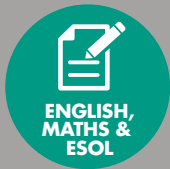


# LOOKING FOR NEW DIRECTION?

REALISE  
FUTURE'S

Enhancing people's lives

WE CAN HELP YOU ON YOUR  
NEW CAREER JOURNEY...



**SUMMER  
TERM 2024**

BURY ST EDMUNDS  
STOWMARKET  
NEWMARKET

**MANY  
COURSES  
FREE\***  
\*SUBJECT TO  
QUALIFYING





# HOW TO BOOK



Call us on 0300 456 2050 (local rate). Alternatively visit a centre and speak to a member of staff.



You will receive a confirmation email with instructions on what you need to do next.



Many places on our courses are FREE so please contact us to see if you are eligible.



Start the course!  
We look forward to seeing you.

# OUR CENTRES...

...are local, friendly places where you can feel comfortable and relaxed while learning.

## IPSWICH

Castle Hill Community Centre IP1 6DG  
Pemberton House Learning Centre IP1 2AQ

## BURY ST EDMUNDS

Learning Centre at Bury Library IP33 1TZ

## STOWMARKET

Stowmarket Learning Centre IP14 1AB

## LOWESTOFT

Lowestoft Learning Centre NR32 1PA

## NEWMARKET

Foley House Learning Centre CB8 0HY



**GET IN TOUCH**  
#learninginsuffolk



# ESSENTIAL SKILLS

## English, Maths and ESOL

We have courses in English and maths, which will help you develop your confidence and skills, as well as gaining a qualification.

We offer Functional Skills qualifications in English and maths up to and including Level 2.

We have courses in English for Speakers of Other Languages (ESOL), which will help you develop your skills in speaking & listening, reading and writing in English.

The qualifications we offer are ESOL Skills for Life up to and including Level 2.

Please note that you must attend a Get Ready session before being placed on a course. Get Ready sessions will run 3 times a year ready for the next intake.





# DIGITAL SKILLS

## LEARNING TO LEARN ONLINE

With so many more learning opportunities taking place online, both with us and other providers, these workshops and courses can be the perfect first step to support you as you start your new learning adventure!

## LAPTOPS AND INTERNET

If you do not have easy access to your own laptop/computer or the internet, then we can loan you equipment so you can fully engage in your learning. Whether yours is an online course or a course in one of our centres we can lend you a laptop and/or a portable device to connect to the internet as well as the technical support to use it!

**“I have been using my laptop more at home with confidence”**

# ESOL COURSES

ENGLISH FOR  
SPEAKERS OF  
OTHER  
LANGUAGES

## TAKE YOUR NEXT STEPS TO SUCCESS



ESOL Skills for Life



UK Life and Work Skills



Personal and Social Skills



Progression (E3 and L1)



Vocational Courses (L2)



Contact us to discuss  
how you can take  
your first step.

# TAKE YOUR NEXT STEPS TO SUCCESS

## STEP 1

You'll have a **full skills assessment** at a Get Ready session, plus an informal chat with our team.

## STEP 2

If you're accepted on the programme our team will **suggest which courses** you'll need to take to progress.

## STEP 3

You'll **begin one or more of our courses** below to help you on your journey...

### ESOL Skills for Life



Develop your English language skills – for Adult learners living in the UK who need English language skills for everyday life, for further study or for employment. You will learn all the essential skills in reading, writing, speaking and listening.

### Progression



Our progression courses will help you take the next step into further education or rewarding employment. Grow your confidence and expand your knowledge to either advance your career, develop skills for volunteering or prepare yourself to take part in community projects.

### UK Life and Work Skills



Learn all about the key aspects of British society, to help you in life and work.

### Personal and Social Skills



Develop the skills you need to become confident living in your local community.

### Vocational Courses



Learn practical skills, focussed on a particular job or role, that will get you ready for the workplace.

# DIGITAL SKILLS

## COMPUTER SKILLS FOR BEGINNERS: STARTING OUT

24HRS

On this course, you will learn the essentials to get you started in creating simple documents, sending emails and searching and using the internet safely.

25/04/24 - 20/06/24	09:30 - 12:30	St Andrews Castle
---------------------	---------------	-------------------

25/04/24 - 20/06/24	13:00 - 16:00	St Andrews Castle
---------------------	---------------	-------------------

## COMPUTER SKILLS FOR BEGINNERS: GET GOING

54HRS

**This course is free to anybody that does not have a current level 1 digital qualification.** On this course you will:

- Create, save, print and retrieve documents
- Use the internet and search engines to find information
- Send emails with attachments

Coming soon! Register your interest to get notified when the course starts

**“I have started to email people rather than phone.”**



Upcoming courses! Register your interest to be notified when courses begin

## **COMPUTER SKILLS FOR BEGINNERS: MOVING AHEAD 54HRS**

**This course is free to anybody that does not have a current level 1 digital qualification.** This course is aimed at those who can confidently use a computer, save files, send attachments and use Word and Excel. If you are using a computer everyday but do not have a qualification in ICT, this course will build on your existing skills and on completion you will gain a level 1 qualification.

## **DIGITAL SKILLS FOR THE OFFICE: LEVEL 1 54HRS**

This course is aimed at those who have good keyboard, mouse and basic computer skills. It is also suitable for those who have progressed through the Computer Skills for Beginners package - including Starting Out, Get Going and/or Moving Ahead - and wish to develop their knowledge in a range of software applications, including Microsoft Word, Excel and PowerPoint.

## **DIGITAL SKILLS FOR THE OFFICE: LEVEL 2 54HRS**

This course is aimed at those who have completed the 'Digital Skills for the Office' course at Level 1 and wish to develop their knowledge and skills in a range of applications while also gaining a formal Level 2 qualification. Areas to study will include the following;

- Word Processing and Spreadsheet Software
- Presentation and Desktop Publishing Software
- Database Software

# WORK SKILLS

## SKILLS FOR CREATIVE DIGITAL DESIGN

50HRS

There is a growing demand for creative people in industry with good design skills. This 6-week course will introduce you to the many ways design is used in business and the range of jobs from graphic design to window display, packaging design and creating websites.

Develop your design skills using different media such as software to create, manipulate and edit your own work. You will learn how to present and promote your work and investigate suitable jobs in this sector.

Coming soon! Register your interest to get notified when the course starts

**“Being on this course has helped me realise that I can apply my creativity to product designing.”**

## **INTRODUCTION TO THE HEALTH & CARE SECTOR**

**3HRS**

Have you considered working within the health and social care sector?

This short three-hour workshop will identify if this vocation is for you. You will look at the skills and qualities required for working within this sector and identify your own transferrable skills.

Coming soon! Register your interest to get notified when the course starts

## **CERTIFICATE IN SKILLS FOR HEALTH & CARE - LEVEL 1**

**161HRS**

This accredited course aims to equip all learners with the skills and knowledge to start out in a successful career within the health and social care industry. The course will provide you with the skills and knowledge to provide high standards of person-centered care for adults who access these services. This course is delivered two days a week over ten weeks.

This course consists of nine modules, which will be delivered using a range of presentation styles and fun activities for learners to engage in.

Coming soon! Register your interest to get notified when the course starts

**“I love my class, I love my teacher, my ME time!”**

# WORK SKILLS



## SKILLS FOR LISTENING AND COUNSELLING WORKSHOP 3HRS

This workshop will provide you with a basic understanding of active listening skills. You will also get to learn the difference between helping, giving advice and counselling.

Once you have attended this workshop, you will be able to progress onto the Award in Counselling Skills: Level 1 course.

Coming soon! Register your interest to get notified when the course starts

## LISTENING & COUNSELLING SKILLS: LEVEL 1 30HRS

Are you considering moving into a career in counselling?

This course will help you gain more understanding of counselling and listening skills. Come along, explore and develop your skills and theoretical knowledge. Develop your practical skills in active listening and counselling. Attending the 3-hour workshop will help you prepare for this course.

Coming soon! Register your interest to get notified when the course starts

**“I have grown in confidence”**



## INTRODUCTION TO LOGISTICS

3HRS

Are you interested in a job in logistics?

The growing world of logistics offers a wide range of jobs that could be ideal for you. If you would like to explore working in a new role as a delivery driver, route planner, warehouse manager or customer service assistant, sign up for the Skill Up to Logistics course that will help you to develop the essential skills needed to work in logistics. You will learn about route planning and technical skills, use of effective written and spoken communication skills and how to develop your organisational skills ready to look for jobs in the logistics world.

Coming soon! Register your interest to get notified when the course starts

## LOGISTICS - LEVEL 1

54HRS

This four-week course in logistics follows on from the 'Introduction to Logistics' workshop and will provide an introduction to the growing world of logistics. You will explore various job roles within this sector such as delivery driver, route planner, warehouse manager and customer service assistant and develop knowledge and skills of route planning.

Coming soon! Register your interest to get notified when the course starts

**“Since attending my course  
I’ve got confidence to do more  
learning.”**

# WORK SKILLS



## INTRODUCTION TO RETAIL

**3HRS**

Have you thought about a job in retail but not sure what skills or experience you might need?

Are you looking to return to work but need a refresher course or simply a change in jobs?

This introductory course has been designed to show you how to go about it and enable you to develop new skills and knowledge as well as giving those with some previous experience a positive update towards applying for new jobs.

Coming soon! Register your interest to get notified when the course starts

## AWARD IN RETAIL SKILLS - LEVEL 1

**36HRS**

Thinking about a job in retail?

This course will help you to develop your customer service skills through a range of activities such as identifying good customer service skills, the selling process, good communication skills, product knowledge, how to deal with customer complaints and the importance of stock control and pricing.

Coming soon! Register your interest to get notified when the course starts

# Do you have a Learning Disability and/or Autism?

**Do you need some support, advice or information?**

Come along to one of our walk-in Advice and Guidance sessions. There is no need to book an appointment. Our advisors will talk to you about what support you need.



Contact us to find out more about this service and what's happening in your local area...

 **Emma: 07738 704724**

 **[www.realisefutures.org](http://www.realisefutures.org)**  **[info@realisefutures.org](mailto:info@realisefutures.org)**

A photograph of a baby sitting on a grey rug, playing with a wooden toy. The baby is wearing a striped shirt and is seen from the back. The background shows a window with a lattice pattern and a white basket.

# A HELPING HAND

## Learning in Families

We work in partnership with family hubs in Suffolk to provide a range of Early Years courses and workshops for parents/carers and young children to enjoy together.

We also run courses for parents in primary schools to help them support their child's learning effectively. These are run in partnership with the schools. On these courses you will:

- Spend time and interact with other parents/carers on a range of activities.
- Look at ways to support the development of your child's language and communication skills.
- Discuss ways to support your child's personal and emotional development.

If you are interested in these courses, please speak to someone at your local family hub or child's school or contact us directly.



# Do you have a Learning Disability and/or Autism?

# Do you want to meet people in your local area?



Through our **Peer Support Groups**, we help people to get together to:



**Contact us** to find out more, or to talk to us about setting up Peer Support.

 **Emma: 07738 704724**

 **[www.realisefutures.org](http://www.realisefutures.org)**    **[info@realisefutures.org](mailto:info@realisefutures.org)**

# A HELPING HAND

## STRESS MANAGEMENT WORKSHOP

3HRS

Are you feeling stressed? During this three hour workshop we will explore causes of stress in our lives and ways to manage our stress.

15/05/2024

10:00 - 13:00

Stowmarket Learning Centre

## STRESS MANAGEMENT

10HRS

Would you like to feel less overwhelmed by stress in your life? On this course we will explore:

- The impact of stress
- Stress factors in our lives and ways to manage our stress
- Next steps following on from this course

06/06/24 - 27/06/24

10:00 - 12:30

Bury Learning Centre

**“I would like to help others with the knowledge and skills I have learnt on this course”**

## CONFIDENCE AND WELLBEING

10HRS

This course will support you in better understanding how your personal wellbeing is affected by your levels of confidence and self-esteem. On this course you will:

- Explore your personal levels of confidence and self-esteem
- Identify your barriers to feeling more confident
- Explore ways to build confidence and self-esteem, eg, assertiveness skills
- Create an action plan for continuing to build confidence and self-esteem in your life

17/04/24 - 08/05/24

10:00 - 12:30

Stowmarket Learning Centre

18/04/24 - 09/05/24

10:00 - 12:30

Bury Learning Centre

## CONFIDENCE TO DEAL WITH EVERYDAY HOUSEHOLD BUDGETING

10HRS

The aim of this 10 hour course is to build your confidence to make everyday decisions about your personal finances.

On this course we will explore personal and household expenditure, building on personal budgeting skills, reducing anxiety around changes that may impact on your financial situation. We will discuss money saving tips and simple changes we can all make that can reduce your outgoings.

Coming soon! Register your interest to get notified when the course starts

**“Clear & informative”**

# A HELPING HAND

Upcoming courses! Register your interest to be notified when courses begin

## **VOLUNTEERING FOR WELLBEING WORKSHOP**

**3HRS**

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing. On this workshop you will:

- Understand the positive impact of volunteering on your wellbeing and why doing good does you good
- Explore different volunteering opportunities
- Identify a next step to take towards volunteering for wellbeing

## **CONFIDENCE IN USING A SLOW COOKER**

**10HRS**

This 10 hour course will introduce you to using a slow cooker and its benefits in reducing costs. You will learn how to adapt recipes using a slow cooker instead of an oven. As the cost of living increases this course will highlight an alternative way to cook family meals in a cost effective way. Upon completion of the course, you will be gifted a slow cooker.

**“This course has definitely helped with my anxiety”**

# Multiply SUFFOLK



Multiply Suffolk is here to deliver bespoke coaching, training and mentoring to support you into learning and employment across Suffolk. Multiply Suffolk will provide opportunities for you to improve your knowledge, understanding and use of maths in daily life: at home, in learning and in work.

## Our dedicated team of Coaches can:

- **Support** you to engage with education, employment and training.
- **Improve** your numeracy, money management and budgeting skills.
- **Encourage** career progression whilst in employment.
- **Promote** independence, choice and wellbeing.
- **Empower** you to remove barriers to employment and gain a numeracy qualification.

## We can help if you:

- Are aged 19+
- Live in Suffolk and have been a UK resident for 3 years or more
- Do not hold a Level 2 qualification or above in Numeracy

☎ 01473 275957

✉ [coaching@realisefutures.org](mailto:coaching@realisefutures.org)







Education & Skills  
Funding Agency



## CONTACT US

 **0300 456 2050** (local rate)

 **www.realisefutures.org**

 **info@rflearn.co.uk**

 **/RealiseFutures**

**REALIS<sub>ES</sub>**  
**FUTUR<sub>ES</sub>**

Enhancing people's lives

