





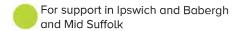
Suffolk Skills and Employment Service for adults 25+

We provide the support, skills, information and advice to help you take a positive next step towards employment – we want everyone we support to thrive.

Your Thrive for Adults journey starts with an informal conversation to create a personalised support programme for you.

Support can include:

- Confidence building and mentoring
- CV writing and interview skills
- Funded training or work experience
- Careers, job search and training advice
- Advice on benefits and housing
- Signposting to mental health services and other support



thrive@angliacaretrust.org.uk or 01473 622 888



For support in East Suffolk and West Suffolk

thrive@accessct.org or 01502 527200 (option zero)

The programme is managed by Suffolk New College, supported by Anglia Care Trust, Access Community Trust, East Coast College and West Suffolk College.

www.suffolk.ac.uk/thrive

























THRIVE

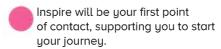
Suffolk Skills and Employment Service for young people 16-24

We provide the support, skills, information and advice to help you take a positive next step towards employment - we want everyone we support to thrive.

Your Thrive for Young People journey starts with an informal conversation to assess your needs and listen to your career goals, creating a personalised programme for you.

The programme is managed by Suffolk New College and support can include:

- Confidence building and mentoring
- Careers Café and other friendly support events
- CV writing and interview skills
- Funded training or work experience
- Careers, job search and training advice
- Signposting to mental health services and other support





Other support in the programme is delivered by Lofty Heights, Suffolk New College, East Coast College and West Suffolk College.

www.inspirecharityuk.org/get-in-touch ● thrive@inspirecharityuk.org ● 0330 055 0033

www.suffolk.ac.uk/thrive





































