

Thinking about what to do in September? Not sure if a mainstream course is for you? There are options! Check below to see some of the possibilities out there.

**The boxes with logos are links — just click for more information!**

## Stepping-stone programmes at colleges in Suffolk:

While colleges offer many types of courses, they also offer stepping-stone programmes — designed to help you explore interests, boost your skills, and set you up for future choices.

### Suffolk New College

As well as foundation programmes in vocational subjects, check out the 'Step' courses (Step In, Step Up and Step On) for help with settling into college life, building skills for employment, or distance learning.



### West Suffolk College

Take a look at the Pathway courses below. These focus on maths and English, gaining knowledge in a wide variety of areas, and developing life and social skills.



### East Coast College

ECC offers five Progression courses (two linked below). Develop transferable and vocational skills, get involved in the community, and receive support with choosing your next steps.



## Short-term programmes:



### Lofty Heights Skills Academy

Ipswich



Across a 3–12 week course, Lofty Heights Skills Academy prepares you for your future with apprenticeship pathways, vocational training, practical learning, careers guidance, and wellbeing support — all in a friendly, informal atmosphere.



Prince's Trust

### Prince's Trust Team Programme (via Inspire)

Ipswich, Lowestoft & Bury St Edmunds



Build confidence and valuable skills, have fun, contribute to your local community and gain work experience with this jam-packed 12-week programme.



### Smart Futures

Countywide



Level up your maths and English skills with Smart Futures' virtual classroom. You are then offered the chance to be supported into an in-person work experience placement.

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### Study programmes with training providers:

Interested in learning in a smaller, person-centred environment?

Independent training providers across the county offer a large number of opportunities.



#### WS Training

Ipswich, Lowestoft & Haverhill



WS Training offers you a variety of person centred courses including a Vocational Studies programme focussing on skills & employability, apprenticeships and, for those with an EHCP, supported internships and supported learning programmes.



#### TCHC

Ipswich



TCHC offers you a flexible, easy-going environment. Check out one of their courses in Childcare, Business & Retail, Construction, Health & Care, and Employability, all with one-to-one mentoring to help you with your next steps.



#### MPCT

Ipswich, Colchester & Cambridge



Get a unique experience with MPCT (Military Preparation College for Training): gain fitness, study subjects like Preparation for Military Service and get ready for a variety of employment opportunities – including with the Armed Services.



#### Jump into Work with Ixion

Countywide



Get ready for your first job or an apprenticeship. Boost your employability, maths and English skills across 12 weeks of online sessions, before being supported into a placement with a local employer for roughly 100 working hours.