to the first rehearsal and sign up.

- ♪ Please bring your instrument to the first rehearsal.
- ♪ (No audition necessary) Everyone is welcome!

Monday 1.10 College Choir
First rehearsal 21 September (Performance Area)



Tuesday 1.20 Chamber Orchestra (strings only)
First rehearsal 22 September (Performance Area)

Thursday 1.20 Concert Band (woodwind, brass, percussion)
First rehearsal 17 September (Performance Area)



Thursday 4.10 Brass Ensemble (brass, percussion)
First rehearsal TBA

Friday 1.20 SSFC Big Band (saxes, opt clarinet, trumpets, trombones, bass and electric guitar, piano)
First rehearsal 18 September (Performance Area)



We anticipate that there will also be other ensembles (possibly a jazz combo(s) and percussion ensemble). More details regarding these will be announced in tutorial.

If you are interested in forming another type of ensemble or have any questions please see David Place (DBP) or Chris Lewis (CL).



United Kingdom Youth Parliament

In College we take part in all the events leading up to the annual elections for the Shropshire Members of Youth Parliament. They ensure that young people in Shropshire are given a voice on local and national issues which affect them. We will participate in Local Democracy Week in October, and some College students will take part in Speak Out Day then, at the Shirehall.

These activities offer a really good chance to get involved politically, both within and outside College. Watch out for further information this term on the bulletin boards and in Moodle.

Staff Contacts: Aidan Long, Student Support Leader (T25) & Wendy Challinor, Youth Support Worker (St Austin's Student Social Area)



This document is a list of the activities available in College in 2009-10. If you are interested in starting another activity or society, contact the College Council or leave a message with Student Services.