LOOKING FOR NEW DIRECTION?

REALISE FUTURES
Enhancing people's lives

START WHERE YOU ARE, WE'LL HELP YOU MOVE FORWARD



SPRING TERM 2027

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.

www.realisefutures.org

OUR CENTRES...

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

IPSWICH

Pemberton House Learning Centre IP1 2AQ

The Hub Business Centre IP1 2QA

Whitehouse IP1 5NZ

BURY ST EDMUNDS

Learning Centre at Bury Library IP33 1TZ

Active Business Centre IP33 3PH

STOWMARKET

Stowmarket Learning Centre IP14 1AB

LOWESTOFT

Lowestoft Learning Centre NR32 1PA



GET IN TOUCH
#learninginsuffolk

/RealiseFutures

info@rflearn.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 and 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!

“The course has given me the confidence to apply for jobs I wouldn’t have

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.

Speak to us about the next session running near you.

Our digital courses include:

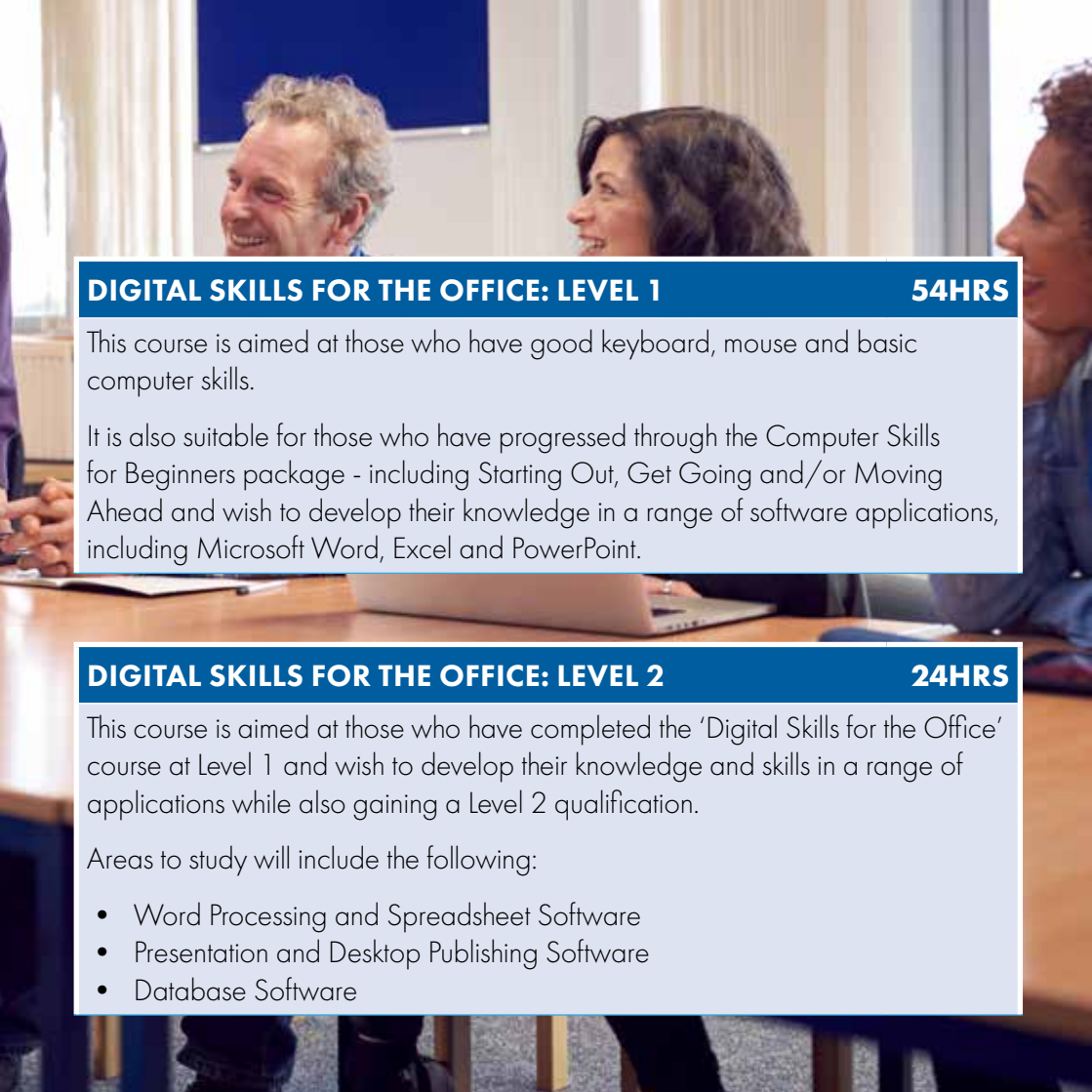
STARTING OUT IN DIGITAL SKILLS — 24HRS

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.

GET GOING IN DIGITAL SKILLS — 48HRS

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



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 — 24HRS

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 Level 2 qualification.

Areas to study will include the following:

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

WORK SKILLS



LAUNCH INTO LEARNING — 8HRS

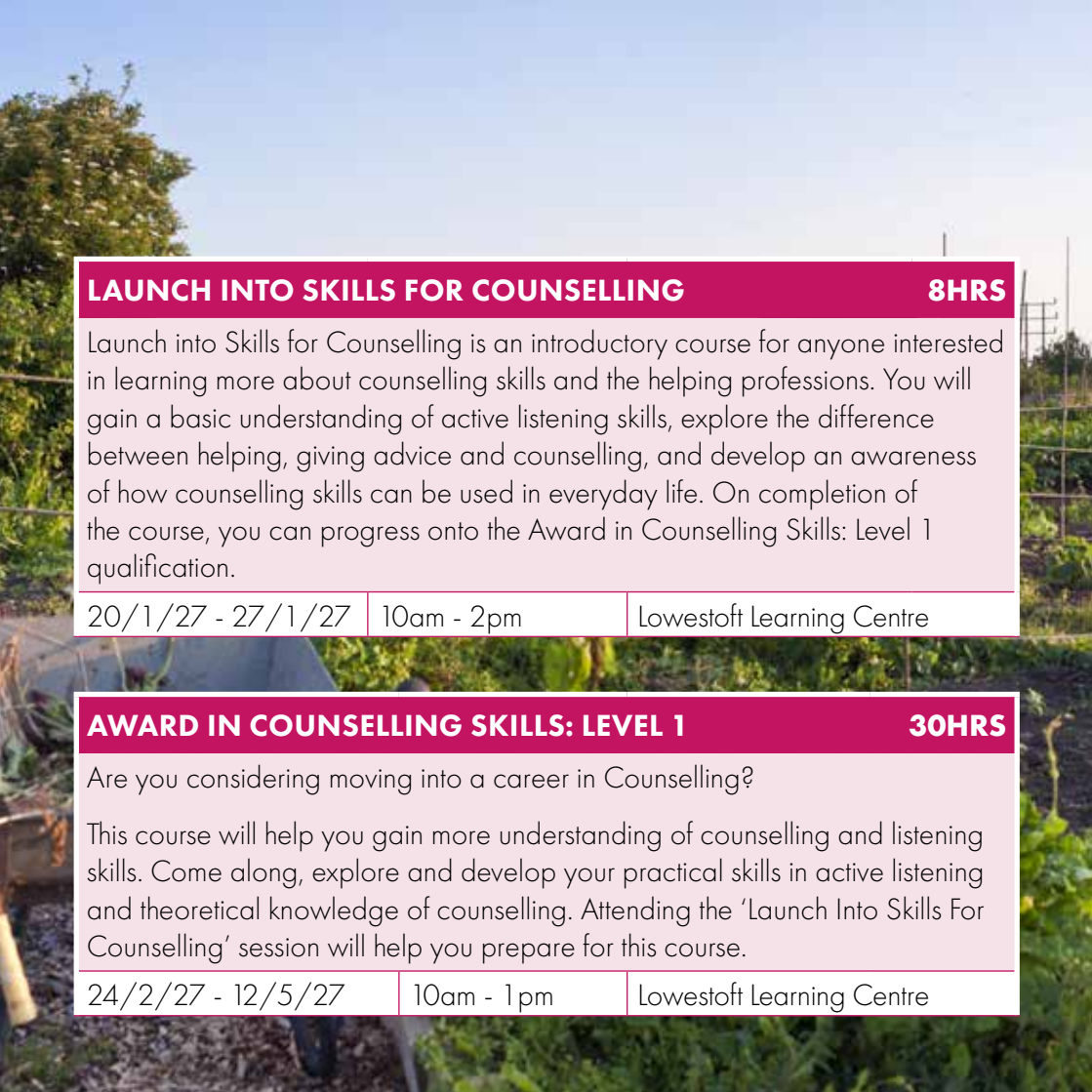
Not sure what's next? Launch into your future. Have a goal but don't know how to get there? Launch into courses help you explore your options, understand your strengths, overcome barriers and create a clear plan for moving forward. Whether you're thinking about employment, further training, volunteering opportunities or a course, Launch Into helps you understand the steps needed to achieve your ambitions.

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 in-house certificate on successful completion of the course and gain either pass, merit or distinction.

16/3/27 - 4/4/27	10am - 1pm	Realise Futures Allotment



LAUNCH INTO SKILLS FOR COUNSELLING — 8HRS

Launch into Skills for Counselling is an introductory course for anyone interested in learning more about counselling skills and the helping professions. You will gain a basic understanding of active listening skills, explore the difference between helping, giving advice and counselling, and develop an awareness of how counselling skills can be used in everyday life. On completion of the course, you can progress onto the Award in Counselling Skills: Level 1 qualification.

20/1/27 - 27/1/27	10am - 2pm	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 'Launch Into Skills For Counselling' session will help you prepare for this course.

24/2/27 - 12/5/27	10am - 1pm	Lowestoft Learning Centre

WORK SKILLS



LAUNCH INTO SKILLS FOR CHILDCARE — 8HRS

Launch into Skills for Childcare is an introductory course for anyone interested in learning more about a career in childcare. You will gain an insight into the childcare sector, explore the knowledge and skills needed for further learning and employment, and be introduced to topics such as health and safety, supporting children's learning through play and activities, and the wide range of career opportunities available in childcare.

12/2/27 - 26/2/27	9:15am - 1pm	Lowestoft Learning Centre

WORKING IN CHILDCARE: LEVEL 1 — 70HRS

This course will give you a broad introduction to working in the childcare sector, equipping you with knowledge and skills specific to this sector. This course is designed to support progression to further learning and ultimately to work in childcare. You will build a portfolio to evidence your learning and achievement.

5/3/27 - 2/7/27	9:15am - 2:15pm	Lowestoft Learning Centre

"Everyone is so friendly, I felt completely at ease"

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

2/2/27 - 13/7/27	9:15am - 3:45pm	Lowestoft Learning Centre

SPECIAL EDUCATIONAL NEEDS WORKSHOP 7HRS

The SEN workshop is a 2-day course that will introduce you to what SEN means and how it differs to SEND. We will look at some of the types of SEN commonly found in children (and adults) and some of the main traits to look out for. We will discuss how to productively and supportively work with children that have SEN and their parents / guardians / carers, including the challenges that this may bring.

This course is for people who have an interest in working with children who have SEN. There will be a short workbook to be completed as part of the course.

19/1/27 - 26/1/27	9:30am - 1pm	Lowestoft Learning Centre

WORK SKILLS



SKILLS FOR CREATIVE DIGITAL DESIGN — 30HRS

This 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.

18/1/27 - 1/3/27	10am - 1pm	Lowestoft Learning Centre

"The course has given me the confidence to apply for jobs I wouldn't have considered before."



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

SKILLS FOR WORKING IN BUSINESS ADMINISTRATION

DEVELOPING CUSTOMER SERVICE SKILLS

APPLYING RETAIL SKILLS FOR WORK

SKILLS FOR DEVELOPING YOUR OWN BUSINESS

INTRODUCTION TO WORKING IN LOGISTICS



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.

CAREER, EDUCATION, INFORMATION, ADVICE & GUIDANCE

SUPPORTING YOUR FUTURE

Meet an advisor during our long courses.

Our service includes more detail about:

- Realise Futures Directory
- Volunteering
- Local jobs information
- Indeed job search
- Apprenticeships



HEALTH AND WELLBEING



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.

WELLBEING IN NATURE — 10HRS

This course will help you explore the connection between mental wellbeing and being in nature and the outdoors. You will meet at the learning centre and then participate in outdoor activity. You will also learn about local free resources to support your wellbeing and make connections with other participants.

"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 practising 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.

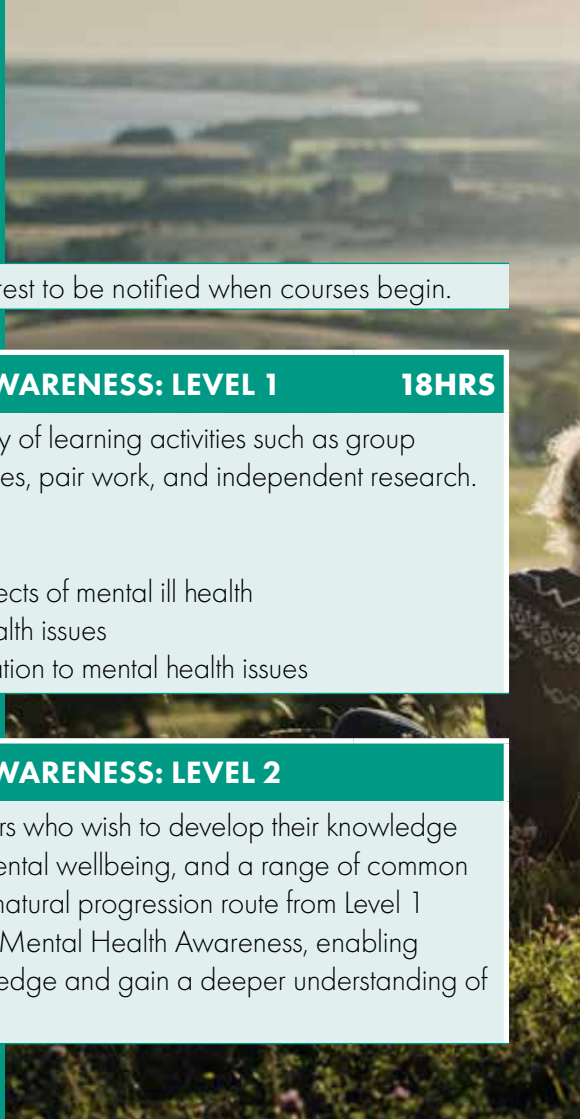
CONFIDENCE TO DEAL WITH EVERYDAY HOUSEHOLD BUDGETING — 10HRS

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

AWARD IN STRESS AWARENESS: LEVEL 1 — 18HRS

This course provides a clear and practical introduction to stress, exploring what stress is, why we experience it, and how it affects our wellbeing. You will learn to recognise common symptoms and causes of stress, understand its impact on daily life, and develop healthy strategies to manage and reduce it. The course also highlights how stress differs between individuals and where to access reliable Information, Advice and Guidance (IAG) to support yourself and others.

HEALTH AND WELLBEING



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

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

AWARD IN MENTAL HEALTH AWARENESS: LEVEL 2

This qualification is designed for learners who wish to develop their knowledge and understanding of mental health, mental wellbeing, and a range of common mental health conditions. It provides a natural progression route from Level 1 qualifications in Stress Awareness and Mental Health Awareness, enabling learners to build on their existing knowledge and gain a deeper understanding of factors that can affect mental health.

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

STORYBOARD/JUNK JOURNALING — 10HRS

This creative course uses pictures, comics and storytelling to help you explore your life experiences and reflect on your mental health and wellbeing. You will build confidence and resilience, identify your strengths, and share your ideas in a supportive environment. Activities include creating a visual story, designing a superhero character, and setting personal goals for your future learning journey.

"This course has really changed my whole outlook on my life, my personal choices, my relationships, I now believe I can achieve my goals."

INFO, ADVICE & GUIDANCE

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 & 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 072 0288 (Regional contact centre)

Web: www.nationalcareersservice.gov.uk

LEARNING DISABILITY / AUTISM IAG & PEER SUPPORT

Eligibility:

- Aged 19+
- Living in Suffolk
- Learning disability and / or autism
- In need of brief information, advice & guidance support or support to join a peer group

HOW WE CAN SUPPORT YOU

- SUPPORT WITH FORMS
- SIGNPOSTING / REFERRING
- GETTING READY FOR WORK
- ENGAGING WITH OTHERS

Contact us to find out more: info@realisefutures.org

NOTES

Department for Work & Pensions

Suffolk County Council



CONTACT US

0300 456 2050 (local rate)

www.realisefutures.org

info@rflearn.co.uk

/RealiseFutures

REALISE FUTURES

Enhancing people's lives