

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!



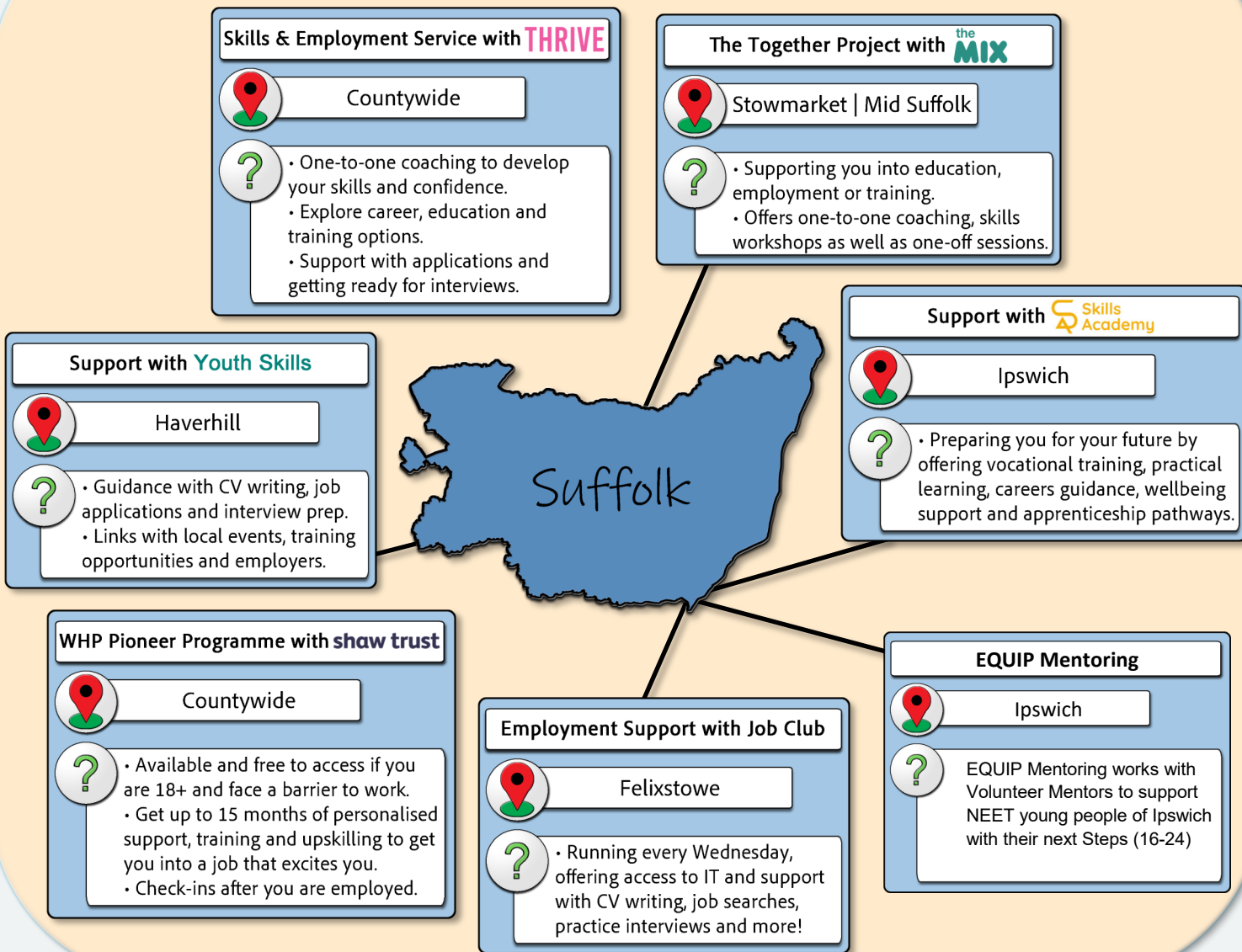



SOME LOCAL OPPORTUNITIES FOR 16-18s

Event Management course (ICM). 16-17 and 18-25 (EHCP only) FREE to attend helen@ipswichcm.org.uk rbradshawlogan@ipswichcm.org.uk	5th Nov–10Dec Tuesdays 5-7pm	South Street Studios, Ipswich, IP1 3NU
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
Level 2 —e.g. Drama, sensory-friendly, young adults sessions www.leveltwo.org	Various dates—contact for more information	Felixstowe
Volunteering & Wellbeing Event (DWP) “Build experience, skills, well-being and confidence”	Wednesday 20th November, 10am-12pm	Novotel Ipswich Centre Grey Friars Rd, Ipswich IP1 1UP
Sudbury Jobs Fair	7th of November, 9.30am-12	Sudbury Art Centre
WS TRAINING—full-time courses applications@wstraining.co.uk	Spaces still available in November	Ipswich, Lowestoft and Haverhill
JOB CLUB HAVERHILL	Every Wednesday, 10am-3pm	Haverhill Art Centre
Skills Academy Jumpstart Academy Safety Net (Explore Next Steps) Paediatric Care Academy Painting and Decorating Academy Contact: info@theskillsacademy.org	From now 20th November 3rd December 9th December	Sudbury Ipswich Ipswich Ipswich 517 London Road IP2 OST

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