

LOOKING FOR NEW DIRECTION?

REALISE
FUTURE'S

Enhancing people's lives

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



SUMMER
TERM 2024

LOWESTOFT





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”

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.

19/04/24 - 14/06/24

09:30 - 12:30

Lowestoft Learning Centre

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

“The course made me more confident in using a computer and I learnt how to use things I struggled with before.”

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

LISTENING & COUNSELLING SKILLS: LEVEL 2

60HRS

A level 2 NCFE CACHE certificate will be awarded to you on successful completion of this course. This course will develop your knowledge and skills in counselling, underpinning the key theoretical approaches to counselling. This course will help you to reflect upon your own values and beliefs, central to increasing your self-awareness. You will also explore ethical and safe counselling practice. This qualification is for those who wish to improve their communication skills within personal and professional relationships. Accomplishment of the level 2 counselling skills will lead to increased employability to those who wish to take up a role in supporting others.

A level 1 in counselling skills or equivalent is required to access this course

21/05/24 - 27/08/24

10:00 - 14:30

Lowestoft Learning Centre

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 to 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

WORK SKILLS



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

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...

 **Debbie: 07738 704732**

 **Anita: 07598 582955**

 **www.realisefutures.org**

 **info@realisefutures.org**

WORK SKILLS

REALISE FUTURES SPRING WATCH

20HRS

Spring is an exciting time of year where plants and animals start to adapt to longer days and warmer temperatures. We will look and listen to how birds and other animals change their behaviour in response to the close of winter and consider the reasons why. We will also examine the life cycle of plants and consider how spring is like a new beginning for many species of flora.

17/04/24 - 15/05/24

10:00 - 14:00

Various outdoor locations

WALKING AND CAMPING

20HRS

Walking has long been identified as an excellent form of exercise to promote both physical health and mental wellbeing. On this 5-week course you will undertake group walks safely around Suffolk and Norfolk discovering hidden treasures these counties have to offer. Throughout this course you will develop map reading and navigation skills and other safety aspects of walking and camping such as what to take with you; how to pack a rucksack; and what to check for before setting out. Some of the walks will be off-road. You will need sturdy footwear, suitable clothing, and a basic level of fitness.

05/06/24 - 03/07/24

10:00 - 14:00

Various outdoor locations

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

30HRS

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

CHILDCARE: LEVEL 1

45HRS

This is an exciting introduction into the world of working in an early years setting. You will explore your own pathway, gain practical knowledge and skills for working confidently with children. You will also identify how children develop and learn through play, look at nutrition and well-being in children and identify progression routes for your chose career path.

26/04/24 - 16/07/24

09:00 - 14:30

Lowestoft Learning Centre

THE ALLOTMENT CHANGING SEASONS

30HRS

If you enjoy a challenge, being outside and keeping healthy, or want to improve your health and wellbeing then this course is for you!

This is a practical hands-on course that will teach you some of the basic skills needed to create and maintain an allotment plot.

As we move from Summer into Autumn it is the main harvest time on the allotment, also a time to dig and clear plots to sow and plant winter hardy crops and green manures. No previous experience required but a willingness to participate in a range of outdoor activities.

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

**“I have used my skills to help
with my new job”**

WORK SKILLS

INTRODUCTION TO THE ALLOTMENT

3HRS

The wellbeing benefits of working outdoors with plants are great, come and join this short workshop which will introduce you to our allotment plot at field view drive. Discover the range of produce we grow, and the maintenance jobs carried out to care for the allotment throughout the seasons.

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

THE ALLOTMENT - SOW & GROW

30HRS

This Horticulture course will introduce you to basic, practical horticulture techniques as well as the wellbeing benefits of working outdoors. This 10-week practical course is based at our Realise Futures allotment in Field View Drive, Lowestoft.

Practical tasks will include preparing the land/soil, sowing a range of seeds, growing on, planting out and maintenance tasks. If you enjoy being outdoors and are interested in growing vegetables, herbs, flowers, and fruit then this course is for you. You will receive an inhouse certificate on successful completion of the course and gain either pass, merit or distinction.

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

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**

A photograph of a baby sitting on a grey shaggy rug, seen from behind. The baby is wearing a striped long-sleeved shirt and is holding a wooden toy. In the background, there is a window with a white lattice pattern and a white laundry basket. The floor is light-colored wood.

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.

 **Debbie: 07738 704732**

 **Anita: 07598 582955**

 **www.realisefutures.org**

 **info@realisefutures.org**

A HELPING HAND

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

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.

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
- Ways to manage our stress
- Next steps following on from this course

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 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.

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. 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, e.g. assertiveness skills
- Create an action plan for continuing to build confidence and self-esteem in your life

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.



Education & Skills
Funding Agency



CONTACT US

 **0300 456 2050** (local rate)

 **www.realisefutures.org**

 **info@rflearn.co.uk**

 **/RealiseFutures**

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