

IAG and PEER Service



People Helping People

IAG Walk-in Session



Realise Futures support people with Learning Disabilities and/or Autism, to access walk in advice and guidance sessions. Trained staff are available to provide Information, Advice and Guidance (IAG) on: Housing, Employment, Welfare Benefits, Education and Training, Money Management, Travel, Being and keeping safe, Support to get help from health services, help to read letters or pay bills along with support to find out about what is going on in the local area.

Peer Groups



Realise Futures support people with Learning Disabilities and/or Autism, to set up Peer Support across Suffolk. At the groups people share their experiences, talk about the things in life that matter to them and support each other. Being part of a Peer Support Group is a great way to make friends and become more confident! People might start a group because they enjoy doing the same activity, for example, gardening, or music.

You are warmly welcome to join a Peer group or come along to walk-in IAG session and we will be happy to support you. Please see Table below for more information on what is available within in your area within Suffolk.



1	Name/Contact	Monday	Tuesday	Wednesday	Thursday	Friday
	Emma Croker Locality Co-ordinator, West emma.croker@Realisefutures.org Ph: 07738704724	AM	AM	AM	AM	AM
		IAG Drop-in Christopher Centre Sudbury	Closed Peer Group (not running yet) - TBC	IAG Drop-in Haverhill	IAG Drop-in Stowmarket	IAG Drop-in Bury St Edmunds
		PM	PM	PM	PM	PM
		PEER Group Bury St. Edmunds	Peer Group Stowmarket (not running yet) - TBC	Peer Group Haverhill	IAG Drop-in Brandon	Peer Group Sudbury (TBC)
2	Name/Contact		AM and PM		AM and PM	AM and PM
	Sam Boulton IAG Adviser, West Samantha.Boulton@Realisefutures.org Ph: 07592 382957	No Session	IAG, Foley House Newmarket	No Session	IAG Drop-in Red Lodge, Bury St Edmunds	New IAG service, Mildenhall (TBC)
3	Name/Contact	AM	AM	AM	AM	AM
	Rebecca Webb Heath Locality Co-ordinator, South Rebecca.Webb-Heath@realisefutures.org Ph: 07753 447607	No Session	IAG Drop-in 1 st Tuesday of Month, Woodbridge IAG Drop- in 2 nd Tuesday of Month, Poppies Pantry	IAG Drop-in 2 nd Wed of the month Felixstowe Library	IAG Drop -in Felixstowe Library (TBC)	Ipswich Peer Group 2
		PM	PM	PM	PM	PM

		IAG Drop-in, Pemberton House Ipswich	Peer Group Felixstowe (Every alternate Tuesday)	No Session	Ipswich Peer Group A Group	
4	Name / Contact	AM	AM	AM	AM	AM
	Debbie Ellis Locality Co-ordinator, North Debbie.ellis@realisefutures.org Ph: 07738 704732	IAG Drop-in Navigator, Lowestoft	IAG Drop-in Navigator Lowestoft	No Session	IAG Drop in Navigator, Lowestoft	IAG Drop-in Navigator, Lowestoft
		PM	PM	PM	PM	PM
		Peer Group A Navigator, Lowestoft	Peer Group B Navigator, Lowestoft	No Session	Peer Group C Navigator, Lowestoft	Independent Peer Group Check
5	Name / Contact	AM	AM	AM	AM	AM
	Anita Fiddy Peer Co-ordinator, North anita.fiddy@realisefutures.org Ph: 07598 582955	Peer Group, Halesworth New group starting in August (TBC)	IAG, Kirkley Pantry New group starting in August (TBC)	No Session	IAG, Kirkley Pantry South Lowestoft New group starting in August (TBC)	No Session
		PM	PM	PM	PM	PM
		Peer Group, Bungay and Beccles New group starting in (TBC)	Peer Group, Kirkley New group starting in August (TBC)	No Session	Peer Group South Lowestoft New group starting in August (TBC)	No Session

- If we identify a need in a local area, we will consider establishing a new group and update colleagues accordingly.
- We are happy to answer any questions, please contact the Locality Coordinator directly. Alternatively, please get in touch with:

- Katrina Johnson – Senior Practitioner, IAG, Careers and Progression, katrina.johnson@realisefutures.org Mob: 07731 112084
- Shamaila Waddle, Careers and Progression Manager, shamaila.waddle@realisefutures.org Mob: 07759 2363