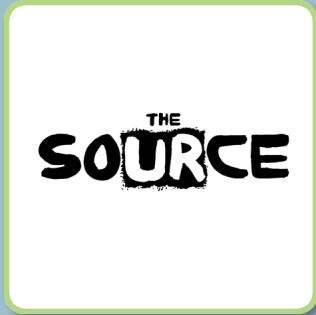


Sometimes, we can change our minds about what we want to do.
This little leaflet is here to help you explore options, get careers advice and find support.

Useful Links – Just click the boxes!



LOCAL EVENTS:

Jump Start Academy: info@lhskillsacademy.org	From 01/10/2024—10-12 am 2 days / week for 4 weeks -	Sudbury - Phoenix Centre
MPCT - Military Academy	Open day on Wednesday 9 th October 10am - 12.30	Ipswich— Army Reserve Centre
Move your Mind: wellbeing: https://www.everyoneactive.com/news/move-your-mind/	Every Thursday 10.15 am for 75 minutes	Stowmarket—Mid Suffolk Leisure Centre
ITFC: Premier League—Kicks: callum.foster@itfc.co.uk	Starting in Sept 2024 for 38 weeks, 1-2 hours—different days	Ipswich & Felixstowe - various

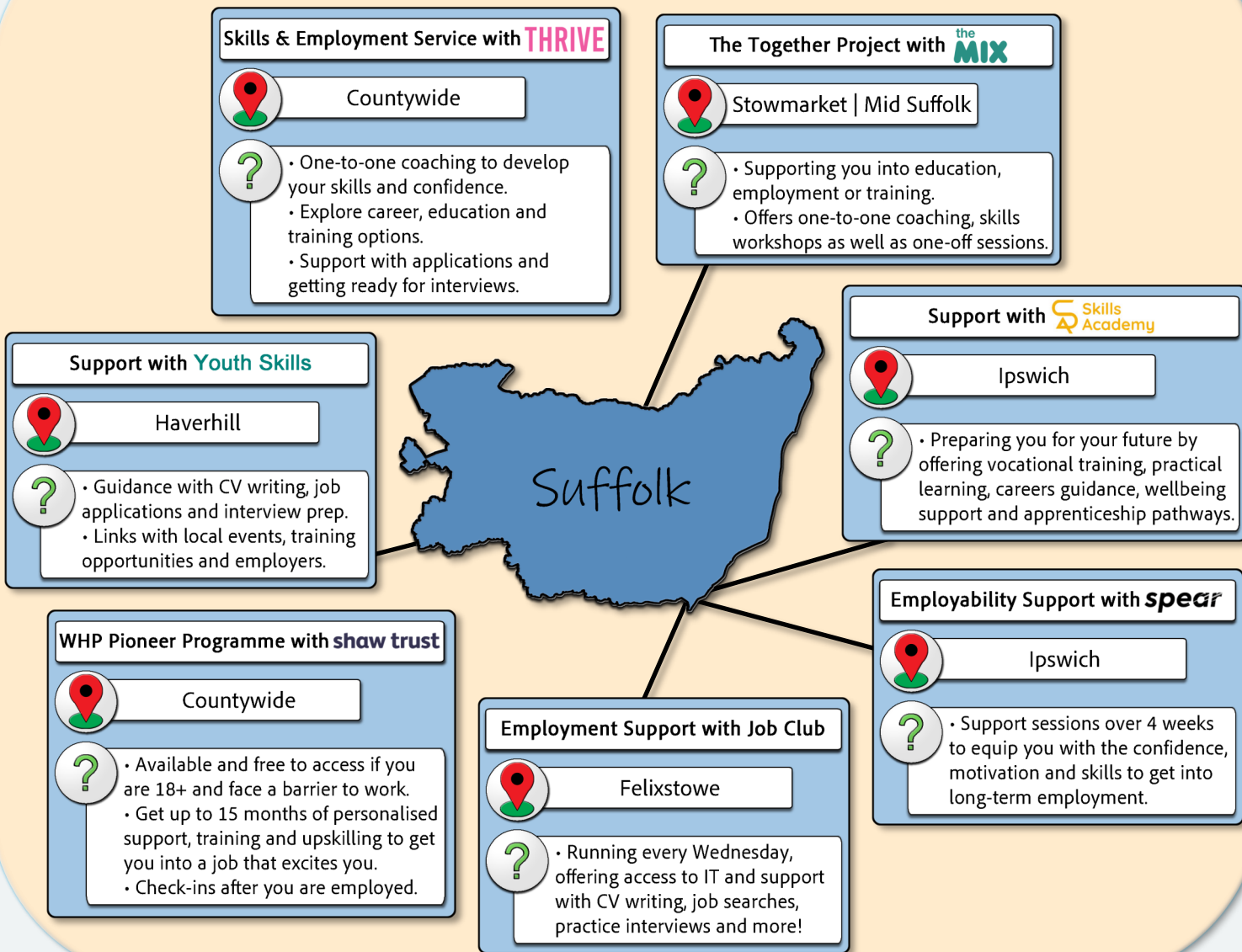
LOCAL JOB FAIRS:

If you are a job seeker who is 18+, you may be eligible for Universal Credit: gov.uk/universal-credit/how-to-claim.

- 2nd October – Ipswich Corn Exchange
- 4th October – Love To Work Felixstowe
- 9th October – Bury St Edmunds – The Apex 1
- 6th October—Ipswich—Novotel (10-12)
- 17th October – Diss – Corn Exchange
- 22nd October— Leiston— Wellness Hub

There is support available across the county, see below to find some organisations who can help:

The blue boxes around the map are links – just click for more information!



Handy links to youth projects around Suffolk – just click the boxes!

- | | |
|-------------------------------|--|
| The Junction Lowestoft | Volunteering Matters Countywide |
| Level Two Felixstowe | The Porch Project Hadleigh |
| 4YP Ipswich | YES East Suffolk |
| Just42 Woodbridge | CYDS Leiston |