

Activities calendar – we have gathered activities being run by the College or organisations we work with and added them to the calendar below. To join in, click the link or email to book a place.

JULY ACTIVITIES

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
01	02	03	04	05	06	07
<p>Ambassador Training (for Foundation learners)</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p>AoC Sport Session Cardio Core</p> <p>2pm - 2.30pm</p> <p>https://bit.ly/2zDhwpH</p> <p>Student Opportunities Festival – NUS/Totum</p> <p>This week-long (free!) online event will consist of talks, workshops, and panel discussions which will provide an interactive environment where you can hear from sector specialists, charities, and other student leaders from across the UK.</p> <p>https://studentoppsfest.native.fm/</p>	<p>ECC Social Zone Social club for Chat and Online Games</p> <p>12pm-1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p>Carers Matter Norfolk Virtual Cuppa</p> <p>11-12pm</p> <p>For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>Student Opportunities Festival – NUS/Totum</p> <p>https://studentoppsfest.native.fm/</p>	<p>Mindfulness Session</p> <p>12-1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p>Student Opportunities Festival – NUS/Totum</p> <p>https://studentoppsfest.native.fm/</p> <p>NHS Wellbeing Webinar: Healthy Relationships</p> <p>3.30pm-5pm</p> <p>https://bit.ly/2Xz6PfM</p>	<p>NSFT Virtual Socials: Perinatal Social</p> <p>10am</p> <p>For details and to join, email: socialsandvolunteering@wellbeingandw.co.uk</p>		<p>NHS Wellbeing Webinar: Coping with Bereavement</p> <p>10am - 11am</p> <p>https://bit.ly/2ZMpasG</p> <p>AoC Sport Session Yoga</p> <p>11am-11.30am</p> <p>https://bit.ly/2zDhwpH</p> <p>Ambassador Training</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p>Coping with Coronavirus-related Trauma</p> <p>1pm - 2pm</p> <p>https://bit.ly/31bCXJW</p> <p>MAP drop-in via Zoom</p> <p>1.30-2.30pm</p> <p>For more information and joining instructions please email catherineplummer@MAP.uk.net</p>	<p>NHS Wellbeing Webinar: Improving Your Sleep</p> <p>10am - 12pm</p> <p>https://bit.ly/31aAlvY</p> <p>Carers Matter Norfolk Virtual Cuppa</p> <p>11am-12pm</p> <p>For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>Fun Quiz</p> <p>12.30pm - 1.30pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>

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<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">08</p> <p>Ambassador Training (for Foundation learners)</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #8bc34a;">AoC Sport Session Home Bootcamp</p> <p style="color: #8bc34a;">2pm - 2.30pm</p> <p style="color: #8bc34a;">https://bit.ly/2zDhwph</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">09</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p style="color: #e91e63;">11-12pm</p> <p style="color: #e91e63;">For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>ECC Social Zone Social club for Chat and Online Games</p> <p>12pm-1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">10</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Healthy Relationships</p> <p style="color: #e91e63;">3.30pm-5pm</p> <p style="color: #e91e63;">https://bit.ly/2ZNvy2C</p> <p style="color: #e91e63;">Mindfulness Session</p> <p style="color: #e91e63;">12pm-1pm</p> <p style="color: #e91e63;">For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">11</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">12</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">13</p> <p style="color: #8bc34a;">AoC Sport Session All Ability Fitness</p> <p style="color: #8bc34a;">11am - 11.30am</p> <p style="color: #8bc34a;">https://bit.ly/2zDhwph</p> <p>Ambassador Training</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #e91e63;">MAP drop-in via Zoom</p> <p style="color: #e91e63;">1.30-2.30pm</p> <p style="color: #e91e63;">For more information and joining instructions please email catherineplummer@MAP.uk.net</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">14</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Improving Your Sleep</p> <p style="color: #e91e63;">10am - 12pm</p> <p style="color: #e91e63;">https://bit.ly/31aAlvY</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p style="color: #e91e63;">11am-12pm</p> <p style="color: #e91e63;">For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>Fun Quiz</p> <p>12pm - 1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>

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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">15</p> <p>Ambassador Training (for Foundation learners)</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #8bc34a;">AoC Sport Session Cardio Core</p> <p>2pm-2.30pm</p> <p>https://bit.ly/2zDhwph</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">16</p> <p>NHS Wellbeing Webinar: Carers Support</p> <p>10am - 11.30am</p> <p>https://bit.ly/2ZNvSOS</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p>11am-12pm</p> <p>For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>ECC Social Zone Social Club for Chat and Online Games</p> <p>12pm-1pm</p> <p>For more information and the zoom link please email: m.watson@eastcoast.ac.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">17</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Healthy Relationships</p> <p>3.30pm-5pm</p> <p>https://bit.ly/2Xz6PfM</p> <p style="color: #5e35b1;">Mindfulness Session</p> <p>12pm-1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">18</p> <p style="color: #e91e63;">NSFT Virtual Socials: Perinatal Social</p> <p>10am</p> <p>For details and to join, email: socialsandvolunteering@wellbeingandw.co.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">19</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">20</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Coping with Bereavement</p> <p>10am - 11am</p> <p>https://bit.ly/2ZMpasG</p> <p style="color: #8bc34a;">AoC Sport Session Yoga</p> <p>11am-11.30am</p> <p>https://bit.ly/2zDhwph</p> <p>Ambassador Training</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #e91e63;">Coping with Coronavirus-related Trauma</p> <p>1pm - 2pm</p> <p>https://bit.ly/31bCXJW</p> <p style="color: #e91e63;">MAP drop-in via Zoom</p> <p>1.30-2.30pm</p> <p>For more information and joining instructions please email catherineplummer@MAP.uk.net</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">21</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Improving Your Sleep</p> <p>10am - 12pm</p> <p>https://bit.ly/31aAlvY</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p>11am-12pm</p> <p>For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>Fun Quiz</p> <p>12pm - 1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>

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<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">22</p> <p>Ambassador Training (for Foundation learners)</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #8bc34a;">AoC Sport Session Home Bootcamp</p> <p style="color: #8bc34a;">2pm - 2.30pm</p> <p style="color: #8bc34a;">https://bit.ly/2zDhwpH</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">23</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p style="color: #e91e63;">11-12pm</p> <p style="color: #e91e63;">For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p>ECC Social Zone Social club for Chat and Online Games</p> <p>12pm-1pm</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">24</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Getting Ready to Think About Work</p> <p style="color: #e91e63;">10am - 11.30am</p> <p style="color: #e91e63;">https://bit.ly/2Z7KsPw</p> <p style="color: #e91e63;">Mindfulness Session</p> <p style="color: #e91e63;">12pm-1pm</p> <p style="color: #e91e63;">For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Healthy Family Relationships</p> <p style="color: #e91e63;">3.30pm-5pm</p> <p style="color: #e91e63;">https://bit.ly/2ZNvy2C</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">25</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">26</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">27</p> <p style="color: #8bc34a;">AoC Sport Session All Ability Fitness</p> <p style="color: #8bc34a;">11am-11.30am</p> <p style="color: #8bc34a;">https://bit.ly/2zDhwpH</p> <p>Ambassador Training</p> <p>12pm-1pm:</p> <p>For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p> <p style="color: #e91e63;">MAP drop-in via Zoom</p> <p style="color: #e91e63;">1.30-2.30pm</p> <p style="color: #e91e63;">For more information and joining instructions please email catherineplummer@MAP.uk.net</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Coping with Worry</p> <p style="color: #e91e63;">3pm - 5pm</p> <p style="color: #e91e63;">https://bit.ly/2XcKJRr</p>	<p style="text-align: right; font-weight: bold; font-size: 24px; color: #0070c0;">28</p> <p style="color: #e91e63;">NHS Wellbeing Webinar: Improving Your Sleep</p> <p style="color: #e91e63;">10am - 12pm</p> <p style="color: #e91e63;">https://bit.ly/31aAlvY</p> <p style="color: #e91e63;">Carers Matter Norfolk Virtual Cuppa</p> <p style="color: #e91e63;">11am-12pm</p> <p style="color: #e91e63;">For more information and joining instructions please email: info@carersmatternorfolk.org.uk</p> <p style="color: #e91e63;">Fun Quiz</p> <p style="color: #e91e63;">12pm - 1pm</p> <p style="color: #e91e63;">For more information and the Zoom link please email: m.watson@eastcoast.ac.uk</p>

JULY ACTIVITIES

■ Mental wellbeing ■ Sport ■ Other

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WEDNESDAY

29

Ambassador Training
(for Foundation learners)

12pm-1pm:

For more information and the Zoom link please email:
m.watson@eastcoast.ac.uk

AoC Sport Session
Cardio Core

2pm - 2.30pm

<https://bit.ly/2zDhwpH>

THURSDAY

30

Carers Matter Norfolk
Virtual Cuppa

11-12pm

For more information and joining instructions please email:
info@carersmatternorfolk.org.uk

ECC Social Zone
Social club for Chat and Online Games

12pm-1pm

For more information and the Zoom link please email:
m.watson@eastcoast.ac.uk

FRIDAY

31

Mindfulness Session

12pm-1pm

For more information and the Zoom link please email:
m.watson@eastcoast.ac.uk

NHS Wellbeing Webinar: Healthy Relationships

3.30pm-5pm

<https://bit.ly/2Xz6PfM>

