

Springboard

PREPARATION FOR LIFE AND WORK

Courses for adults with
learning disabilities



020 8770 5566
St Nicholas Way, Sutton, SM1 1EA
www.suttoncollege.ac.uk

Welcome to Springboard!

Springboard is a specialist department within Sutton College for adult learners with a range of learning disabilities and social difficulties. We offer flexible and personalised learning pathways with a comprehensive list of courses to meet individuals' needs.

Our aims

Within the Springboard department, the educational provision we offer recognises that every learner is at a different stage of their life with a different range of abilities and experiences that influence their personal choices.

Our aim is to raise the aspirations of each individual, by empowering them to make decisions and take responsibility for their own learning and lifestyle. The curriculum has been divided in to three distinct pathways which focus on different achievement criteria.

Independent Living & Community Participation

For learners seeking to express themselves and use their initiative. This pathway allows learners to practise and refine self-advocacy skills in different contexts and environments.

Essential Maths and English & Employability

For learners looking to improve their literacy and numeracy or find employment. This pathway can support this through a range of voluntary and work placements.

Enrichment

For learners wanting to develop their creativity and team-working skills. This pathway can increase confidence through displays and performance techniques.

Learners can choose any course from one or all three pathways.

Allocated pathway

After completing an initial diagnostic assessment with one of our specialist enrolment team, learners will be allocated one of the pathways in order to define personal goals. The entire curriculum has a two-tiered approach with most courses offered at two levels of cognitive and communicative ability. This enables learners to embed core skills and offers them a progression route. This could be at a higher level within Springboard, a move in to Skills for Life or in to some mainstream courses - with or without additional learning support.



Cake sale at Enterprise Project



Work experience in the College



Personal budgeting

What we offer

Using the information gathered from the initial assessment, a range of personalised SMART targets will be negotiated with each learner to work towards throughout the academic year. Targets will be mapped to a individual learning plan which will be reviewed each term with clear progression routes identified at every stage. Learners will also be given a personal tutor who works closely with them to address any pastoral or educational issues that may impact on their personal development in College.

Programmes of study

Programmes of study are delivered by one of our dual-qualified tutors who are not only highly skilled in their own teaching area, but also have a wealth of experience in working with learners with disabilities. The College trains our staff in all areas of support, including health and wellbeing, equality and diversity, safeguarding, and a range of alternative and augmentative communication approaches. The latter includes the use of Makaton, Widgit symbols, voice recognition software and touch technology. A range of assistive tools are available within classrooms to support individual learners.

Celebrating achievements

Learners have many opportunities to show their work in College and celebrate their achievements through performances and displays. One particular highlight is our **annual presentation evening** where learners receive their accredited certificates from a local dignitary. We also have a secure web page accessible to learners and their supporters which displays an array of written and artistic work by every learner in every class. There is also a place to sell work via the department's **Business Enterprise project**, if desired. A **Springboard newspaper** written and produced by our learners on the Journalism course will also share any personal achievements with the College team.

"We take education for granted in this country, but my son has made such good progress since he has been here. He really enjoys the classes and takes great pride in the work he produces"

(Mr J, parent of a current learner)



Student using technology to enrich their learning



Discussing SMART targets



Inauguration of the Business Enterprise Project

"I love being at College. Since I have been here, I have learned to read and I can now read books with my family which I really enjoy"

(SM, current learner)

Our curriculum

Below is a list of all the courses within the Springboard curriculum. A more detailed description of each can be found on our website www.suttoncollege.ac.uk.

Independent Living Community Participation (accredited*)

- **Cultural knowledge:** British values and diversity around the World
- **Clothing and fashion:** appropriate dress and fashion designing
- **Food and drink:** cookery skills and meal preparation
- **Healthy living & knowing my body:** self-care and staying fit
- **Home design:** ways to maintain and decorate a home
- **Horticulture:** gardening and outdoor maintenance
- **Managing money:** recognising money and personal budgeting
- **Managing time:** telling time and managing a diary
- **Personal safety:** staying safe at home and in the community
- **Photography:** using a camera and digital techniques
- **Self-awareness:** making choices and self-advocacy
- **Social responsibility:** communities, support and politics
- **Social skills:** getting on with others and managing conflict
- **Textiles:** sewing skills and creating hand-made designs
- **Understanding history:** contextualising time and identifying historical events
- **Understanding maps and geography:** reading local and international maps and locations
- **Understanding the environment:** local and international protection



In addition to this list, we are working in collaboration with local organisations to provide further courses in self-advocacy & carpentry. These are non-accredited courses which offer learners invaluable experiences of learning new skills alongside experts in their field.

There will also be an opportunity for learners to take part in traineeships within different employment areas.

Essential Maths and English & Employability (accredited*)

- **Business Enterprise:** running a business and selling products
- **Employability:** understanding the world of work
- **Essential English:** reading and writing – using phonics and forming letters
- **Essential ICT skills:** using a computer
- **Essential maths:** number skills – working with numbers
- **Further ICT and tablet skills:** using Word, Excel, Powerpoint and iPads
- **Further numeracy:** addition and subtraction
- **Further reading:** working with sentences
- **Further writing:** creating personal diaries and stories
- **Journalism:** creating and marketing a department newspaper
- **Photography:** using a camera with different techniques
- **Practical work skills and experience:** community work placements and CV design
- **Volunteering:** working in the community to help others



Enrichment (non-accredited)

- **Art techniques:** using inks, paints and pastels
- **Choir:** singing as a group
- **Choreography:** creating dance as a group
- **Dance styles:** studying different genres of dance
- **Drama and mime:** acting and using props
- **International crafts:** making projects from around the world
- **Musical styles:** studying different genres of music
- **Musical theatre:** stagecraft and performing to an audience
- **Pottery:** creating projects with clay
- **Seated exercise:** low impact exercise
- **Sound and rhythm:** making music with instruments
- **Sports:** high impact exercise
- **Yoga:** low impact stretching and relaxation



* accredited courses lead to a certificate

Additional Information

Should learners require more focused support in any of these courses, we also offer extra 1:1 support with individual staff members as part of the College's **One-to-One scheme**. Learners can book a short session with a Springboard tutor for an additional fee. We also offer travel training.

Qualifications and accreditation

The courses available within the **Independent Living and Employability** pathways are a route for learners to prepare themselves for living independently, finding a job, or higher level learning. Each one is mapped to a unit of nationally recognised **ASDAN** accreditation (www.asdan.org.uk) which can be combined to gain an Award, Certificate or Diploma in Personal Progress. This qualification is relevant for all adults with learning disabilities and is recognised within further education as excellent evidence of social and personal development. Learners who complete the diploma will be able to access other ASDAN accreditation.

Transition Entry 1/Entry 2 English and Maths courses

These small, friendly courses enable learners moving on from the Essential Maths, English and Employability pathway to develop their skills in order to progress to **Skills for Life English and Maths courses**. You need to book an initial assessment session to see which level of class is suitable for you.

For more information, contact the Curriculum Manager Entry 1/Entry 2: 020 8773 5884 or gillheath@scola.ac.uk



Presentation of Awards and Certificates



Reading in class

Next steps

If you are interested in enrolling on a course listed above, please check our website www.suttoncollege.ac.uk for further details and availability. You can register your interest via the web page or, alternatively, you can call or email with your name, address, contact number and the names of the courses you would like to enquire about. A member of the Springboard team will contact you to arrange an interview and tour of the College.

We look forward to seeing you at Sutton College!

Springboard team

020 8405 7015

Head of Springboard Department

Kat Edwards

katedwards@scola.ac.uk



1. Where should I go on the first day of term?

When you arrive at the relevant centre, please go straight to the reception area. A member of staff will direct you to the classroom and introduce you to your tutor.

2. How long will my classes be?

All accredited courses are 2 hours in length and include a short break. Our enrichment courses are all 1.5 hours in length with no scheduled break.

3. What should I bring with me?

For all accredited courses you will need to bring a pen and a hardback folder which will need to stay at college. We will name them and keep them in a secure place in the classroom. Your tutor will inform you of any other items you may need. Please note - if you are going on an external trip, you must have a valid travel pass and a small amount of cash with you at all times.

4. Am I able to bring a mobile phone?

Yes. We would politely request, however, that mobiles are switched off whilst in college and all learners follow the Springboard procedure regarding texts and calls to other learners.

5. How much support will I receive?

Each class has one tutor and an assistant or volunteer tutor in most situations. If you require additional support, we would recommend that you access 1:1 from your personal circle of support. Please do come and speak to us about this matter if you would like further advice.

6. How many courses can I do each year?

There is no maximum number for current learners. We recommend that all new learners limit their courses to 2 in their first year to allow them to settle in appropriately.

7. Will there be any trips?

Yes. Most courses have at least one trip outside of the College to a local organisation or location in order to support classroom-based learning. Dates for all trips will be provided in advance to allow learners an opportunity to arrange changes to travelling needs.

8. How much will I have to pay?

Springboard courses have a two-tiered fee structure. All accredited courses have a £15 resource fee which covers the cost of additional ICT and practical resources. Our enrichment courses are £90 for the year, although a fee of £30 can be paid termly in some cases.

9. Can I change my courses at any time?

Unfortunately, we cannot allow learners to move between courses once they have enrolled as this can disrupt the other learners and hinder progress. We would strongly recommend that learners look at the course descriptions on the College website, www.suttoncollege.ac.uk before making choices. If you require any more information about course content please do contact us before enrolment.

10. Is there somewhere to buy food and drink?

Yes. We have a student coffee area in Sutton which sells sandwiches, snacks and hot drinks, in addition to a number of drinks machines. There is also a café in Sutton Library next door to the College.

11. Who should I go to if I need help?

Anyone in the College is able to direct you to the correct person to help. Tutors can offer direct support with learning, and personal tutors can offer further support for pastoral and personal concerns related to College. Any questions about the Curriculum or safeguarding should be taken directly to the Curriculum Manager.

Where we are

Sutton College (main centre)

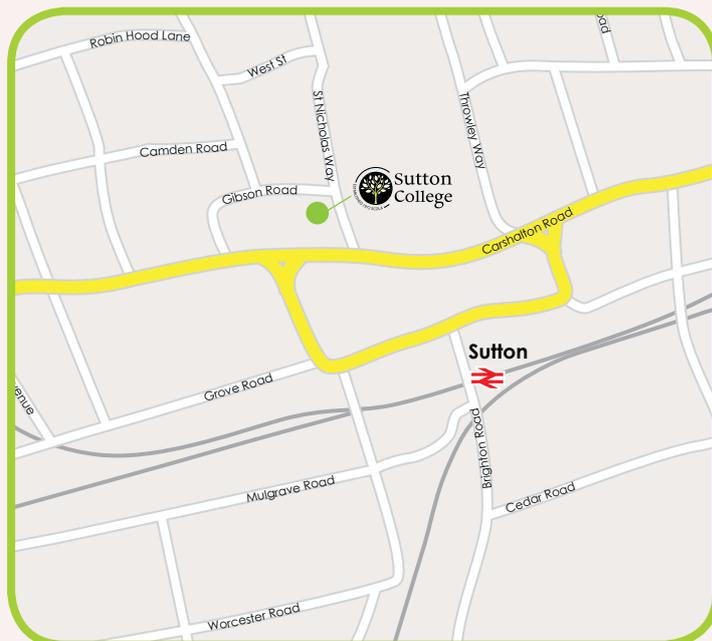
St Nicholas Way
Sutton
SM1 1EA
020 8770 5566

Travelling information

Buses 80, 151, 164, 213, 280, 407, 420, 421, 613, S1, S3

Nearest train station: Sutton Station

Nearest car park: Gibson Road car park
(disabled parking available in Civic car park)



Wallington Centre

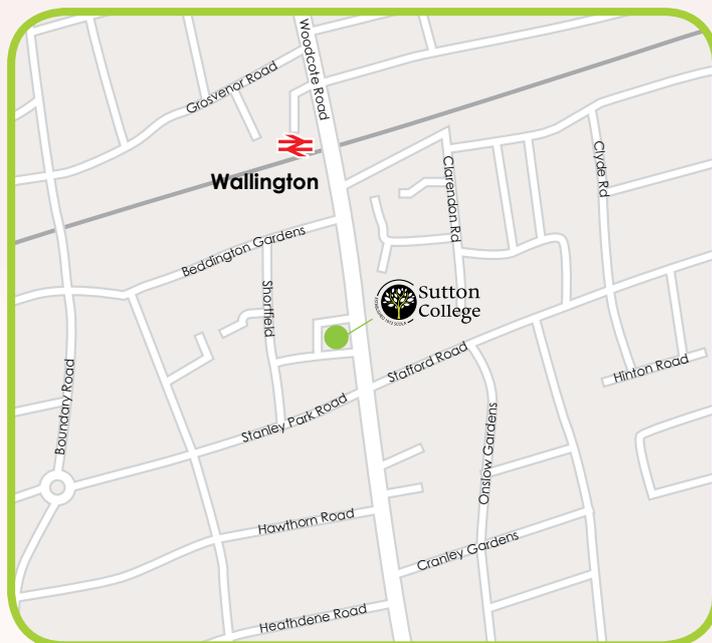
Woodcote Road
Wallington
SM6 0NB
020 8773 5880

Travelling information

Buses 127, 151, 154, 157, 463, 612

Nearest train station: Wallington Station

Nearest car park: Shotfield Road car park



Customer Enquiry & Advice Team

020 8770 5566

email: enrol@scola.ac.uk