

# LOOKING FOR NEW DIRECTION?

**REALISE  
FUTURE**S

Enhancing people's lives

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



**SPRING  
TERM 2026**

LOWESTOFT

# 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



# ARE YOU AGED 19 OR OVER AND DO YOU LIVE IN SUFFOLK?

## WE CAN HELP

We are dedicated to moving people forward and supporting them to overcome barriers.

Do you need support to access any of the following:

- > Learning
- > Volunteering
- > Training
- > Employment

**Suffolk Bright Futures** is a Countywide project, providing a **121-coaching service**, with a focus on those who:

- > Are unemployed or on a low income
- > Have English as a second language
- > Have a physical health or wellbeing support need



coaching@realisefutures.org



**01473 275957**



Department  
for Education



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# 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 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 – one to one 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



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# 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

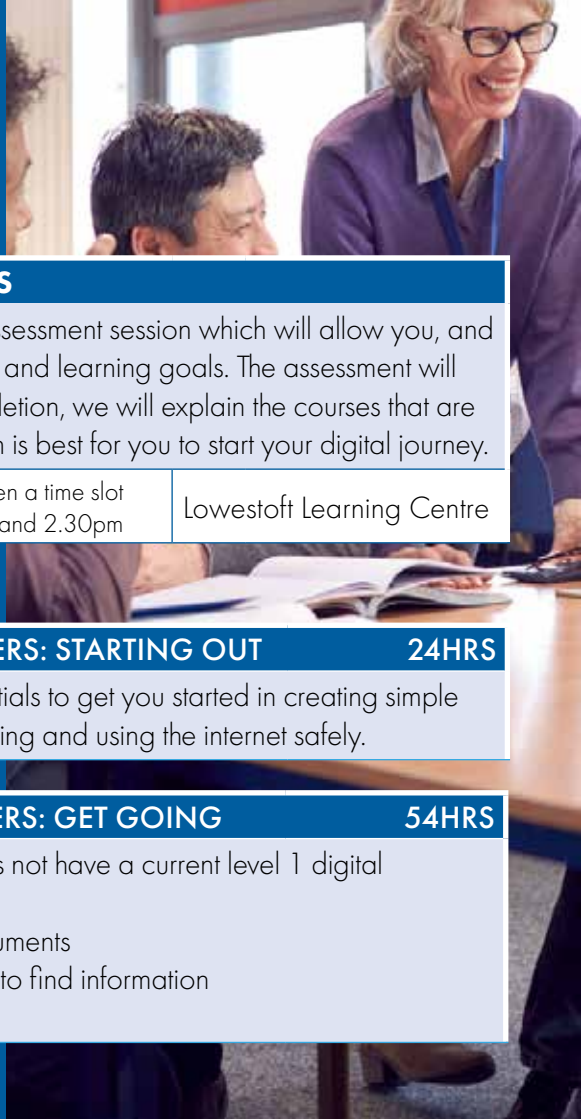
With so many more learning opportunities taking place online, both with us and other providers, these workshops and courses can be the perfect first step to support you as you start your new learning adventure!

## 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



## GET READY FOR DIGITAL SKILLS

Get Ready for Digital Skills is a short assessment session which will allow you, and us, to understand your current skill level and learning goals. The assessment will take roughly 45 minutes, and on completion, we will explain the courses that are available and then guide you on which is best for you to start your digital journey.

09/01/2026

You will be given a time slot  
between 9.30 and 2.30pm

Lowestoft Learning Centre

## Our digital courses include:

### 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.

### 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



## 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 18HRS

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

## PREPARING FOR WORK IN CHILDCARE WORKSHOP

**3HRS**

This is an exciting introduction to the world of working in an early years setting. You will explore your own pathway and gain practical knowledge and skills for working confidently with children

20/01/2026

9:30am – 12:30pm

Lowestoft Learning Centre

## SKILLS FOR WORKING IN CHILDCARE: LEVEL 1

**70HRS**

This course will give you a broad introduction to working in childcare, equipping you with the knowledge and skills specific to this sector.

This course takes place 2 days a week and you will cover:

- Working in early years settings and communicating with children
- Social, emotional & psychological development of young children
- Practical health & safety when with young children
- The value of play for babies and young children
- Assessing your own personal, learning and thinking skills

27/01/26 - 19/05/26

9:30am – 2:30pm

Lowestoft Learning Centre

## **CERTIFICATE IN SKILLS FOR CHILDCARE: LEVEL 2 NCFE** **114HRS**

You must have previously completed Level 1 Childcare to attend this course.

This course is fun and practical, you will cover the following units:

- Safeguarding the welfare of children and young people
- Importance of play for early learning
- Use food and nutrition to plan a healthy diet
- Young children's development
- Respecting and valuing children

30/01/26 - 26/06/26

9:15 - 2:15

Microsoft Teams

## **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.

27/01/26 - 19/05/26

9:30am - 3:30pm

Online via Microsoft Teams

**"Since attending my course I've got confidence to do more learning."**

# WORK SKILLS

## THE ALLOTMENT - SOW AND GROW

**30HRS**

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.

17/03/26 - 09/06/26	10:00am - 1:00pm	Realise Futures Allotment
19/03/26 - 11/06/26	10:00am - 1:00pm	Realise Futures Allotment

## 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'.

06/01/2026	10:00 - 1:00	Lowestoft Learning Centre
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## **AWARD IN COUNSELLING SKILLS: LEVEL 1**

**30HRS**

If you have already completed the Listening and Counselling workshop and would like to learn more, then this accredited Level 1 course will challenge your beliefs, concepts, and values, as you gain theoretical knowledge and develop your practical skills in active listening and counselling.

13/01/26 - 24/03/26

10:00 - 1:00

Lowestoft Learning Centre

## **MAKE DO AND MEND**

**20HRS**

This course will teach you about becoming more sustainable using the fabrics you may already have in your home, whilst learning valuable lifelong sewing skills, which can be passed down to future generations. It will also benefit your mental health and give you a real sense of achievement when you have something physical to keep at the end of it.

15/01/26 - 05/02/26

09:30 - 2:30pm

Lowestoft Learning Centre

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

# WORK SKILLS

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

## SKILLS FOR DEVELOPING YOUR OWN BUSINESS

40HRS

Thinking about working for yourself but not sure where to start?

Whether you already have a business idea or just want to explore if self-employment could be right for you, this course will help you take those first steps on your journey.

You'll find out what it takes to be a successful business owner, reflect on your own skills and strengths, and learn how to develop any areas you'd like to improve. Together, we'll explore realistic business ideas, look at the pros and cons, and gather feedback to help you choose one to take forward. You'll also learn how to spot common risks and how to share your idea clearly with others.

By the end of the course, you'll have a clearer idea of whether self-employment is right for you - and a simple plan to help you move forward with confidence.

**"I shall use my skills going  
forward in everyday life."**



## **AWARD IN RETAIL SKILLS: LEVEL 1 NCFE**

**36HRS**

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.

## **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!

## **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.





# LEARNING TOGETHER

Our workshops and courses run in partnership with schools and family hubs across Suffolk. If you are a parent of a baby, or child at primary school, then our free family courses are a wonderful way to build your confidence and support your child.

- Take time to explore through play and everyday activities ways to support the healthy development of your child
- Meet likeminded families and enjoy their support and friendship
- Gain a better understanding of the schools curriculum and the early years foundation stage so you are informed and a step ahead

All our courses involve hands on activities, laughter and lots of time for you to develop confidence and ask questions. If you are interested in joining our workshops and 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:



**Support  
each other**



**Share  
experiences**



**Make new  
friends**



**Be more  
confident**




**Get out  
and about**

**Looking for some support, advice or information?** Come along to one of our Walk-in Advice & 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, or to talk to us about setting up Peer Support.

 **Helen: 07872 002787**

 **Ryan: 07872 002821**

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

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

# HEALTH AND WELLBEING

## 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.

12/01/26 - 02/02/26

10:00 - 12:30pm

Lowestoft Learning Centre

## AWARD IN MENTAL HEALTH AWARENESS: LEVEL 1

18HRS

Your tutor will take you through a variety of learning activities such as group discussion, workbooks, practical activities, pair work, and independent research. You will explore:

- What is meant by mental health
- Some of the social and personal effects of mental ill health
- Some of the responses to mental health issues
- The impact of cultural diversity in relation to mental health issues

06/02/26 - 06/03/26

09:30 - 2:30pm

Lowestoft Learning Centre

## MINDFUL MOVEMENT

12HRS

This course will focus on some practical movement experiences and activities and have some written documentation of our own personal thoughts and reflections. This course will highlight the music you listen to and how it evokes a response in you on a day-to-day basis and how adapting and identifying this, whilst implementing movement to support mindfulness is beneficial to you.

24/02/26 - 17/03/26

9:15am - 12:15pm

Lowestoft Learning Centre

## AWARD IN STRESS AWARENESS: LEVEL 1

18HRS

Over 5 sessions you will begin to identify symptoms of stress and reduce these using healthy strategies. Through the learning we will delve into the definition of stress, the prolonged effect it has on wellbeing and the way it differs between people.

09/01/26 - 30/01/26

10:00am - 3:00pm

Lowestoft Learning Centre

## COAST TO COAST

18HRS

An outdoor skills course that focuses on how our local coastline has shaped and continues to shape life in Lowestoft. We will explore our colorful history and our uniquely important coastal habitats for wildlife. We will also consider the challenges that are faced by coastal erosion and how our location can be useful in tackling the challenges faced in the future. Wherever possible, learning will take place during guided walks customised to the requirements of the learners.

14/01/26 - 11/02/26

10:00am - 2:30pm

Lowestoft Learning Centre

## 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](http://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](http://www.samaritans.org)

## RELATE

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

**Telephone:** 0300 100 1234

**Web:** [www.relate.org.uk](http://www.relate.org.uk)

## FOOD BANKS

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

**Web:** [infolink.suffolk.gov.uk](http://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](http://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](http://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](http://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](http://www.nationalcareersservice.gov.uk)

# NOTES

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Department  
for Education



## CONTACT US

 **0300 456 2050** (local rate)

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

 **[info@rflearn.co.uk](mailto:info@rflearn.co.uk)**

 **/RealiseFutures**

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