

**REALISE
FUTURES**

Enhancing people's lives

EARN

LEARN

ENJOY &

ACHIEVE





WE ARE REALISE FUTURES

Operating across Suffolk and Essex, combining commercial trade of products and services alongside work placements, employment and training opportunities.

The primary aim of the business is to improve and promote the economic, wellbeing and mental health of those who are disadvantaged and/or disabled, whilst contributing to the economy in our communities. The company is organised in three departments: Learning, Coaching and Advice; Employment and RF Works (six distinct social businesses). Together they provide professional and tailored opportunities that enhance people's lives.

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. 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.



EXPLORE



GROW



LEARN





LEARN

LEARNING COACHING & ADVICE

Focussed on people facing barriers and challenges in life, the Learning, Coaching & Advice teams deliver three separate, but linked services in community settings across Suffolk. The key priorities of our services are to provide people with the confidence and skills to make positive life and/or work choices.

LEARNING AND DEVELOPMENT SERVICE

With 30 years' experience of delivering government-funded adult learning opportunities in the community and with the community, we know how to deliver courses that are tailored to meet individual needs.

We offer a wide range of courses from improving English/Maths/ICT/Vocational skills to supporting children in their learning or improving wellbeing. Many of these courses lead to recognised qualifications.



WORK WELL SUFFOLK COACHING SERVICE

A dedicated team of Coaches offer one-to-one support to participants, helping to set personalised training and employment related goals.

Bespoke opportunities are sourced that increase confidence and remove barriers for individuals to take the next step into a more meaningful future.

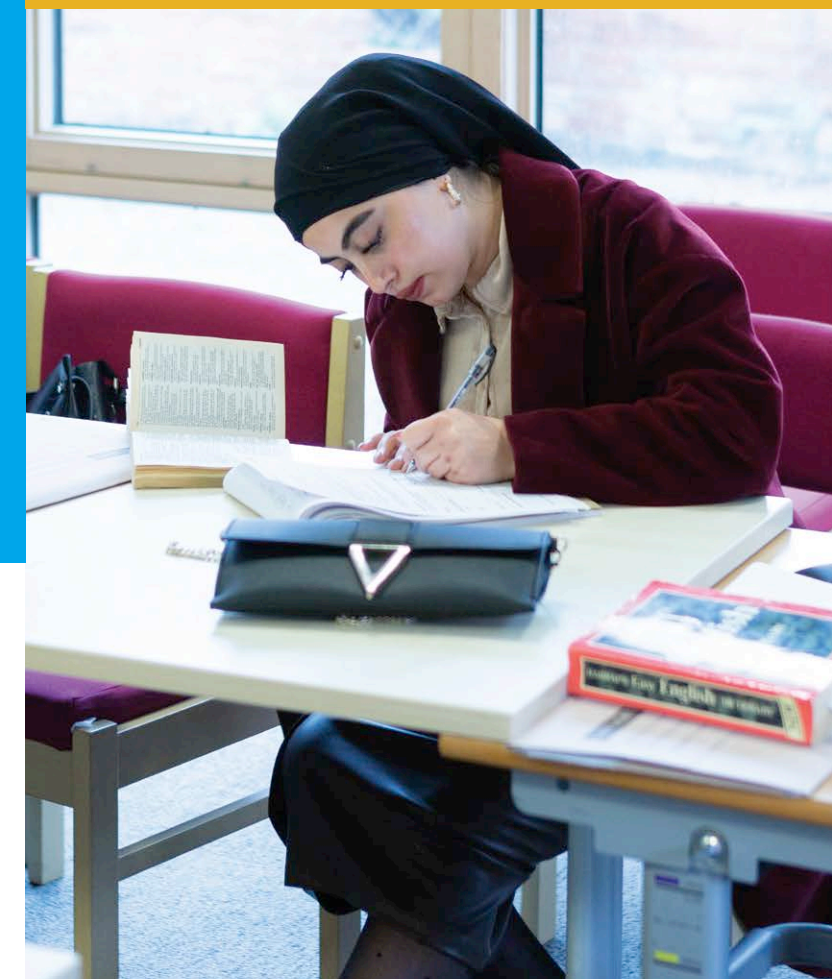
“Realise Futures has helped me to fill in the gaps in my knowledge and has been the first step in my long-term goal to **gain qualifications** and **improve my employment prospects.**”

PEER SUPPORT SERVICE

Our dedicated team members **support people with learning disabilities and/or Autism** to set up social groups with like-minded people in their own communities.

Participants share their experiences, interests and discuss their future ambitions. Information, Advice and Guidance is provided on topics ranging from budgeting to career and training opportunities.

SUPPORT



“The sessions are amazing. It has been refreshing to have people who care but also give independence and responsibility. It has been brilliant for me.”

EMPLOYMENT



"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."



SKILLS



WORKING TO MAKE A DIFFERENCE

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

The Employment team offer a personalised service, delivering a range of employment support activities. They 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.

PROGRESS

RF WORKS



WORKING FOR EVERYONE

Our social businesses provide work and wellbeing opportunities for people who frequently face barriers to meaningful employment and social engagement.

Our RF Works businesses are located in Suffolk and cover a number of vocational sectors; horticulture, hospitality, fulfilment, manufacturing and retail.

“Every day is so diverse, we laugh daily, it is an absolute pleasure to work with my colleagues. **Watching, supporting and encouraging** the progression of team members is amazing and a real pleasure to see individuals progress.”

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 happy greeting from our café run in the heart of Ipswich town centre.

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

St Lawrence Café offers bespoke training and one-to-one support at all levels to help people enhance their lives, exceed their expectations and have fun on the way.



WELCOMING



TRAINING

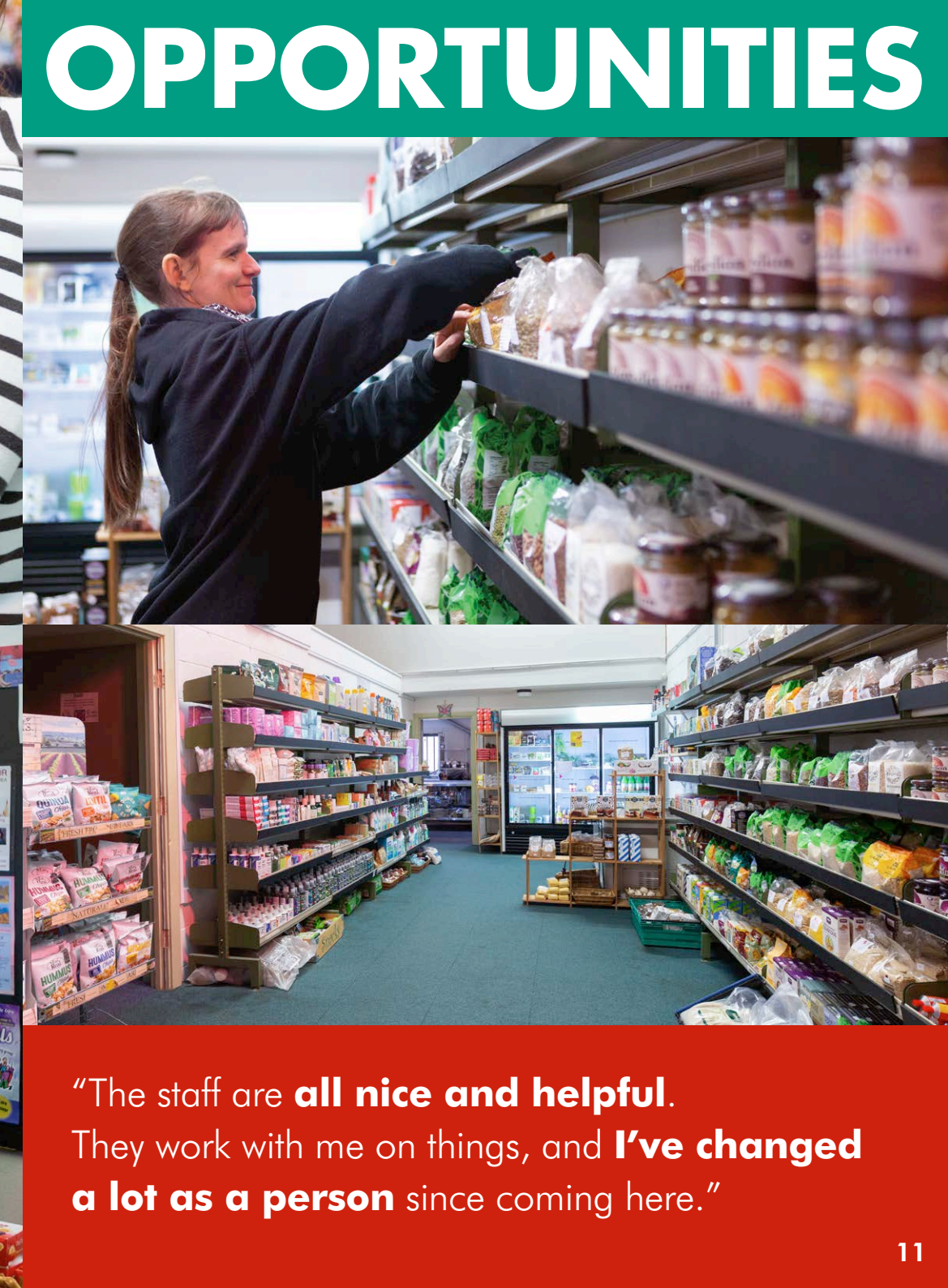
POPPY'S PANTRY

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, eco-friendly household products and many other special dietary products which are hard to find elsewhere. Every Tuesday, Poppy's Pantry runs a pop-up community café in St Mary's Church Centre, Woodbridge, selling hot and cold drinks, delicious homemade cakes and light lunches.



Visit the Poppy's Pantry website – Scan the QR code with a QR code app on your smart phone



"The staff are all nice and helpful. They work with me on things, and I've changed a lot as a person since coming here."

SOCIAL

OPPORTUNITIES



“The staff are brilliant and very helpful. **I love being here** and seeing everybody. I’ve made friends here and I like to get out of the house for a while. **My independence and patience have improved**; I need less support than when I started here with my daily tasks.”

FULFILMENT & WELLBEING

FULFILMENT

They 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.



WELLBEING

Across all of our RF Works sites, when you start your journey with us you might be wishing to gain work experience, learn new skills, get a qualification or move into a paid job.

We will work with you and put a plan together, with clear end goals. Our team of coaches will be on hand to support you. There is no timescale – you progress at your own pace and stay with us for as long as required.

At all our sites you can gain ‘real’ work experience in a range of supportive settings, from retail to hospitality, manufacturing to horticulture. You will learn new skills for work and life, such as teamwork, learning a new task or whatever you may need.

If you’re looking for paid employment, a dedicated Employment Advisor can support you to explore your career options and put a plan in place to help you find a paid job.



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.



"I would like to thank you and your team once again for completing and delivering my order yesterday morning. It was also **extremely helpful** to have the arbour and seat assembled on site professionally ensuring that all was in order. I am most grateful for your **efficient service** and am delighted with the Green Arbour Seat and two bespoke Gardening Raised Beds you have supplied."



Visit the Eco Furniture website –
Scan the QR code with a QR code
app on your smart phone



HORTICULTURE

With RF Works Horticulture, every activity provides purpose and an opportunity to develop. By buying from both Nowton Park Nursery and Growing Places, you are supporting other local growers and your local communities.

RF Works Horticulture take great pride in helping people enhance their lives through person-centred support, providing high quality produce and service to all of our customers.

NOWTON PARK NURSERY

At Nowton Park Nursery our team grow a wide variety of plants to sell, including seasonal hanging baskets, bedding and herbaceous plants.



When not busy growing, the team are developing skills ranging from maintaining the gardens, woodwork and selling plants at our trailer, to completing fulfilment jobs for local businesses.



NURTURE



"The support that was given on the work experience **increased my confidence** to the level that I felt comfortable to work and I am now happily in paid employment!"



GROWING PLACES

At Growing Places our team grow produce all year round, get creative with scrap wood and locally sourced willow, as well as tackling all the other jobs needed to run our two-acre site in Claydon.

Our weekly Box of Veg service offers seasonal fruit and vegetable deliveries, connecting our team to their local communities, offering everything from sowing the seed to delivering the final product.



Visit the Growing Places website – Scan the QR code with a QR code app on your smart phone



TEAM



"**We've worked together** to reduce Andrew's anxieties and the supportive environment has given him the opportunity to **grow in confidence**. We regularly set progression goals for him to work towards, which Andrew loves to share with his family at his reviews."



VOLUNTARY WORK PLACEMENTS

DO YOU HAVE LITTLE OR NO WORK EXPERIENCE?

Realise Futures RF Works can help you!

With the help of your work coach, you can gain work experience and skills to help prepare you for paid employment at one of our social businesses.

WHAT TO EXPECT FROM A WORK PLACEMENT WITH US:

Our placements are bespoke and based on your needs. An advisor will meet with you to talk about your job goals, what skills you want to develop and how we can help you to build your CV.



EVERY PLACEMENT PROVIDES:

A DEDICATED MENTOR

Who will work with you to build confidence

SKILLS FOR WORK

E.g. teamwork, communication, timekeeping

TRAINING

Any training you need to carry out the work, e.g. Health and Safety, or Customer Service

WORK EXPERIENCE

- **Manufacturing:** Ipswich
- **Horticulture:** Claydon and Bury St Edmunds
- **Catering:** Ipswich
- **Retail:** Melton and Woodbridge
- **Administration:** Suffolk
- **Packing:** Ipswich, Bury St Edmunds and Melton

RF WORKS

WORKING FOR EVERYONE



To find out more or to make a referral please contact us:

Telephone: 01473 242500 or 07738 704707

Email: rfworks@realisefutures.org



REALISE FUTURES

Enhancing people's lives

"Every individual **deserves the opportunity** to enhance their life and to be given the choice to **earn, learn, enjoy and achieve.**"

CONTACT US:

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