

INSPIRING EVERYONE

to earn, learn and grow



REALISE
FUTURES

Enhancing people's lives

WE ARE REALISE FUTURES

Operating across Suffolk and Norfolk, combining commercial trade of products and services alongside work placements, employment and training opportunities.



The primary aim of the business is to improve and promote the economic, wellbeing and mental health of those who are disadvantaged and/or disabled, whilst contributing to the economy in our communities.

The company is organised in three departments: Learning, Coaching and Advice; Employment and RF Works (seven distinct social businesses). Together they provide professional and tailored opportunities that enhance people's lives.

As a Community Interest Company, we re-invest our profits back into the business.

As an employer we lead by example – 40% of our workforce have a declared disability. Success for us is measured by the positive impact on the lives of those we support and the progress they make, as well as the profit we generate.

EARN
LEARN
ENJOY
ACHIEVE



LEARNING, COACHING & ADVICE

Focussed on people facing barriers and challenges in life, the Learning, Coaching & Advice teams deliver walk in advice and guidance services in community settings across Suffolk.

The key priorities of our services are to provide people with the confidence and skills to make positive life and/or work choices.



“

It has been refreshing to have people who care but also give independence and responsibility.



Learning and Development Service

With 30+ years' experience of delivering government funded adult learning opportunities in the community and with the community, we know how to deliver courses that are tailored to meet individual needs.

We offer a wide range of courses from improving English/Maths/ICT/Vocational skills to supporting children in their learning or improving wellbeing. Many of these courses lead to recognised qualifications.

Coaching Services

Our Coaching Services in Suffolk is here to deliver bespoke coaching, training and mentoring to support you into learning and employment across Suffolk.

We deliver government contracts to provide opportunities for you to improve your knowledge and understanding, and to identify your goals in life: at home, in learning and in work.

Our dedicated team of Coaches offer support to participants, helping to set personalised training and employment related goals. Bespoke opportunities are sourced that increase confidence and remove barriers for individuals to take the next step into a more meaningful future.

Walk-in Advice & Guidance

If you have a Learning Disability and/or Autism, we can provide advice, guidance and information on:

- Housing • Benefits • Money
- Safety • Bills/Letters



“

Realise Futures has been the first step in my long-term goal to gain qualifications and improve my employment prospects.

Services for Autistic Adults – Norfolk and Suffolk

Supporting autistic people with opportunities to develop their skills and achieve personal outcomes which enable them to be independent, resilient, and well.

We work with individuals, offering a person-centred service to support increased confidence and motivation, empowering autistic adults to make informed choices on how best to manage and maintain their emerging needs.

We connect and support autistic people for a short period of time, to live independently within their community, offering the right support, at the right time in the right place.

EMPLOYMENT

Working to make a difference

Our Employment team deliver a variety of employment programmes across Suffolk.

Our dedicated Employment Advisors help people learn new skills and find the right job for them, via a range of support activities.

The Employment team offer a personalised service, delivering a range of employment support activities. They provide an in-work service, so that people have the on-going support they need to stay in work and progress in their chosen career.

“

To me personally the project has made me a lot less self-conscious and helped me discover skills I didn't think I had.



“

I suffer from anxiety and I find meeting new people hard. My advisor has been really lovely and helpful, made me immediately feel comfortable.



LEARN NEW SKILLS

RF WORKS WORKING FOR EVERYONE

Our social businesses provide work and wellbeing opportunities for people who frequently face barriers to meaningful employment and social engagement.

Our RF Works businesses are located in Suffolk and Norfolk covering a number of vocational sectors; horticulture, hospitality, fulfilment, manufacturing and retail.

“
Watching, supporting and encouraging the progression of team members is amazing and a real pleasure to see individuals progress.”



ST LAWRENCE CAFÉ

If it's coffee and a cake, or a welcome break from shopping that you'd prefer, you can find a very warm and happy greeting from our café run in the heart of Ipswich town centre.

Our café is in a truly unique venue. The historic St Lawrence Church has incredible character and hosts the country's oldest working church bells – this venue can cater for every need.

St Lawrence Café offers bespoke training and one-to-one support at all levels to help people enhance their lives, exceed their expectations and have fun on the way.

“

Inspires me to be the best I can be and gives me confidence to achieve. Always supports me in my work and life skills.



POPPY'S PANTRY

Poppy's Pantry, Melton

Poppy's Pantry operates in the heart of the community in Melton, Woodbridge. Its social mission is to give people who are disabled and/or disadvantaged opportunities to develop their skills and confidence, and to progress in learning, work and life.

Poppy's is a bright and airy wholefoods retail unit, which has a farm-shop look. Specialising in ethically sourced products, such as Fairtrade, the shop has a devoted customer following due to its extensive range of vegetarian and vegan products, gluten-free food, dairy-free food, eco-friendly household products and many other special dietary products which are hard to find elsewhere.

Every Tuesday, Poppy's Pantry runs a pop-up community café in St Mary's Church Centre, Woodbridge, selling hot and cold drinks, delicious homemade cakes and light lunches.



“

The staff are all nice and helpful. They work with me on things, and I've changed a lot as a person since coming here.



PROGRESS

Poppy's Pantry, Wymondham

The sister site to Poppy's Pantry in Suffolk, operating in Wymondham town centre, Poppy's Pantry is a café and re-fill shop.

When an individual starts their journey here they might not know in the first instance what they would like to do. Some may wish to gain work experience, learn new skills or move into a paid job. Others might not be ready for that and will progress at their own pace, sometimes over a longer period of time.

Our coaches work with individuals to put together a person-centred plan, together with clear end-goals and learning outcomes. Coaches will be on hand to work closely with individuals throughout the working day.

All placements will gain real work experience in retail and catering – cooking, sales, customer service, waiting tables, teamwork, fulfilment and building on social interaction are a few of the skills individuals can learn onsite.



FULFILMENT & WELLBEING

Fulfilment

They get it packed, wrapped and dispatched!

Our packing team offer people a variety of jobs to suit their abilities, including folding, counting, assembling cartons and labelling, with easy to follow guidelines.

Fulfilment has a number of long-standing and repeat contracts.

“

My independence has improved; I need less support than when I started here with my daily tasks.



WELLBEING

Wellbeing

Across all of our RF Works sites, when you start your journey with us you might be wishing to gain work experience, learn new skills, get a qualification or move into a paid job.

We will work with you and put a plan together, with clear end goals. Our team of coaches will be on hand to support you. There is no timescale – you progress at your own pace and stay with us for as long as required.

At all our sites you can gain real work experience in a range of supportive settings, from retail to hospitality, manufacturing to horticulture. You will learn new skills for work and life, such as teamwork, learning a new task or whatever you may need.

If you're looking for paid employment, a dedicated Advisor can support you to explore your career options and put a plan in place to help you find a paid job.

“

I get to help people, be nice to everybody, learn new things and have fun.



ECO FURNITURE

Our Eco Furniture business designs and manufactures 100% recycled plastic furniture and play equipment.

Our team works with the customer to discuss requirements from concept right through to design, manufacture and installation.



“

I am most grateful for your efficient service and am delighted with the Green Arbour Seat and two bespoke Gardening Raised Beds you have supplied.



RECYCLE



Visit the Eco Furniture website. Scan the QR code with a QR code app on your smart phone.



HORTICULTURE

With RF Works Horticulture, every activity provides purpose and an opportunity to develop. By buying from both Nowton Park Nursery and Growing Places, you are supporting other local growers and your local communities.

RF Works Horticulture take great pride in helping people enhance their lives through person-centred support, providing high quality produce and service to all of our customers.



“
The support that was given on the work experience increased my confidence to the level that I felt comfortable to work and I am now happily in paid employment!



Nowton Park Nursery

At Nowton Park Nursery our team grow a wide variety of plants to sell, including seasonal hanging baskets, bedding and herbaceous plants.

When not busy growing, the team are developing skills ranging from maintaining the gardens, woodwork and selling plants at our trailer, to completing fulfilment jobs for local businesses.



Growing Places

At Growing Places our team grow produce all year round, get creative with scrap wood and locally sourced willow, as well as tackling all the other jobs needed to run our two-acre site in Claydon.

Our weekly Box of Veg service offers seasonal fruit and vegetable deliveries, connecting our team to their local communities, offering everything from sowing the seed to delivering the final product.



“

We've worked together to reduce Andrew's anxieties and the supportive environment has given him the opportunity to grow in confidence.



Visit the Growing Places website. Scan the QR code with a QR code app on your smart phone.



VOLUNTARY WORK PLACEMENTS

Do you have little or no
work experience?

Realise Futures RF Works can help you!

With the help of your work coach, you can gain work experience and skills to help prepare you for paid employment at one of our social businesses.

What to expect from a work placement with us:

Our placements are bespoke and based on your needs.

An advisor will meet with you to talk about your job goals, what skills you want to develop and how we can help you to build your CV.



Every Placement Provides:

A DEDICATED MENTOR

Who will work with you to build confidence

SKILLS FOR WORK

E.g. teamwork, communication, timekeeping

TRAINING

Any training you need to carry out the work, e.g. Health and Safety, or Customer Service

Work Experience:

- **Manufacturing:** Ipswich
- **Horticulture:** Claydon and Bury St Edmunds
- **Catering:** Ipswich
- **Retail:** Melton and Woodbridge
- **Administration:** Suffolk
- **Packing:** Ipswich, Bury St Edmunds and Melton



RF WORKS

WORKING FOR EVERYONE

To find out more or to make a referral please contact us:

Telephone:

01473 242500

Email:

rfworks@realisefutures.org

**REALIS⁼⁼
FUTUR⁼⁼_{ES}**

Fulfilment

**REALIS⁼⁼
FUTUR⁼⁼_{ES}**

Eco Furniture



SOCIAL IMPACT & ECONOMIC BENEFIT

in a 12 month period

How working with and accessing Realise Futures services/businesses could benefit your CSR offering:

- Working with Realise Futures will **ensure you are contributing to a more inclusive supply chain**. By sourcing services from us, businesses will be actively supporting employment opportunities and work integration for disabled individuals, promoting diversity, inclusion and social impact.
- We can support you in meeting **your CSR goals which helps you demonstrate commitment to social causes**. Associating with a purpose-driven organisation can enhance businesses brand reputation and resonate positively with your own customers and stakeholders.
- Using Realise Futures can **boost your own employee morale and satisfaction**. Many employees appreciate working for companies that prioritise social responsibility which, in turn, enhances company employee value proposition.



The social and economic benefits and impact delivered by Realise Futures over a 12 month period:

620

individuals were **supported into paid employment** within Suffolk-based companies.

173

individuals **received wellbeing support in a real work setting** with opportunities to develop life and independence skills through a variety of person-centred activities.

2,042

individuals **enrolled onto new learning opportunities.**

1,552

peer group sessions were held across the county for Adults with Learning Difficulties and/or Autism to enhance independence, financial, social and life skills.

1,041

drop-in Career, Information, Advice & Guidance appointments were made to support disadvantaged people identify their key goals and support them in their progression.

Realise Futures has enhanced its commitment to reducing carbon footprint where we have control.

We engage with and purchase from local suppliers of products and services as part of the local circular economy. In addition we prioritise the use of local community venues to deliver contracted provision, supporting the local community, enabling easier access for those living and working in rural communities.



WHAT DO YOU SAY?

Comments from clients, customers and participants

“

Very good, you have been so helpful with me, brought back some confidence into me.

“

This place has the best quality plants every time I have bought from them.

“

I suffer from anxiety and I find meeting new people hard. My advisor has been really lovely and helpful, made me immediately feel comfortable. She is helping me to see how I can transfer the skills I have across to a different career path. She is also helping me break down the process in steps that I can work towards rather than the whole picture which I can find very overwhelming. I feel supported without feeling pressured to do things I don't want to. I am very happy so far.

“

Just wanted to say a particular thank you for the delicious box last week. I was so pleased to see those tasty carrots again (had them the previous week) the lovely beans and tomatoes and the squash as well as the onions potatoes and herbs. The leeks were brilliant too. Well done to all the growers.

“

These are very good quality plants at very reasonable prices. I absolutely recommend them. Thank you for my gorgeous plants.

“

I would just like to write in recognition of A. She has been assisting me for a few months now through some very difficult times and I would have struggled without her. She has allowed me to laugh and cry at times. Nothing has been too much bother for her and she's so thorough. The service she provides is so necessary, she assisted me with applying and then my son finally being given a care needs package, talking through my dad's funeral plan, finances, my son's housing, his autism and related issues and more. I can honestly say I don't think I could have got the results I have without her assistance. I have struggled with things for a long time and to have finally had a lot of them solved is a weight off my mind.

“

I'm just sending a big thank you, for the quick response in getting the bench arm to me. It fits perfectly and my partner is so glad you saved her bacon. Thank you once again.

“

As someone that lives with anxiety and depression I often struggle with meeting new people, going to new places, disassociating from conversations, unstable emotions. All of the staff at Pemberton house I have met or seen in passing have been kind, considerate, understanding and empathetic. There is an excellent choice of courses on offer, including some great mental health courses which have already given me some new tools to help manage my mental health. The office where I meet my support manager has a lot of posters of powerful life messages which help with positive thinking, I even asked for one to be photocopied so I could have it up at home. For me, seeing these types of posters makes me smile, feel happy and positive and also helps me to feel I am not alone.

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Enhancing people's lives



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Printed using vegetable inks. This product is made of FSC®-certified and other controlled material. Manufactured in accordance with ISO certified standards for environmental, quality and energy management. A Carbon Balanced product with World Land Trust certificates.

Visit the Realise Futures website.
Scan the QR code with a QR code app
on your smart phone.

