

# ENRICHMENT OPPORTUNITIES

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for Sutton College  
Students



# Sutton High Street History

Delivered by: Andrew Skelton

Dates: Tuesday 11th June 2024 at 10.30am – 1130am

Venue: Sutton High Street

A fascinating walk and talk down Sutton High Street looking at the history of our local main shopping area. Led by local historian Andrew Skelton, this session will end up at the site where the College will be located from 2026, the building built for one of Sutton's greatest Victorian entrepreneurs!

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)



# Wellbeing Session with Sutton Uplift

Delivered by: Sutton Uplift

Dates: Thursday 16th May 12pm -1pm

Venue: Sutton College, Sutton Centre

For Mental Health Awareness Week, we are offering a session with Sutton Uplift exploring ways to improve your wellbeing.

These popular sessions fill fast so book your place asap!

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)



# National Numeracy Day

Delivered by: Sutton Uplift

Dates: Wednesday 22nd May

Look out for some fun challenges at the college on the day but, in the meantime, why not have a go at The National Numeracy Challenge?

"However you feel about maths, you're not alone. The National Numeracy Challenge is a free and easy-to-use website you can use to improve your confidence with numbers, in your own time and at your own pace.

It's ideal for brushing up, checking your level, or for catching up on learning you missed, and it's all about the maths you need in daily life and at work – no algebra or trigonometry."

Give it a go: [National Numeracy Challenge](#)



# Cardiac Arrest Awareness Training

Delivered by: Paul Alan Project

Dates: Monday 8th April 10am – 1130am

Wednesday 10th April 1pm – 230pm

Venue: Sutton College, Sutton Centre

Learn how to spot the signs of a cardiac arrest and get some basic lifesaving training!

The Paul Alan Project, who provide this training, raise funds for the provision and installation of Public Access Defibrillators where there is a need, particularly concentrating on parks, town centres and residential areas.

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)



# Tour of Lumley Chapel, Cheam

Delivered by: NHS

Dates: Wednesday 21 February 2024, 11am

Venue: The Lumley Chapel, St Dunstan's Churchyard, off Church Road, Cheam

Come and find out the history of the oldest building in Cheam.

Donations to the chapel and welcome.

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)





# NHS Health Checks

Delivered by: NHS

Dates: Monday 15 January 2024 & Thursday 25 January 2024

Venue: Sutton College - Foyer Area, 10am-1pm

Free blood pressure checks, BMI checks, signposting and help with the NHS App.

No need to book – these sessions are drop-in and take place in the College Foyer.



# IBM Skills Build

Delivered by: IBM

Dates: N/A

Venue: Online

What is IBM SkillsBuild?

- A free platform for work and tech skills training
- Accessible from anywhere, with a diverse range of courses catering to every interest

Why IBM SkillsBuild?

1. Quick and easy sign-up using just an email address
2. Choose from 1000+ free courses and certifications
3. Course options include Preparing for your first job, Artificial Intelligence Fundamentals, and Explorations into mindfulness
4. Earn recognised qualifications and digital badges to enhance CVs

Access via <https://skillsbuild.org/adult-learners>





# Israel & Palestine

Delivered by: Sutton College

Dates: Wednesday 01 November 2023, 2.30-3.30pm

Venue: Sutton College, Sutton Centre

Open to ALL students.

A historical context to the conflict.

If you would like to attend this session (in class or as a live online stream) please see the Enquiry Centre.

Limited place available.



# Personal & Home Safety Tips

Delivered by: Sutton Safer Neighbourhood Team

Dates: Thursday 23 November 2023, 11:30am-12:30pm

Venue: Sutton College, Sutton Centre

Open to ALL students.

The Sutton Safer Neighbourhood team will be popping in to talk about keeping safe. Drop in to ask questions too

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)



# Coffee & Cake

Date: Wednesday 8 November 2023, 11.30am-1pm

Venue: Sutton College, Arena

Open to ALL students.

Come & join us for Coffee and Cake on Wednesday 8th November 2023, 11.30am - 1pm in the Arena.

Free Tea & Coffee

Various Cakes for sale.

Prices start from 50p. Cash Only.

All money raised will be donated to Cancer Research.



# Theatre Trip - A Christmas Carol

Organised by: Gen Gould

Delivered by: Wimbledon Theatre

Dates: Monday 20 November

Venue: Meet at Sutton Train Station, High St, Sutton SM1 1JA

For All Students

A great opportunity to help your studies (Charles Dicken's is part of your syllabus)

Tickets are £13 each (usually £20)

Book at <https://form.jotform.com/suttoncollege/christmas-carol-tickets>

For more information about the theatre and play see

<https://www.otgtickets.com/shows/a-christmas-carol/studio-at-new-wimbledon-theatre/>



# Job & Skills Fair

Dates: Thursday 21 September, 10am-2pm

Venue: Hill House, Bishopsford Road, Carshalton, Morden, SM4 6BL

Organised by: Community Action Sutton

For All Students

Find out about employment, training, apprenticeships and volunteering opportunities in Sutton.

For more information see

<https://www.communityactionsutton.org.uk/latest/events/job-and-skills-fair-21st-septe/>



# Wellbeing with Sutton Uplift

Delivered by: Sutton Uplift

Dates: Thursday 19 October 2023, 1:30pm-2:30pm

Venue: Sutton College, Sutton Centre

Open to ALL students.

Your mental health is everything.

Find out tips and techniques to help look after it and improve your wellbeing.

Book your FREE place at [marketing@suttoncollege.ac.uk](mailto:marketing@suttoncollege.ac.uk)



# Volunteer Centre Sutton

[vcsutton.org.uk](https://vcsutton.org.uk)

Volunteer Centre Sutton (VCS) has been supporting people and communities within the London Borough of Sutton for over 50 years. Using the power of volunteering, VCS aims to unlock potential, address inequalities, and support the vulnerable, disadvantaged, distressed, and deprived.





# Sutton Filmmakers Club

Meet 1st and 3rd Wednesday of every month @ 7.30 pm in Cheam,  
Helping aspiring filmmakers widen their creative horizons, whether making low-budget  
shorts, documentaries or full-scale feature movies  
[suttonfilm.co.uk](http://suttonfilm.co.uk)



# Friends of Nonsuch

The Friends of Nonsuch is committed to preserving Nonsuch Park's history and its physical features. Our aim is to open up the Nonsuch Mansion and provide a history of the park for visitors.

Secretary@friendsofnonsuch.co.uk

[www.friendsofnonsuch.co.uk](http://www.friendsofnonsuch.co.uk)



# Manor Park Friends Group

Volunteering opportunities  
[manorparkfriends@yahoo.com](mailto:manorparkfriends@yahoo.com)



# Friends of Cheam Park

Volunteering and Gardening days and events  
[friendsofcheampark@gmail.com](mailto:friendsofcheampark@gmail.com)



# Selsdon Flower Club

Meet monthly on the second wednesday afternoon 2pm  
rear of St John the Divine Church Selsdon  
Contact Maureen Browning 0208 651 5821



# The Arts Society (Croydon Area)

Meets monthly, second Thursday.

10am-12pm All Saints Church, Sanderstead, CR2 9AB

See [tascroydonarea.org.uk](http://tascroydonarea.org.uk) or email [info@tascroydonarea.org.uk](mailto:info@tascroydonarea.org.uk)