B&FC Life
Enhancing Employment Skills
at Blackpool and The Fylde College

TEAM WORK  FUNDRAISING  POSITIVE ENGAGEMENT
Enhancing Employment Skills

Here at B&FC, we know that getting a qualification is only one part of the journey to getting a job. With the market more crowded than ever, it is a challenge for every graduate to make themselves the stand-out candidate at interview.

The following guide has been produced to give you the opportunity to use your time at B&FC to the fullest: by gaining new skills outside of your studies and stealing a march on the rest of the competition. Inside you'll find a range of regular activities on offer, from sports teams to writing groups, paintballing to enterprise.

But that's not all...

We have a dedicated team who are constantly adding more activities during the college year. You can even contact us with your ideas and we'll help you set up your own activities. Visit the B&FC Life section of Moodle for updates or contact us for more information:
Meet the Team

Enhancing Employment Skills Officer

Stephen Stroud

E Stephen.Stroud@blackpool.ac.uk
T 01253 504374
M 07908 509209
@B_FCLife

Steve oversees cross-college activities, volunteering opportunities, charity fundraising and the student voice. He is based in the FE Directorate Office, Bispham Campus, Room H101.

Equality, Diversity and Wellbeing Officer

Helen Kershaw-Russell

E Helen.Kershaw-Russell@blackpool.ac.uk
T 01253 504560
M 07415 600329

Helen is responsible for pastoral support and guidance for all students. In addition, Helen works with students and staff to promote college-wide activities relating to equality, diversity and wellbeing.

Employability Coach Gateway Campus

Eddie Gee

E Eddie.Gee@blackpool.ac.uk
T 01253 504154
M 07961 630675
@B_FCActive

Eddie co-ordinates the Gateway Campus lunchtime club ‘Fusion’. At both Games Club and Fusion there are a wide range of activities available: Xbox, pool and table tennis to name just a few. There are also opportunities to find out what is going on across college and to get equality, diversity and wellbeing information all year round.

Employability Team Manager

Sue Crosbie

E Sue.Crosbie@blackpool.ac.uk
T 01253 504363

Contact Sue if you have any questions regarding the B&FC Inspire programme.

College Sport Maker

Rachel Walker

E Rachel.Walker@blackpool.ac.uk
T 01253 504154
M 07961 630675
@B_FCActive

As part of Sport England’s Active Colleges programme, we have our own Sports Maker, Rachel Walker, who is responsible for all aspects of cross-college sport and physical activity, including College Representative Sports Teams (Team B&FC), sport and physical activities (B&FC Active), sports leadership and volunteering and cross-college sports events.

Enhancing Employment Skills Co-ordinator, CADI

Gillian Williams

E Gillian.Williams@blackpool.ac.uk
T 01253 504450

Gillian is the member of staff who oversees all enrichment delivered through the Curriculum Area of Creative Arts and Digital Industries (CADI). All CADI activities are available to all students. Contact Gillian to get involved in any of them.
Write Club
Where the B&FC student community gets creative.
- Short stories
- Poetry
- Lyrics
- Articles
- Stand-up
- Rap battles
- Guest performers
- Writing workshops

Come, share and develop your talent.

**Wednesdays at Bispham Campus, T202, 4pm – 5pm**

**Thursdays at University Centre, S128 4pm – 5pm**

Contact stephen.stroud@blackpool.ac.uk, 01253 504374 or visit the B&FC Life section of Moodle to sign up

Escape Rooms
£6 per person
Themed challenges. Work as a team to escape from one of three scenarios:

**Detonation** - A top criminal tricks you into entering his house and has wired it to explode. Can you defuse the bomb in time?

**The Experiments** - A twisted doctor has some gruesome plans to experiment on you. Can you escape her lab before she carries them out?

**Quarantined** - You wake up in a quarantine cell, hearing warnings that the whole place is about to go up in smoke. They leave you behind but will you survive?

Visit Main Reception to book your place. Email stephen.stroud@blackpool.ac.uk for info

Go Ape
Grizedale Adventures
Set in the heart of the Lake District National Park, Go Ape Grizedale offers a fun day out for everyone. Better yet, it helps you work on your confidence building and team working skills. During April, we’ll be embarking on their Zip Trekking Adventure - a network of seven tandem zip lines that traverse the sky-scraping Douglas Firs of a Cumbrian hideaway. £26.40pp

- Monday 3 April 2017
- Wednesday 5 April 2017
- Friday 7 April 2017

Visit Main Reception to book your place. Email stephen.stroud@blackpool.ac.uk for info
Outdoor Skills and Allotment Programme
- Grow plants from seed/cuttings
- Dry herbs
- Make bird boxes and feeders
- Create nature areas on site
- Learn to make a fire and put up a shelter
- Learn outdoor skills
- Maintain trees and wildflowers across the campus
- Learn how to grow vegetables, fruit and flowers
- Take home produce from the garden in exchange for your work.

Contact pam.reynolds@blackpool.ac.uk or visit the B&FC Life section of Moodle to sign up

Love my Beach
B&FC SU have adopted a stretch of beach between Starr Gate and St Annes. Help us keep our coast and dunes clean and safe for people and wildlife to enjoy.

We meet up at our campus receptions and take taxis down to Starr Gate for a beach clean between 12pm and 2pm

Beach Clean dates:
- Tuesday 25 October 2016
- Tuesday 29 November 2016
- Tuesday 20 December 2016
- Tuesday 31 January 2017
- Tuesday 28 February 2017
- Tuesday 28 March 2017
- Tuesday 28 April 2017
- Tuesday 23 May 2017

Email Tom McCrum, HEVPEng@blackpool.ac.uk or stephen.stroud@blackpool.ac.uk or visit the B&FC Life section of Moodle to sign up

Paintballing
2 hours
4 Games
200 Paintballs
£20

- Friday 28 October 2016
- Wednesday 30 November 2016
- Thursday 22 December 2016
- Tuesday 31 January 2017
- Friday 3 March 2017
- Tuesday 28 March 2017
- Thursday 25 May 2017

Visit Main Reception to book your place. Email stephen.stroud@blackpool.ac.uk for info
Coding Club
Programming Concepts
- Find out how code is embedded in all aspects of modern life
- Learn how to code
- Create your own mini-applications
- Gain in-demand skills for the digital economy
- Apply problem solving techniques to build creative solutions

Contact dean.park@blackpool.ac.uk, 01253 504121 or visit the B&FC Life section of Moodle to sign up

Millionaire Makers – The B&FC Enterprise Club
Could you be the next Richard Branson or Mark Zuckerberg?

If you have a fabulous business idea; would like to find out more about starting a business or are just interested in getting involved in some teamwork activities, then join the Millionaire Makers.

The club will meet once a month to discuss ideas, get support from business experts and practise pitching. At the end of the year, teams will present their business plans to a team of experts at the Blackpool Enterprise Centre.

Contact kathy.seddon@blackpool.ac.uk, 01253 504593 or visit the B&FC Life section of Moodle to sign up

The Electric Sunshine Project
Interested in Theatre? Join Blackpool’s new Community Theatre Company

Open to anyone over the age of 18, living or working in Blackpool and designed to bring together a new community of people who are interested in plays, drama and different styles of theatre. We have 10 bursary places available for B&FC students.

Sessions will take place weekly at the Big Blue Pleasure Beach complex on Wednesday evenings 6.30 - 9.00pm starting on 14 September 2016.

Artistic Director, Melanie Whitehead has over 8 years’ experience working for the Royal Shakespeare Company and continues to work for the National Theatre on a part-time basis, managing participation programmes for high-profile shows such as War Horse and The Curious Incident of the Dog in the Night-time as well as previously for Matilda, The Musical.

To find out more, contact Melanie on 07940 502450 or stephen.stroud@blackpool.ac.uk
B&FC Enrichment

Loop Online Skills Workshops
If you want to brush up on your Microsoft Office skills or learn about how your online profile affects your job prospects, Loop staff will be running the following drop-in sessions between 12pm and 1pm at Bispham and University Centre.

- **Monday 3rd October to Friday 7th October**
  - **Microsoft Word skills**

- **Monday 17th October to Friday 21st October**
  - **Microsoft Powerpoint skills**

- **Monday 7th November to Friday 11th November**
  - **Microsoft Excel skills**

- **Monday 21st November to Friday 25th November**
  - **Digital Footprint awareness**

- **Monday 5th December to Friday 9th December**
  - **Linkedin skills**

Contact Bispham:
**julia.kirk@blackpool.ac.uk**
01253 504290

University Centre:
**deborah.ratcliffe@blackpool.ac.uk**
01253 504505

B&FC Health and Safety Certificates
Let B&FC Health and Safety Department help you build your CV with certificated workshops.

- **Monday 9 January 2017 to Friday 13 January 2017**
  - **Risk Assessments**
  - A guide on how to complete or use a risk assessment; an essential skill for anyone in employment.

- **Monday 16 January 2017 to Friday 20 January 2017**
  - **Display Screen Equipment**
  - How to correctly set up office workstations. A practical hands-on session to ensure understanding of the correct way to set up DSE and prevent injuries associated with incorrect setup and use.

- **Monday 23 January 2017 to Friday 27 January 2017**
  - **Basic life-support and defibrillator training**
  - An essential life skill showing how to use a defibrillator in an emergency situation.

Contact Bispham:
**joanne.shepherd@blackpool.ac.uk**
01253 504279

Contact University Centre:
**deborah.ratcliffe@blackpool.ac.uk**
01253 504505

Guest Lectures
A series of talks from special guests, ranging from TV presenters and poets to economics experts and entrepreneurs. Inspirational lectures to motivate and inform you how to move forward towards your own goals.

See the guest lecture guide or visit the B&FC Life section of Moodle for a full timetable with biographies.

Contact **stephen.stroud@blackpool.ac.uk**, 01253 504374 or visit the B&FC Life section of Moodle to sign up
Creative Arts and Digital Industries

The following activities are run at University Centre by the curriculum area of Creative Arts and Digital Industries. These activities are open to all B&FC students, no matter what level you are studying or your curriculum area.

Photography

Photography is an art form that everyone can enjoy. Don’t worry if you’ve never taken a photo before, beyond a ‘selfie’! The photography team are able to teach you all the basics of how to take a great photo!

Learn about depth of field, spatial awareness and even how to develop your own photos in our amazing dark room.

Hope you can join us.

Fashion and textiles

• Design your own clothes
• Make something fabulous for a big night out
• Learn how to design an outfit
• Gain skills to create something amazing
• Join our fashion team for an afternoon of fun whilst learning a life skill.

3D Design

If sculpture and three dimensional design are your thing, our well-equipped workshop awaits. Learn how to mould clay, make wire sculptures; if you can dream it you can make it!

Introduction to TV and Film

Learn how to shoot film, edit and produce with our expert tutors. You can be the director for a day!
Enhancing Employability Skills

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<th>ROOM</th>
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<td>Digital Design</td>
<td>Tuesday</td>
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<td>Media writing with production</td>
<td>Wednesday</td>
<td>1.30-3pm</td>
<td>Dejan Levi</td>
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Contact gillian.williams@blackpool.ac.uk 01253 504450

Careers Zones

Visit our Careers Zones for drop-in sessions to improve your future prospects

October – UCAS group sessions
November – Careers clinics and graduate employment preparation
December – Part time job vacancies. CV clinics
February – Student finance sessions
March – Money management month
April – Mock interview sessions
May – CV and covering letter clinics
**B&FC Active**

**IF YOU'RE COMING TO B&FC, YOU'RE IN THE PERFECT PLACE TO TRY A NEW ACTIVITY OR SPORT.**

The choices keep on improving, you'll be involved with people your own age, and you'll find that for most activities there are levels of enjoyment from absolute beginner to expert.

It's really important to be physically active - you find you feel better and, more importantly, perform better in your studies and exams. Better still, there are people here who really want to help you get involved and get more out of B&FC life. Not to mention the social side of meeting new people - possibly best of all.

**B&FC Active** is a programme of social activities designed for all students who want to get active, have fun or try something new. Activities take place at lunchtime, after college and during the evening and range from open drop-in sessions to those designed for specific groups.

**SESSIONS INCLUDE:**

- A daily programme of social sports, such as table tennis, badminton and handball.
- Weekly Team Nineteen Football Leagues
- Fantastic student offers at local facilities such as Blackpool Wakepark, TeeTime Golf Centre and Sport Blackpool

To get involved in any of the activities mentioned, or if you have a great idea for an activity you and your mates want to try, just contact your College Sport Maker.

Email: Rachel.Walker@blackpool.ac.uk
Tweet @B_FCActive
Message me via Moodle.
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*Classes are free to Gym Members or £3.00 pay as you go. Booking required.
All classes can be booked at the sports centre, by calling 01253 504 184 or by emailing SportCentre@blackpool.ac.uk
**Sessions are free 05.09.16 to 28.10.16 only during specified times.
From 07.11.16 Golf Range £1.50 and FootGolf £2.00 per student on production of valid College I.D.
^ Entry forms for the Team Nineteen Football League are available from the Enrichment Office or by emailing Rachel.Walker@blackpool.ac.uk

To get involved in any of the activities mentioned, or if you have a great idea for an activity you and your mates want to try, just contact your College Sport Maker.
Email: Rachel.Walker@blackpool.ac.uk
Tweet @B_FCActive
Message me via Moodle

B&FC Active
Blackpool & The Fylde College Football Leagues

The opportunity to play social and competitive intra-college football, TEAM NINETEEN leagues are for anyone of any ability to get involved in the game. Teams are 5-a-side and there are separate leagues for male and female participants.

TEAM NINETEEN will take place every Tuesday and Thursday 12:00-13:00 on our 3G Pitch at the Sports Centre, Bispham Campus with fixtures and results available weekly via the internet. Pick up an entry form from the Enrichment Office, Games Club or download it from the College Life section of Moodle.

Student Management Team

“Participating, volunteering, coaching and organising sport can improve a student’s employability, health, confidence, self-esteem and attainment.”

AOC Sport

Passionate about sport? Want a chance to have your say about what goes on at College? Then come and get involved!

Our Student Management Team is made up of a core network of students who work to enhance sports provision here at B&FC, from deciding what activities should be put on a lunchtimes to being responsible for managing intra-college leagues and competitions.

You’ll get support from B&FC Staff and opportunities to gain additional training from National Governing Bodies of Sport. This is a great opportunity to further your skills, gain valuable experience and to boost your CV as well as meeting new people and contributing towards your personal development and employability skills.

We’re looking for potential:
- Sports coaches and officials
- Sports specific development officers
- PR and marketing leads
- Event managers
- Sports journalists and photographers

Download your application form from Moodle – College Life, or come and sign up at Fresher’s Fair.

Cross College Events

There will be several cross college sports events taking place across the 2016/17 Academic Year, including the following during the first semester;

- National Fitness Day
  Wednesday 7 September 2016
- Women’s Sport Week
  Monday 3 - Friday 7 October 2016
- Women’s Football Week
  Monday 10 - Friday 14 October 2016
- B&FC Annual Intra-College Football Fest
  Friday 28 October 2016 (tbc)
- Trinity Hospice Santa Dash 2016
  Saturday 3 December 2016

As part of these events there will be a whole host of opportunities to get involved as a participant, official, volunteer or event marshal.

This is a great opportunity to gain experience and develop new skills, as well as contributing towards your PDP targets and raising money for charity at the same time.
JOIN TODAY!
NO CONTRACTS, PAY AS YOU GO

Inspirations
Fitness Suite

PAY £15 FOR THE FIRST TWO MONTHS THEN PAY

£10 PER MONTH for students
£12.50 PER MONTH for staff
£15 PER MONTH for public/community use

Blackpool and The Fylde College
Degrees Awarded by

Lancaster University

Accredited by

Ofsted Outstanding

B&FC
BLACKPOOL AND THE FYLDE COLLEGE

UK Quality Assured
JOIN TODAY!
NO CONTRACTS, PAY AS YOU GO

Inspirations Fitness Suite

PAY LESS AND GET MORE
AT INSPIRATIONS FITNESS SUITE
BLACKPOOL AND THE FYLDE COLLEGE

OPENING TIMES
MON – FRI
7.30AM - 9.30PM
AND
SAT
9.00AM – 2.00PM

CALL
01253 590 829
TO BOOK AN INDUCTION

- Book your gym induction, which is included in the introductory fee of £15, and make use of this modern facility.
- Fitness programmes designed to meet your own specific needs at no additional cost.
- Personal training available.

Included as part of your membership is free entry to the following classes:

SPINNING
This ultimate cycle workout will get you fit in no time – just turn up.

FIGHT KLUB
A new combat phenomenon involving punching and kicking a free-standing punch bag to motivational, highly energetic music. Very addictive!

Degrees awarded by
University of Salford
Manchester

Accredited by
Ofsted Outstanding

B&FC
BLACKPOOL AND THE FYLDE COLLEGE
GET FIT!
WITH B&FC

At B&FC, we offer a great range of fitness classes to build your strength, endurance and flexibility. Make sure you book in beforehand to secure your place.

**FIGHT KLUB**
- **Time** Monday 17:00-18:00
- **Location** Sports Centre, Bispham Campus
- **Cost** Free for members / Non-members £3

**INDOOR CYCLING**
- **Time** Monday 17:30-18:30
- **Location** Sports Centre, Bispham Campus
- **Cost** Free for members / Non-members £3

**CIRCUIT TRAINING**
- **Time** Wednesday 17:30-18:30
- **Location** Sports Centre, Bispham Campus
- **Cost** Free for members / Non-members £3

**METAFIT**
- **Time** Saturday 09:00-10:00
- **Location** Sports Centre, Bispham Campus
- **Cost** Free for members / Non-members £3

For more information or to book your place, please contact the Sports Centre on T 01253 504 184  E SportCentre@blackpool.ac.uk
Team B&FC

Be part of Representative sport at Blackpool & The Fylde College!

Team B&FC offers you the chance to representative team sport, training with nationally qualified coaches and competing in leagues & competitions against other Colleges in the North West.

Sport has been proven to make you more employable. You will learn and practice key skills and behaviours such as teamwork, leadership, collaboration, discipline and communication as well as having the opportunity to volunteer and develop your own coaching skills along the way. Plus it's loads of fun!

Teams are open to all students regardless of their course. Fixtures take place on Wednesday afternoons during term-time and training is at Bispham Campus;

Men's Football  Monday 16.00-17.30 / Thursday 16.00-17.30
Women's Football  Monday 16.00-17.30 / Friday 16.00-17.30
Ability Counts Football  Wednesday 16.00-17.30
Rugby Union 7s  Tuesday 16.00-17.30
Netball  Monday 16.00-17.30
Basketball  Tuesday 16.00-18.00 / THURSDAY 16.00-17.30

All sports teams will have access to the following:

- National Governing Body Qualified Coaching Team
- AoC Sport NW League & Cup Competitions
- National Championships Qualifiers
- Use of Inspirations Fitness Suite
- Individualised Training Programmes
- Sports Therapy Support
Got a talent for another sport?

In addition to our team based sports, we also offer the opportunity for students to enter regional competitions in a number of other sports. All these competitions take place in November and winners qualify for the annual AoC Sport National Championships.

- Badminton
- Cross Country
- Golf
- Indoor Cricket
- Squash
- Table Tennis
- Tennis
- Volleyball

For further information or to sign up to any of the above activities, please visit Moodle, sign up at Fresher’s Fair or contact Rachel Walker (College Sport Maker)

T 01253 5045154
E Rachel.Walker@blackpool.ac.uk
The B&FCinspire Programme is brought to you by the Employability Coach Team; it focuses on Employability Skills, and aims to develop key interpersonal skills linked to Resilience, Responsibility and Respect…

Your B&FCinspire programme 2016/17 consists of 4 main events, beginning with a PDP sign-up week, giving you the opportunity to meet with local charity organisations and services from across Blackpool, Fylde and Wyre offering young people volunteering and fundraising opportunities…

Wasted Lives team will facilitate workshops to cover many aspects associated to outcomes linked to young people and dangerous driving; inappropriate speed and impaired driving through drugs & alcohol are all part of the key messages, the team will also show you hard hitting films, and use interactive activities to ensure your understanding of the need to Driver Safe, Stay Safe…

The B&FCinspire programme continues in November when we have an event running over 2 weeks
During December we will host a Forum Theatre Production week, the production has a clear message with local context embedding throughout; focusing on young people, mental health and the downhill spiral and negative outcomes associated with drug use, bullying and social media these will be explored through an engaging and hard hitting performance using real life stories…

The final aspect of the #BFCinspire programme is the Employability Skills Development week/s, facilitated by Young Enterprise, Careers Team and the Employability Coaches.. a range of workshops aimed to develop your key employability skills and knowledge…

The closing part of this employability themed event; the Employability Coach Team will host a ‘part time’ jobs fair where local employers will be invited to attend … The variety of local employers attending should include companies such as Sandcastle, Sainsbury’s, De Vere, Premier Inn, McDonalds, Primark and many more who will showcase to you their current part time job opportunities.

Your Progress Tutor will arrange for you to attend each of the events as part of your tutorial provision, the Employability Coaches will look forward to welcoming you to each of your B&FCinspire events.
Keep in touch
E 14-19Team@blackpool.ac.uk
@B_FCLife
@B_FCAActive