

Springboard

**PREPARATION FOR
LIFE AND WORK**

Courses for adults with
learning disabilities

PROSPECTUS 2017-18



**Sutton
College**



Education & Skills
Funding Agency



European Union
European Social Fund
Investing in jobs and skills

020 8289 4700

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.

Employability Skills

For learners looking to improve their literacy and numeracy or find employment. This pathway can support 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.

The entire curriculum has a tiered approach with all courses offered at 4 levels to accommodate differences in cognitive and communicative abilities. The courses available in each level are alternated each year to allow all students the opportunity to participate. The courses are divided in: Level A Exploration, Level B Progression, Level C Further, Level D Launch. Each student will be offered an initial assessment during the enrolment process to ascertain the level that currently suits their learning needs.



Work Experience at Morrisons



Student in class



Group work

What we offer

Using the information gathered from the initial assessment, a range of personalised SMART targets will be negotiated with each student to work towards throughout the academic year. Targets will be mapped to an individual learning plan which will be reviewed each term with clear progression routes identified at every stage.

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 students 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 students. Most classes have additional learning support from assistant tutors and volunteers where necessary.

Celebrating achievements

Students have many opportunities to show their work in College and celebrate their achievements through performances and displays. We also have a secure web page accessible to learners and their supporters which displays an array of written and artistic work by students in every class. There is also a place to sell work via the department's **Business Enterprise project**, if desired. Most important is the **End of Year Show** where all students are able to demonstrate their newfound skills to a live audience of invited guests.

"I liked finding out about the Battle of Hastings very much in History... it was my choice of subject"

(student)



Group work

"The students made a real difference and were an enormous help when the cafe was really busy"

(work experience supervisor)



Work Experience at Morrisons



Work Experience at Morrisons

"I've never seen him happier than when he's doing his exercise class."

(support worker)

Our curriculum

The Springboard department offers courses in four categories of ability to enable learners to choose a course which is right for you.

Level A (Exploration courses)

These are for students who want to develop or maintain their concentration and communication skills through enrichment classes such as yoga, gentle exercise or art. This is the right level of course for those students who need additional support from their carers in the classroom. Students will have their achievements recognised by an ASDAN certificate of achievement.

Level B (Progression courses)

These courses are designed for students to develop independence, self awareness and communication skills. More academically inclined classes have maths and English embedded in the courses and offer the opportunity to work towards a qualification in Foundation Learning. Enrichment classes, such as exercise, music and drama have student achievements recognised by an ASDAN certificate of achievement.

Level C (Progression courses)

These are geared towards students who want to further develop skills in areas of self advocacy, independence, interpersonal relationships, English and maths. Some courses also promote skills which lend themselves towards employability. More academic courses e.g. Geography, ICT and History again offer the opportunity to achieve a Foundation Learning qualification while enrichment courses (e.g. Pottery, sport, dance etc) have progress recognised through ASDAN certification.

Level D (Further courses)

These are more challenging courses for students working towards Entry Level 2 in English and maths who want to further develop their independence and employability skills. The courses are also suitable for students who want to progress their skills in English and maths with a view to joining Skills for Life classes. Enrichment classes are also offered at this level. Accreditation is given through ASDAN certification.



Presentation of Awards and Certificates



Reading in class

“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 student)



Independent Living Community Participation

- **Caring for the Home:** Identify household equipment and how to use it to live independently
- **Citizenship and British Values:** Understand the Law, voting and human rights in Britain
- **Fashion and Self Image:** Understand why fashion is important and how to feel good about the way you look
- **Finance:** Recognising money and personal budgeting
- **Food and Drink:** Cookery skills and meal preparation
- **Geography and Maps:** Use maps to find local, national and international places of interest
- **Hair and Beauty:** Learn the basic tools and techniques to apply make up and hair styles for different occasions (for men and women)
- **Home Design:** Ways to maintain and decorate a home
- **Horticulture:** Gardening and outdoor maintenance
- **History:** Learning about local & World history
- **Media and Advertising:** Learn about the ways media and advertising and influence our lifestyles
- **Photography:** Using a camera in different ways
- **Physical Earth:** Understand how the Earth is formed and its weather patterns
- **Practical Science:** Investigate energy, forces, how are bodies work and chemical reactions
- **Self Development:** Learning all about you
- **Social Skills:** Managing emotions & difficult situations
- **Street Sense:** Identify ways to stay safe on the road, at home and on the internet
- **Theatre and Film:** Understand how theatre productions and films are made and what they involve
- **Wellbeing:** Know how to stay strong, healthy and relaxed
- **World Cultures:** British values and diversity around the World
- **Launch Cookery:** Prepare simple meals and desserts to cook independently at home
- **Launch Self Development:** Develop confidence, leadership skills and managing conflict
- **Launch Street Sense:** Financial and online safety and self defence



There are also short courses in **Using Smartphones and iPads**, and **Planning a Journey**.

Essential Maths and English & Employability

- **Business Enterprise:** Running a business and selling products
- **Launch Arts:** Ceramics Sculpture, Collage, Drawing and Painting
- **Launch IT:** Spreadsheets, Social Media, Animation and Programming
- **Launch Work Skills:** CV writing, interview skills, identify which areas of employment would suit you
- **Essential Reading & Writing Parts 1 & 2:** Recognise and form sounds and letters; blend sounds to make words
- **Essential Number Skills:** Recognising numbers up to 100
- **Essential ICT:** Using a computer for the first time
- **Further ICT:** Using different software
- **Further Number Skills:** Addition and subtraction
- **Further Reading and Writing:** working with sentences and creating personal diaries and stories
- **Community Volunteering:** Take part in volunteering projects around the local community



Enrichment

- **Art and Design:** Use paint, pastels, pencils and inks to create personal pictures and patterns
- **Basic and Further Pottery:** Creating projects with clay
- **Dance – Slide Dance Company:** Learn a range of dance styles led by the Slide Dance Company
- **Drama – Baked Bean Company:** Drama and performance led by the Baked Bean Theatre Company
- **Movement and rhythm:** Use rhythms to make music & dance
- **Music:** Understand and play different types of music from around the World
- **Seated exercise:** Low impact exercise
- **Sensory Art:** Use tactile resources to make pictures and sculptures
- **Sport:** High impact exercise
- **Yoga:** Low impact stretching and relaxation

* accredited courses lead to a certificate

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

Kat Edwards

Head of Springboard Department

curriculum@suttoncollege.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 and Launch 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. 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 although we only enrol 4 in the first instance. 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. 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.

9. 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. There are vending machines available at Wallington Centre as well.

10. 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.

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.

Where we are

Sutton College (main centre)

St Nicholas Way
Sutton
SM1 1EA
020 8289 4700

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

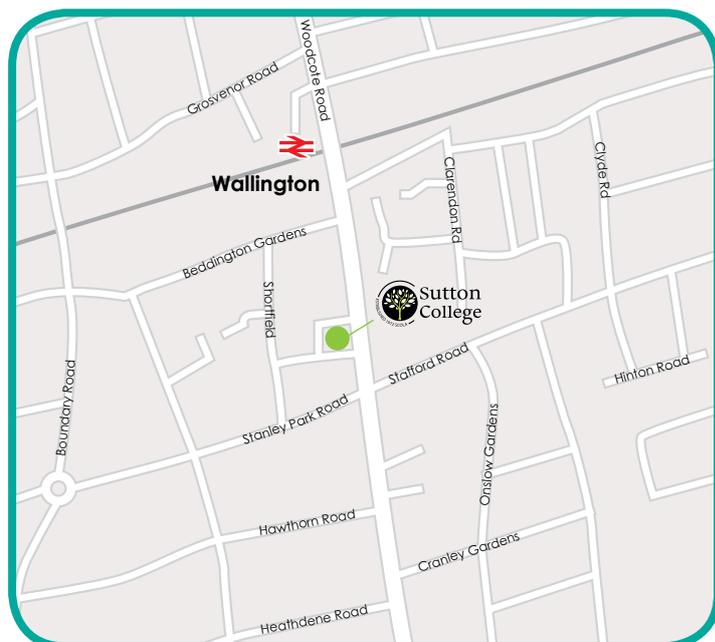
Woodcote Road
Wallington
SM6 0NB
020 8773 5880

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 8289 4700

email: enrol@suttoncollege.ac.uk