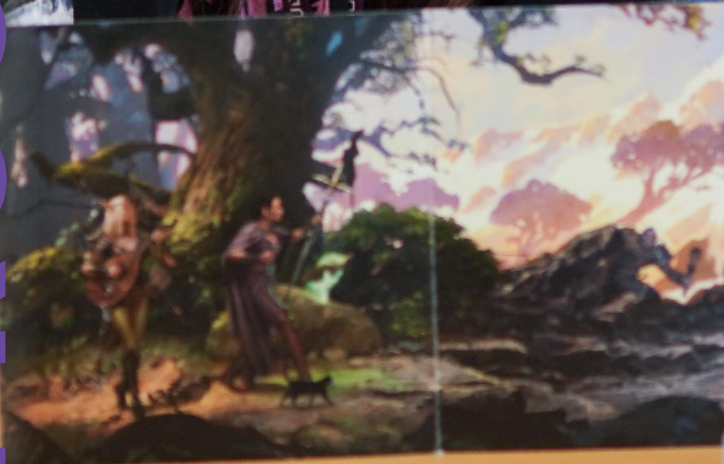


ENRICHMENT PROGRAMME

ITCHEN
SIXTH FORM
COLLEGE



AUTUMN 2026

MORE THAN YOUR SUBJECTS





***Get Involved.
Try Something New.
Find Your Future.***

Enrichment is your chance to explore, develop and discover something beyond the classroom.

60+ opportunities to choose from

ARTS & CULTURE

Get creative through art, music, performance, film, photography and more. Try something new, develop your talents and express yourself.

MUSIC PERFORMANCE

Take your musical talents from the practice room to the stage by collaborating with fellow musicians. Build stage presence, experiment with genres and showcase skills in live college performances.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	P34	B Short

VINYL CLUB

Explore classic albums and hidden gems across musical eras, discuss music history and connect with fellow vinyl fans.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	W7	A Waters

JEWELLERY / BEADING

Design custom accessories, from beaded bracelets to statement jewellery, while learning crafting techniques and making wearable art.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	N30	S Lawes

LAMDA YR 1

Build confidence, communication and performance skills while developing your voice and stagecraft towards a recognised LAMDA qualification at Bronze, Silver or Gold level.

DAY	TIME	ROOM	STAFF
Monday	12:45–13:30	P36	K Matthews

CHEERLEADING

Master stunts, synchronised dance routines and cheers. The session is designed to build fitness, confidence and friendships.

DAY	TIME	ROOM	STAFF
Tuesday	12:00–12:45	P1	C Burlison

WATERCOLOUR FOR BEGINNERS

Learn foundational watercolour techniques and experiment with vibrant washes in a calm, creative environment.

DAY	TIME	ROOM	STAFF
Tuesday	12:00–12:45	S7	S O'Brien

GETTING HOOKED ON CROCHET

Learn basic crochet stitches and create handmade items in a relaxed, social setting.

DAY	TIME	ROOM	STAFF
Tuesday	12:00–12:45	W42	V Keyse / M Singh

POP CHOIR

Sing favourite songs in a welcoming group. No audition or previous musical experience is required; the focus is confidence, stress relief and singing together.

DAY	TIME	ROOM	STAFF
Wednesday	12:45-13:30	P42	C Turvey

TV CLUB

Discover great TV, share your opinions and debate iconic shows, characters and the latest series in a relaxed and social club.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	S1	J James

PHOTOGRAPHY CLUB

Develop composition, lighting and creative storytelling using a DSLR or smartphone, while developing your visual style.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	T3	D Yates

DRAMA AND PERFORMANCE

Help build a spectacular show from the ground up, either performing on stage or developing skills in tech, lighting and stage management.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	P36	J Cutting

LAMDA YR 2

Build confidence, communication and performance skills while developing your voice and stagecraft towards a recognised LAMDA qualification at Bronze, Silver or Gold level.

DAY	TIME	ROOM	STAFF
Wednesday	12:45-13:30	P36	K Matthews

DANCE LIVE

Explore dance, creative choreography and theatrical storytelling, either on stage or behind the scenes, while building confidence and teamwork.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	P1	R Archer

ITCHEN RADIO

Create, present and produce radio shows for the campus while building media confidence and learning how to use the decks.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	W7	T Wills

FILM CLUB

Broaden your film horizons by exploring black-and-white, classic, subtitled and cult films.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	S6	O Dafe

LIFE DRAWING

Develop your artistic eye and master the fundamentals of form, proportion and shading by sketching the figure. Open to all ability levels.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	T20	A Wooldrige

FILM PODCAST

Debate films from blockbusters to indie gems while developing audio production skills and a critical voice.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	S21	D Newman

ART HISTORY

Explore hidden stories, scandals and revolutions behind iconic masterpieces while developing visual analysis and understanding of culture, politics and history.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	N23	P Barrs

CIVIC ENGAGEMENT

Explore current issues, debate ideas and understand the world around you. Build confidence in sharing your views and opinions.

TRUE CRIME CLUB

Explore forensic criminology, motives and behavioural patterns through real case studies and critical analysis. The response notes two sessions on separate days.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	S34	H Martin
Thursday	12:00-12:45	S32	T Cooney

SOCIETY UNCOVERED

Explore major issues and trends in 21st-century society, including social media, AI, digital culture, identity, relationships, activism and consumerism.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	W27	C Pellow

MOCK TRIAL

Experience presenting a case, cross-examining witnesses and arguing before a judge while developing public speaking, debate and critical-thinking skills.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	S32	S Petts

DEBATE CLUB

Explore current issues, build public-speaking confidence and learn to present ideas clearly while respecting different points of view.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	W23	C Fuller

STUDENT VOICE

Develop confidence, wellbeing and useful life skills through a range of practical and discussion-based activities.

MINDFUL COLOURING IN

A calming creative session to relax, refocus and recharge while exploring patterns, colours and mindfulness skills.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	W30	A Jones

FIRST AID

Learn practical first-aid skills that could help you respond confidently in everyday emergencies and develop a valuable life skill.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	W33	B Tshuma

SSC – SPONSORED EARLY YEARS

Develop expressive early-years storytelling skills, create storybags and other resources, and have the chance to showcase work to the Southampton City Council Early Years Team.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	W24	J North
Wednesday	12:45-13:30	W20	S Chad

NURSERY RHYMES FOR EARLY YEARS

Develop expressive nursery-rhyme delivery, create themed resources and have the chance to showcase work to the Southampton City Council Early Years Team.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	W36	S Chad

PSYCH / SOC CLUB

Explore psychology and sociology through discussions, case studies and real-world issues, gaining new perspectives on people and society.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	W26	C Mauvono

NATURE OUTDOORS & ADVENTURE

Develop confidence, wellbeing and useful life skills through a range of practical and discussion-based activities.

GARDENING

Connect with nature, grow fresh produce and help create a vibrant, eco-friendly green space while learning practical planting skills.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	0S	B Hatton

DUKE OF EDINBURGH x 2 (SILVER & GOLD)

Build confidence, leadership and teamwork through adventurous expeditions and volunteering. Silver and Gold routes are offered.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	C6	K Harley

WIDER LIFE & LIFE SKILLS

Learn skills for college, work and everyday life while exploring new interests and challenging yourself.

ENGINEERING CLUB

Take on design challenges, build practical skills and work as a team to bring innovative ideas to life.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	W35	D Foster

QUIZ CLUB

Test general knowledge, challenge friends and enjoy friendly competition in a relaxed weekly setting.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	N27	A Davis

LAUGHTER & GAMES

Take a relaxed break from study through board games, group challenges, laughter and friendly competition.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	N1	J Evans

PROGRAMMING CLUB

Develop programming from C# fundamentals through to building a full-stack web app.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	S6	J Long

ESOL

Invited-only ESOL Enrichment.

DAY	TIME	ROOM	STAFF
Tuesday	12:45-13:30	N28	B Selman

FROM WORRY TO WELCOME

Explore supportive and inclusive approaches to overcoming barriers to college success. Strategies and support can change as challenges change.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	W41	S Masters

JIGSAW CLUB

Unwind, chat and collaborate on jigsaw challenges as a satisfying break from study.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	S10	L Hawthorne

SURVIVING ADULTHOOD

Prepare for life beyond college through practical skills and advice around money, decisions, confidence and independence.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	E3	M Sparks

PERSONAL FINANCE

Take control of your financial future by learning about budgeting, saving, investing, credit scores, taxes, pensions, mortgages and debt.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	E4	G Banks

SCIENCE CLUB

Explore experiments, real-world scientific challenges and fascinating ideas in a fun, hands-on environment.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	W37	E Williams

DUNGEONS & DRAGONS

Take part in a tabletop roleplaying game involving mystery, adventure, horror and heroism. No experience is needed.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	S33	D Whitelock

JAPANESE FOR BEGINNERS

Learn everyday Japanese phrases and characters while exploring Japanese language and culture.

DAY	TIME	ROOM	STAFF
Tuesday	12:45–13:30	W32	J McQuinn

UCAS SUPPORT (2ND YEARS ONLY)

Receive UCAS application support, including 1:1 guidance with the personal statement and completing the application.

DAY	TIME	ROOM	STAFF
Tuesday	12:45–13:30	W21	A Waters

DRIVING TEST THEORY SUPPORT

Master the rules of the road and build confidence for theory and hazard-perception tests through interactive practice and expert tips.

DAY	TIME	ROOM	STAFF
Wednesday	12:00–12:45	E2	R Cheal

UK MATHS CHALLENGE

Tackle advanced mathematical problems, develop problem-solving skills and prepare for the UK Maths Challenge.

DAY	TIME	ROOM	STAFF
Wednesday	12:00–12:45	N30	M Sebrell

CHESS

Develop tactical thinking and strategy, from opening basics to friendly competitive matches.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	S20	J Craik

BEGINNERS SPANISH

Build practical everyday Spanish conversation skills while discovering Spanish language and culture.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	N23	J Meech

CHEMISTRY OLYMPIAD

Prepare for the Chemistry Olympiad through complex, real-world chemical problems while developing advanced analytical skills and deepening A-Level understanding.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	W31	L Dudley

CREATIVE WRITING

Develop your unique writing style through stories, characters, poetry and creative challenges in a supportive and inspiring environment.

DAY	TIME	ROOM	STAFF
Friday	11:20-12:50		S Bolitho-Jones

SPORTS & PHYSICAL EDUCATION

Stay active, try new sports and build fitness, confidence and teamwork. There are options for a range of abilities and interests.

CHAIR YOGA

Accessible seated yoga designed for all abilities and fitness levels, helping release tension, support focus and stretch the body.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	Main Hall	R Fudio

PICKLEBALL

Try a fast-paced racket sport open to all abilities, developing skills, fitness and teamwork.

DAY	TIME	ROOM	STAFF
Monday	12:45-13:30	Colmer Hall	T Connor

STRETCH AND RECOVER

Combine gentle flexibility work and relaxation techniques to release muscle tension, support posture and recovery.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	Colmer Hall	M Bernhardt

5 A SIDE FOOTBALL

An inclusive, high-energy football session for all skill levels, supporting fitness, teamwork and enjoyment.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	Sports Hall	D Rowland

FOOTBALL TRAINING (MEN)

TBC

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	OS	S King

WOMEN'S FITNESS (GYM)

Build fitness and confidence in a supportive girls-only environment, including weightlifting form and cardio endurance.

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	G3	I Macarthy

BADMINTON

Develop reflexes, serves and volleys in a fast-paced session suitable for casual and competitive players.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	Sports Hall	Z Carter

SPORTS MASSAGE FOR BEGINNERS

Sports and wellbeing enrichment; the response document provides the title but no further description.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	Colmer Hall	H Lowe

GYM TRAINING FOR BEGINNERS

Build fitness and confidence, learn appropriate weightlifting form and cardio training, and develop your own training sessions.

DAY	TIME	ROOM	STAFF
Tuesday	12:00-12:45	G3	D Cruse

BASKETBALL (MENS)

Develop dribbling, shooting and tactical skills while building teamwork and fitness.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	Sports Hall	M Bernhardt

NUTRITION WORKSHOP FOR ACADEMY ATHLETES

Invite-only session exploring evidence-based nutrition strategies for student-athletes, including pre- and post-workout nutrition and effective energy management.

DAY	TIME	ROOM	STAFF
Wednesday	12:45-13:30	C3	M Bernhardt

ENDURANCE & CONDITIONING FITNESS TRAINING

Build endurance through bodyweight circuits and cardiovascular training designed to improve stamina, resilience and overall fitness.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	G3	A Woodford

FOOTBALL (\$4L)

An invite-only, tailored football session focused on confidence, football skills and having fun at an appropriate pace.

DAY	TIME	ROOM	STAFF
Wednesday	12:00-12:45	E20	M Moody

YOGA

Learn breathing, movement and stretching techniques that support flexibility, calm and stress management.

DAY	TIME	ROOM	STAFF
Thursday	12:00-12:45	Main Hall	R Fudio

STRENGTH & POWER BOOTCAMP

Develop explosive strength and athletic performance through tractor tyres, sleds, battle ropes, speed drills and plyometric exercises.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	Colmer Hall	A Woodward

VOLLEYBALL

Develop agility, reflexes and team coordination through serving, setting, spiking and friendly rallies.

DAY	TIME	ROOM	STAFF
Friday	12:45-13:30	Sports Hall	D Cruse

GIRLS 5 A SIDE FOOTBALL

A welcoming girls-only football environment focused on confidence, fitness, skill development and teamwork.

DAY	TIME	ROOM	STAFF
Friday	12:00-12:45	Sports Hall	D Rowland

NETBALL

Develop passing, shooting and tactical teamwork in a fast-paced, supportive session for beginners and experienced players.

DAY	TIME	ROOM	STAFF
	12:45-13:30	Sports Hall	M Hart

QUIET STUDY AREAS

Our Quiet Study Areas are available throughout the college week as part of our enrichment programme. They provide a safe, welcoming environment where you can work independently, access IT facilities and stay focused on your goals.

A member of staff is available to offer guidance and support whenever you need it, helping you make the most of your study time.

A great choice for students who want to:

- Focus without distractions
- Complete coursework or independent study
- Access IT facilities
- Develop their organisation and independent learning skills
- Get support from a member of staff
- Make positive use of their time at college

DAY	TIME	ROOM	STAFF
Monday	12:00-12:45	S31	S Thomas
Tuesday	12:00-12:45	E2	D Dunford
Wednesday	12:00-12:45	N23	R Dadd
Thursday	12:00-12:45	E4	C Watson
Friday	12:00-12:45	S20	A Waters

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