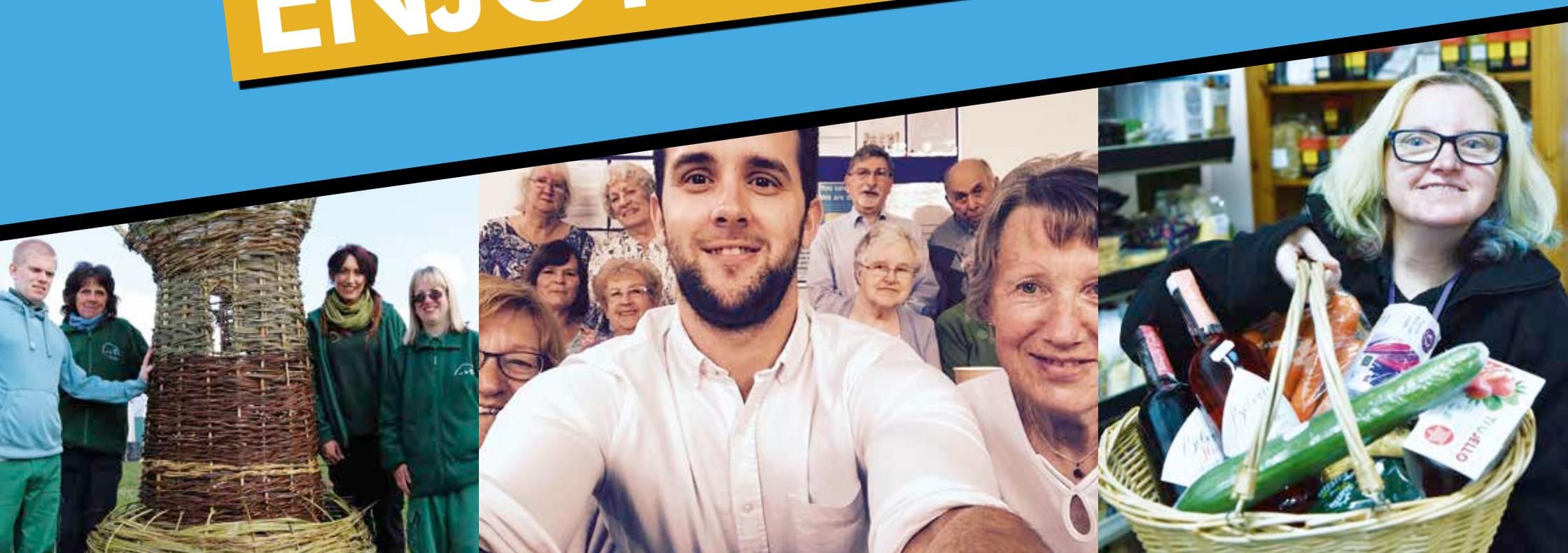


REALIS₃
FUTUR₃S

Developing your potential

**EARN, LEARN,
ENJOY & ACHIEVE**



WE ARE REALISE FUTURES

Our aim is to improve the social wellbeing of people, whilst contributing to the economy in our communities, with opportunities in learning and work. As a Community Interest Company we re-invest our profits back into the business.

As an employer we lead by example – **40% of our workforce have a declared disability.**

We have the expertise to help those who are long-term unemployed, disabled and/or disadvantaged, and those who haven't had a fair chance in life, for whatever reason.

Success for us is measured by the positive impact on the lives of those we support and the progress they make, as well as the profit we generate.

We believe every individual deserves the opportunity to realise their full potential and to be given the choice to earn, learn, enjoy and achieve.

**REALISE
FUTURES**

Developing your potential



LEARNING & DEVELOPMENT

The Learning and Development division is a personal and professional learning service that provides government funded, first rung learning opportunities to adults facing economic, educational and social disadvantage.

We believe learning is for life, we are not a college or a school, we do things differently, providing a learning service in the community, with the community, for the community.

The primary purpose of the service is to raise aspirations and educational achievement levels to support the economic and social wellbeing of the community. Active engagement with local voluntary and community organisations, in addition to effective professional relationships with key referring agencies, other FE providers and statutory services, is essential to achieving this.



"A lot more laid back than college"

"My tutor is really patient"

"My tutor has made a real difference to my attitude for learning, I'm learning more and enjoying it which is even better!"

"I am enjoying the course which is helping me to get into University hopefully"

IMPACT STORY:

Kate MacDonald: I was encouraged to look into the classes by a job club I was attending in Bury St Edmunds. I had been off work due to mental health issues and I was feeling very nervous of starting anything new!

The group was friendly and small enough so that we could work at our own pace and get the necessary help when needed.

I can honestly say that I always looked forward to my classes, learning something new and having a rhythm to my week was incredibly important to my mental wellbeing.

I passed the IT class and felt confident to try another so I gave the maths a go. I am dyslexic and have always felt stupid with maths. Having a friendly, kind tutor makes all the difference. I am grateful to each and every one of them for all the ways they have encouraged and supported my learning.

My confidence and self-esteem has been built up and the negative labels I had carried around since school have been replaced by positive ones.

I can honestly say that its because of my classes at Realise Futures that I had the courage to sign up to a Foundation course in Counselling at a local FE college.



"I was totally surprised how much I enjoyed learning, any nerves soon disappeared"



EMPLOYMENT WORKING TO MAKE A DIFFERENCE

We deliver a variety of employment programmes across Suffolk and Essex. Our dedicated team of Employment Advisors help people learn new skills and find the right job for them, via a range of support activities.

We offer a personalised service, delivering a range of employment support activities. We provide an 'in-work' service, so that people have the on-going support they need to stay in work and progress in their chosen career.

"The programme has given me confidence. To me personally the project has made me a lot less self-conscious and helped me discover skills I didn't think I had."



IMPACT STORY:

Jessica signed up to the Realise Futures Essex Supported Employment programme, she has a severe sight impairment which means that she can see but the clarity and field of vision is very poor.

Jessica uses a white stick whilst out and is very confident with people and is an independent traveller. She was employed as a shop assistant at Marks & Spencer, 8 hours a week and held this position for 2 years. She was supported within the role by her employer and Lee, In-work Support Advisor at Realise Futures.

Jessica had always wanted more hours and the opportunity to work in a different shop and learn new skills, but had found online application forms difficult without support. Lee and Jessica worked together to look for and apply for suitable retail jobs within the local area. Lee supported Jessica in completing application forms both written and online, and attend interviews she had.

Jessica was successful as a Sales Assistant for Debenhams and started in January 2018, 8 hours a week on a Saturday. The employer is supportive and accommodating and her confidence has grown. Her journey with the employer has been closely monitored and supported by Lee with regular contact with them both. Jessica had always said the one thing she wanted to do but couldn't, was to use the tills in store as the LCD screens are small and Jessica is unable to see the words.

Lee was able to source and buy a suitable magnifying screen to put over the LCD till screen and keyboard to allow Jessica to work. This has allowed Jessica to be till trained by the employer and further her skills within the retail industry.

Jessica has recently had her contracted hours in both of her jobs increased to 18 hours a week.

"The help that Realise Futures has given Jessica has made a huge difference to her employment and to further her skills within the store"



RF WORKS

WORKING FOR EVERYONE



RF WORKS exists to provide products and wellbeing services alongside work placements, employment and training opportunities for those who are disadvantaged and/or disabled.

Income is generated through the sale of products and services, including business to business and private customers, as well as local government and individual customer purchase of the services available at each site.

The primary aim of this division is to enhance the commercial success of each business, to enable us to increase our provision of work and wellbeing opportunities for people who frequently face barriers to meaningful employment and social engagement.

Our social businesses are situated in Suffolk and cover a number of vocational sectors i.e. Horticulture, Catering, Fulfilment, Manufacturing, Retail.



ECO FURNITURE

Our Eco Furniture business designs and manufactures 100% recycled plastic furniture and play equipment.

Our team works with the customer to discuss requirements from concept right through to design, manufacture and installation.



ST LAWRENCE CAFÉ

If it's coffee and a cake or a welcome break from shopping that you'd prefer, you can find a very warm and friendly welcome in our café run by Realise Futures in Ipswich.

Our café is in a truly unique venue. The historic St Lawrence Café has incredible acoustics and the country's oldest working church bells – this venue can cater for every need.



POPPY'S PANTRY



Poppy's Pantry operates in the heart of the community in Melton, Woodbridge. Its social mission is to give people who are disabled and/or disadvantaged opportunities to develop their skills and confidence and to progress in learning, work and life.

Poppy's is a bright and airy wholefoods retail unit, which has a farm shop-look. Specialising in ethically sourced products, such as Fairtrade, the shop has a devoted customer following due to its extensive range of vegetarian and vegan products, gluten-free food, dairy-free food, and many other special dietary products which are hard to find elsewhere.

Also popular are its refills of eco-friendly household products which, again, are hard to find in the local area.

Every Tuesday, we run a pop-up community café in St Mary's Church Centre, Woodbridge, selling hot and cold drinks, delicious homemade cakes and light lunches.



IMPACT STORY:

Heather had an RTA, which damaged her lower leg, she then got a viral infection in her brain, which has left her with speech difficulties and mobility issues. She moved in with her mum in an isolated and rural part of Suffolk which made it difficult for Heather to engage with other people in the community and participate in work based projects.

The house Heather was living in was impractical for her level of mobility so **we worked with her** to contact the appropriate people to move somewhere more suited for her needs.

Heather successfully moved out into her own house in central Ipswich. This has **massively built up her independence** as she travels independently to work using buses and trains; she also cooks and cleans around her home.

Heather comes to Poppy's Pantry 4 days a week and works in the shop serving customers on the till, she does a wide range of other jobs in the shop such as re-stocking the shelves, adding stock to our till system, customer service, stock rotation, pricing and refills of Ecover and Ecolife products.

Since joining Poppy's Pantry **Heather's confidence has vastly improved**, she interacts with customers on a daily basis and has built up an excellent rapport with our regulars. She also has formed close friendships with other people attending Poppy's and gets on well with everyone.

We are currently supporting Heather to assist her to access the appropriate financial support from adult care services.

We will be supporting Heather to progress into paid employment with a dedicated employment advisor.

"We worked with Heather to support her independence"



FULFILMENT & WELLBEING

We get it packed, wrapped and dispatched! Our packing team offer people a variety of jobs to suit their abilities, including folding, counting, assembling cartons and labelling, with easy to follow guidelines.

Fulfilment has a number of long-standing and repeat contracts. We have also seen a significant increase in the number of wellbeing placements at our Whitehouse Site.

"We started working with Realise Futures when we had a significant re-pack job come in, it required a quick turnaround which we were unable to fulfil internally. Realise Futures were able to facilitate this for us at short notice and worked to our exact specification. Since then we have worked together on several gift pack projects. Lee and the team have always been extremely accommodating, helpful and professional."

Operations Manager, Adnams



"It's a pleasure to work with local organisations which have a similar ethos to Adnams regarding social responsibility and supporting local communities"

IMPACT STORY:

Email received from the main carer of placement Richard Owens, 30th January 2018:

Hi Roy

Hope all is well with you. Just thought that I'd give you a bit of feedback re Richard:

I just wanted to let you know that Richard bounded out of the taxi yesterday afternoon with a big beam across his face and a spring in his step. When I asked how his day had been – he responded 'it was brilliant! – just the best!'

Since being at RF – he has grown each day – he is now confident, willing to share news about himself and actually is beginning to listen to others. He is talking about having friends for the first time in his life! (That's pretty stunning seeing he is 55!) He is taking pride in his appearance, he looks forward to his Mondays and Wednesdays more than anything else in the world and he really feels as if he is making a contribution by being part of a team that he not only respects and likes but also feels as if there is a point to his life!

I can't ever express how RF – and specifically you (as you have personally taken so much time and effort to help Richard – way beyond what could ever be expected anywhere – let alone in a work place) – have made such a difference – not only to Richard but also to my own and my husband's lives.

It has been challenging in the past few years as it was never really part of my life plan to have my brother living with me full-time and there is a lot of history.

However, the changes in Richard have made such a difference that I honestly could say to Richard this Christmas Day that I am actually proud to have him as a brother and a friend in my life – which I honestly never thought would be the case.

You truly are amazing – the difference in Richard is so stunning and I honestly do believe that this is so much down to you. Please keep up your fantastic work – I totally appreciate that you must have really difficult days and constant challenges – but your results are truly beyond belief. Your gentle approach and experience is truly stunning and an inspiration.

Thanks Roy – can't think where we'd be if we hadn't met you and your wonderful team.

Lucy

HORTICULTURE

NOWTON PARK NURSERY:



Take a stroll through Nowton Park in Bury St Edmunds where you will find Nowton Park Nursery within a Victorian walled garden.

There you will find a colourful array of plants to buy or order, including seasonal hanging baskets and plants for your pots and containers.

We provide plants and displays to businesses on a commercial basis as well as commercial gardening services.

GROWING PLACES:



We offer fresh, seasonal vegetable deliveries to our local communities through our popular vegetable box delivery scheme.

On our 2 acre site in Claydon, we grow produce all year round and create garden ornaments from local willow, bug and bird boxes from locally sourced wood.

We take great pride in providing a friendly, reliable and quality service that contributes to the health of our local community, environment and economy. When you buy from Growing Places, you are also supporting other local growers and suppliers too.



IMPACT STORIES:

“Matt was able to demonstrate the sowing technique to less able workers and encouraged them to remain focused when they found the going a bit tough”



Paul came to Nowton Park Nursery after being made redundant. Paul has a learning disability and struggles with social skills in his day to day life.

During his time at Nowton, Paul has become more confident and developed many skills, he has completed a ‘Developing your Potential’ course and is working towards his goal of leading a group. Paul’s confidence has improved greatly.

Paul says “The nursery needs to expand to have more flowers and more people as well as a better shop”. RF Works Manager says “Paul is a great asset to the team, he is open to learning new skills and his improved confidence is evident”.



Through our person centred planning Paul has been able to set his own goals and he is getting ready to be supported by us to get back to paid employment.

Matthew Chittenden, 19, attends Growing Places once a week, whilst also attending a college course.

Matthew sometimes finds social situations difficult. Growing Places was a challenging environment for Matthew at times, a site busy with activity with a strong emphasis on teamwork. However, he has quickly grown in confidence around others, often using his sense of humour and quick wit to put himself and colleagues at ease.

With the support of Coaches, he is more vocal about how he is feeling, which has led to his confidence to use his initiative and share ideas.

Matt is now able to work almost entirely independently and started searching for jobs with a practical outdoor focus. Growing Places has supported Matt to become a more confident and capable worker, along with job searching and interview techniques.

MOVING ON TO PAID EMPLOYMENT

WE'RE HERE TO HELP

RF WORKS for you!

Do you want to work?
Do you have a learning disability and/or autism?

Our team are here to help find the right job for you.



WE CAN HELP YOU:



With money and benefits



Increase your confidence



Access any training needed



Search for jobs



Get help from other services e.g. health



Apply for jobs



Travel to work



Attend work trials or interviews



Arrange any support you need to stay in work

If you live in Suffolk and want to find work, you can ask your Social Worker to refer you to the Service. **Contact us to find out more...**

☎ 01473 242500 🌐 www.realisefutures.org @ RFWorks@realisefutures.org



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