



# THRIVE

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



For support in Ipswich and Babergh and Mid Suffolk  
[thrive@angliacaretrust.org.uk](mailto:thrive@angliacaretrust.org.uk)  
 or 01473 622 888

For support in East Suffolk and West Suffolk  
[thrive@accessct.org](mailto: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](http://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



Inspire will be your first point of contact, supporting you to start your journey.

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](http://www.inspirecharityuk.org/get-in-touch) • [thrive@inspirecharityuk.org](mailto:thrive@inspirecharityuk.org) • 0330 055 0033

[www.suffolk.ac.uk/thrive](http://www.suffolk.ac.uk/thrive)

