

LOOKING FOR NEW DIRECTION?

**REALISE
FUTURE'S**

Enhancing people's lives

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



**SPRING
TERM 2025**

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

 /RealiseFutures

 info@rlearn.co.uk

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.

10/01/25 - 07/03/25	9:30 - 12:30	Lowestoft Learning Centre
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10/01/25 - 07/03/25	1:00 - 4:00	Lowestoft Learning Centre
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24/02/25 - 31/03/25	12:30 - 4:30	Lowestoft Learning Centre
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SKILLS FOR WORKING AS A BUSINESS ADMINISTRATOR

70HRS

On this 10-week course you will learn the essential skills required to start a career in Business Administration and Retail. You will complete multiple units to achieve the Gateway Level 1 Certificate, including Digital Marketing, Customer Service Skills, and Communication Skills for Work. In addition, you will get an opportunity to put your new skills to the test in a Realise Futures learning centre office!

27/02/25 - 12/06/25	9:00 - 2:30	Lowestoft Learning Centre
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“I love my class, I love my teacher, my ME time!”

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. On completion, you will receive the Level 1 Certificate in Vocational Studies.

25/02/25 - 22/07/25	9:00 - 12:00	Lowestoft Learning Centre
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26/02/25 - 23/07/25	12:30 - 15:30	Lowestoft Learning Centre
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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

26/02/25 - 23/07/25	9:00 - 12:00	Lowestoft Learning Centre
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“I shall use my skills going forward in everyday life.”

WORK SKILLS

EXPLORING LOCAL HISTORY

20HRS

This course will walk us through time. From prehistory along the coast, past the Romans, Anglo-Saxons, Normans, Elizabethans, Georgians, and Victorians through to the twentieth century.

We will discover how our history has shaped East Anglia giving us Roman ruins, Europe's biggest collection of medieval flint churches and quaint towns packed full of old buildings. Along the routes you will work as a group on a variety of activities including map-reading and orienteering.

08/01/25 - 05/02/25

10:00 - 2:00

Various Outdoor Locations

SKILLS FOR 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.

23/01/25 - 13/03/25

10:00 - 4:00

Lowestoft Learning Centre

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 for a total of 26 sessions.

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

21/01/25 - 13/05/25

9:30 - 3:30

Online via Microsoft Teams

CERTIFICATE IN SKILLS FOR HEALTH & CARE: LEVEL 2

117HRS

The Level 2 Certificate in Health and Care will provide you with the skills, knowledge, and expertise to embark on a successful career working across the Health and Care sector.

The smile and that special "thank you" that you receive from patients you look after, make working in Health and Social care extremely rewarding, and you will get an incredible sense of fulfilment and purpose. Upon successful completion of the Level 2 Certificate in Health and Care, you will be able to apply for a wide range of job roles across the sector. Laptop loans are available on request. **(You must have already completed Level 1)**

23/01/25 - 12/06/25

9:30 - 3:30

Online via Microsoft Teams

WORK SKILLS

HOSPITALITY: PROFESSIONAL COOKERY (PART A)

54HRS

This course is Level 1 Part A (learners can complete Part A and Part B in any order). This course is fun and practical, you will learn:

- Basic food preparation and cooking
- Understanding menus
- Using kitchen equipment
- Introduction to the hospitality industry
- Food safety awareness
- Health and safety awareness

Upcoming course, register your interest to be notified when course begins

HOSPITALITY: PROFESSIONAL COOKERY (PART B)

50HRS

This course is Level 1 Part B (learners can complete Part A and Part B in any order). This course is fun and practical, you will learn:

- How to do allergen checks and calculate calories in meals
- Plan & create your own menu
- Prepare & cook a meat dish
- Cook for an invited guest
- Prepare and cook a dessert
- Prepare & cook a vegetarian dish

Upcoming course, register your interest to be notified when course begins

PROFESSIONAL COOKERY: LEVEL 2

95HRS

This course is designed for anyone who has completed the Hospitality: Professional Cookery courses; or has prior kitchen experience and is looking to build their skills for use in work and/or volunteering in the hospitality industry.

Throughout the course you will create your own personal cookery book with a selection of recipes and meals that you have produced; full of images, ingredients, methods and a bit about you and the food you love.

Upcoming course, register your interest to be notified when course begins

THE ALLOTMENT SOW AND 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.

18/03/25 - 10/06/25

10:00 - 1:00

Realise Futures Allotment

20/03/25 - 12/06/25

10:00 - 1:00

Realise Futures Allotment

WORK SKILLS

ORIENTEERING

20HRS

This course will provide you with the skills necessary to navigate a route in both an urban and rural environment. We will learn how to read an Ordnance Survey map, use a hand-held compass, make use of GPS technology, and use some basic phone applications such as OS locate and What-Three-Words. You will use these skills to navigate your way around routes set in various environments. A reasonable level of fitness is desirable, although we will have plenty of opportunity to take a rest as we make our way through each orienteering course.

05/03/25 - 02/04/25

10:00 - 2:00

Various Outdoor Locations

CERTIFICATE IN SKILLS FOR CHILDCARE: LEVEL 2

114HRS

You must have previously completed Level 1 Childcare to attend this course. This course takes place 2 days a week and you will cover:

- Child protection and safeguarding children
- Basic first aid principles
- Communicating with parents and carers

28/01/25 - 22/04/25

9:00 - 3:30

Lowestoft Learning Centre

SKILLS FOR LISTENING & COUNSELLING WORKSHOP

3HRS

Are you considering moving into a career in Counselling?

This will offer you an opportunity to explore working in a role which involves active listening and counselling.

Try the workshop and if you enjoy it, you can find out about the Level 1 course.

08/01/25

10:00 - 1:00

Lowestoft Learning Centre

AWARD IN 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 practical skills in active listening and theoretical knowledge of counselling.

Attending the 3-hour workshop will help you prepare for this course.

15/01/25 - 26/03/25

10:00 - 1:00

Lowestoft Learning Centre

“I have loved my counselling courses with Realise Futures, the tutor was excellent; I am now attending college working towards my Level 3 and eventually a career within counselling.”

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, to 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.

Register your interest to be notified when this course begins

**“I was able to attend
an interview with new
confidence and managed
to get the job I had
applied for.”**

OUR ADVISOR...

REBECCA WEBB HEATH

Meet Rebecca in one of your courses to discuss your options

Our service includes the following:

- National Careers Service and Skills assessment
- Futures for you – 1-to-1 sessions
- Realise Futures Directory
- Volunteering
- Local jobs information
- Indeed job search
- Apprenticeships

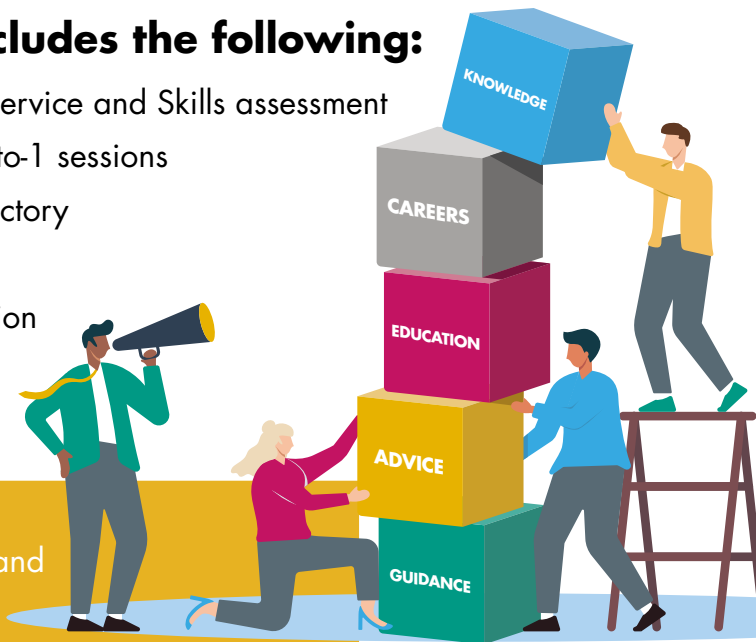
Careers, Education,
Information Advice and
Guidance Advisor



07753 447607



Rebecca.Webb-Heath@realisefutures.org



REALISE
FUTURES

Enhancing people's lives

A photograph of a baby sitting on a dark, textured rug in a bright room. The baby is wearing a striped long-sleeved shirt and is holding a wooden drumstick. In the background, there is a window with a metal mesh and a white laundry basket. The right side of the image is a solid yellow vertical bar containing text.

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.

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

 **www.realisefutures.org**  **info@realisefutures.org**

A HELPING HAND

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

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. During the course you will explore your personal levels of confidence and self-esteem and identify your barriers to feeling more confident. We will explore ways to build confidence and self-esteem, eg, assertiveness skills and create an action plan for continuing to build confidence and self-esteem in your life.

STRESS MANAGEMENT

10HRS

Would you like to feel less overwhelmed by stress in your life? On this course we will explore different stress factors in our lives and the impact of stress. We will explore ways to manage our stress and identify next steps following on from this course.

“Coming along to the course gave me a purpose for the first time in a long time”

CONFIDENCE IN USING A SLOW COOKER

10HRS

On completion of this course you will be gifted a slow cooker! The course gives you the opportunity to keep practicing at home and building on knowledge and skills gained on the course including: how to use a slow cooker; the cost benefits; the health and wellbeing benefits and healthy recipes that you could try yourself at home on completion of the course and receipt of your slow cooker.

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.

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. We will explore different volunteering opportunities and identify a next step to take towards volunteering for wellbeing. At the end of the workshop your tutor can talk to you about the follow on 10hr course, Volunteering for Wellbeing.

ANGLIA CARE TRUST

Offer support to male and female victims of domestic abuse and provide accommodation for victims who are not eligible for traditional refuges.

Telephone: 0800 977 5690

Web: angliacaretrust.org.uk/services/community-safety

SAMARITANS

Provide emotional support to anyone struggling to cope, in emotional distress, or at risk of suicide.

Telephone: 116 123

Web: www.samaritans.org

RELATE

Provide advice and counselling on marriage LGBT issues, divorce and parenting.

Telephone: 0300 100 1234

Web: www.relate.org.uk

FOOD BANKS

Find a foodbank in Suffolk by searching on the Suffolk Infolink website.

Web: infolink.suffolk.gov.uk

CITIZENS ADVICE

Offer confidential advice online, over the phone, and in person, for free.

Telephone: 0800 144 8848 (England)

Web: www.citizensadvice.org.uk (Online chat service provided)

TURNING POINT

We work with people who need support with drug and alcohol use, mental health, unemployment issues and people with a learning disability.

Telephone: 0300 123 0872

Web: www.turning-point.co.uk

DEBT SUPPORT TRUST

Debt Support Trust is a not-for-profit debt advice charity with trained, friendly debt advisors who can advise you on suitable debt solutions.

Telephone: 0800 085 0226

Web: www.debtsupporttrust.org.uk

NATIONAL CAREERS SERVICE

Provide information, advice and guidance to help you make decisions on learning, training and work. We help with CVs, action plans & course searches.

Telephone: 0800 100 900 (Regional contact centre)

Web: www.nationalcareersservice.gov.uk

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**

 **www.realisefutures.org**  **info@realisefutures.org**



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** to engage with education, employment and training.
- **Improve** 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 a Suffolk postcode area
- Do not hold a Level 2 qualification or above in Numeracy

☎ 01473 275957

✉ coaching@realisefutures.org





Education & Skills
Funding Agency



CONTACT US

 **0300 456 2050** (local rate)

 www.realisefutures.org

 info@rflearn.co.uk

 /RealiseFutures

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