

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 – one example 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 starting point 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



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.

Autumn dates at the Skills Academy in Ipswich: contact [info@lhskillsacademy.org](mailto:info@lhskillsacademy.org)

5th November Construction Multi-Skills (limited spaces)

Jumpstart Academy now in Sudbury

20th November -Safety Net (explore next steps)

3rd December Paediatric Care Academy


9th December Painting and Decorating Academy

Multiskills Academy and Lets Get Cooking Academy Coming January 2025

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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

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.

Ipswich, Lowestoft & Haverhill







### TCHC

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

Ipswich







### MPCT

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. Drop-ins every Friday at 1pm in Ipswich

Ipswich, Colchester & Cambridge







### Jump into Work with Ixion

Boost your employability with online sessions, before being supported into a placement with a local employer. If you need to improve Maths and English, you would have to go to Norwich or Romford once a week—travel costs covered.


Countywide




**Just  
Across  
The  
Border...**



Gorleston





Thetford

