LOOKING FOR NEW DIRECTION?

REALISE FUTURES
Enhancing people's lives

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



SPRING TERM 2027

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.

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!

"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



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:

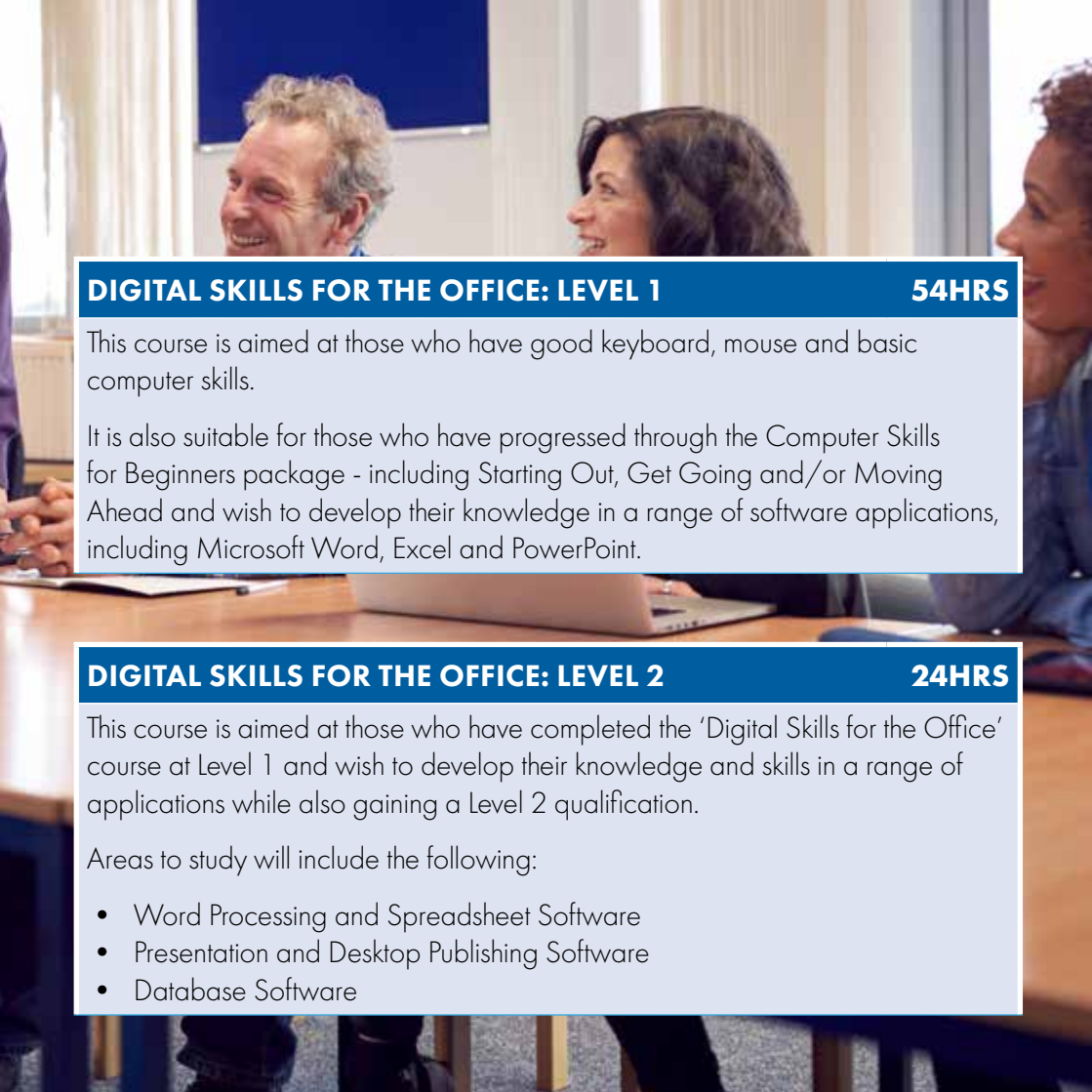
STARTING OUT IN DIGITAL SKILLS — 24HRS

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.

Please call us on 0300 456 2050 to enquire and register your interest

INTRODUCTION TO STARTING YOUR OWN BUSINESS — 5HRS

This workshop will help you decide whether self-employment is right for you and provides an introduction to the longer course, where you can develop your ideas further and create a business plan with confidence.

Whether you already have a business idea or you're starting with a blank page, you'll learn what it takes to run a successful business, discover your own strengths, and explore ideas in a supportive environment.

15/1/2027	9:30am - 2:30pm	RF at The Active Business Centre



CERTIFICATE IN COUNSELLING SKILLS: LEVEL 2 — 60HRS

This course is ideal for anyone looking to develop their counselling skills further, following the Level 1. You will explore key counselling theories and approaches, develop practical listening and communication skills, understand the importance of diversity and ethics in counselling, and reflect on your own personal development while building a portfolio of evidence to support your learning.

11/1/27 - 17/5/27	10am - 2:30pm	RF at The Active Business Centre

LEVEL 2 AWARD IN VOLUNTEERING — 18HRS

Thinking about volunteering or already giving your time to support others? This Level 2 Award in Volunteering is designed to help you build the knowledge, skills and confidence needed to become an effective volunteer. You'll explore different volunteering opportunities, develop valuable skills for work and everyday life, and discover how volunteering can benefit both you and others.

4/2/27 - 4/3/27	9:30am - 2:30pm	Stowmarket Learning Centre
11/6/27 - 2/7/27	9:30am - 2:30pm	Stowmarket Learning Centre

WORK SKILLS

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

SKILLS FOR WORKING IN BUSINESS ADMINISTRATION

APPLYING RETAIL SKILLS FOR WORK

DEVELOPING CUSTOMER SERVICE SKILLS

SKILLS FOR STARTING YOUR OWN BUSINESS

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

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



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.

7/1/27 - 28/1/27	12:30pm - 3pm	Bury Learning Centre
16/4/27 - 7/5/27	10am - 12:30pm	Stowmarket Learning Centre

MEMORY BOX — 6HRS

Would you like to feel more confident and positive about yourself? This friendly and supportive workshop will help you discover your strengths, build your confidence, and improve your wellbeing. Through fun activities, group discussions, and practical tips, you will be introduced to feeling more confident in everyday situations and take positive steps towards your goals.

18/3/27 - 25/3/27	9:30am - 12:30pm	Stowmarket Learning Centre

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.

18/1/27 - 15/2/27	9:30am - 12pm	RF at The Active Business Centre
4/3/27 - 25/3/27	12:30pm - 3pm	Bury Learning Centre
14/4/27 - 5/5/27	12:30pm - 3pm	Stowmarket Learning Centre
15/4/27 - 6/5/27	12:30pm - 3pm	Bury Learning Centre

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.

5/3/27 - 12/3/27	9:30am - 12:30pm	RF at The Active Business Centre

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

HEALTH AND WELLBEING



INTRODUCTION TO MENTAL HEALTH AWARENESS WORKSHOP — 3HRS

Want to learn more about mental health? Join this friendly session to explore what mental health is, how it can affect people, and the ways we can support ourselves and others. A great introduction for anyone interested in increasing their understanding and confidence around mental health, and a perfect first step before enrolling on the full Mental Health Awareness course.

1/6/2027	10am - 1pm	RF at The Active Business 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

8/6/27 - 29/6/27	9:30am - 2:30pm	RF at The Active Business Centre

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.

13/1/27 - 20/1/27	9:30am - 3pm	Stowmarket Learning Centre
22/1/27 - 12/02/27	9:30am - 12pm	RF at The Active Business Centre
19/4/27 - 26/7/27	12:30pm - 3pm	Stowmarket Learning Centre
10/5/27 - 17/05/27	9:30am - 3pm	RF at The Active Business Centre

STORYBOARD WORKSHOP — 7HRS

We tell stories about ourselves every day to all the people that we meet without even realising. Everyone has as story to tell, so working together with your tutor and fellow learners, have a go at getting to grips with the basics of storytelling. Most of all, have fun and enjoy yourself on this guided workshop.

3/2/27 - 10/2/27	10am - 12pm	Stowmarket Learning Centre
7/6/27 - 28/6/27	10am - 12:30pm	RF at The Active Business Centre

“I’m so glad I joined!”



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.

NOTES

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

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 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 and course searches.

Telephone: 0800 072 0288 (Regional contact centre)

Web: www.nationalcareersservice.gov.uk

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