

independent  
living

wellbeing

community

# Springboard

**COURSES FOR ADULTS WITH  
LEARNING DISABILITIES**

**PROSPECTUS 2018/2019**

higher  
level  
learning

employability

enrichment



**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](http://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, we recognise 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.

### Step Up – Employability and/or higher level learning

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 curriculum has a tiered approach with courses offered at 3 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: **Exploration, Progression, Further.** New students will be offered an initial assessment during the enrolment process to ascertain the level that currently suits their learning needs.



## Where we are

### Sutton College (main centre)

St Nicholas Way  
Sutton  
SM1 1EA  
020 8289 4700

**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

**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](mailto:enrol@suttoncollege.ac.uk)

## Our curriculum

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

### 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.

### Progression courses

These courses are designed for students to step up and 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 Personal Progress. Enrichment classes, such as exercise, music and drama have student achievements recognised by an ASDAN certificate of achievement.

### Further 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 with the possibility of joining or achieving progression to higher level classes.

Should learners require more focused support through one to one with individual staff members. Learners can book a short session with a Springboard tutor for an **additional fee**. We also offer travel training.

## Exploration courses

- Basic Pottery
- Movement & Rhythm
- Sensory Art
- Yoga
- Basic Horticulture

## Progression courses

- Caring for the Home
- Citizenship & British Values
- Essential ICT, Number Skills, Essential Reading & Writing
- Fabric & Craft
- Finance
- Horticulture
- Media & Advertising
- Music, Theatre & Film
- Planning a Journey & Street Sense
- Seated Exercise
- Self Development & Social Skills

## Further courses

- Art & Design
- Business Enterprise
- Community Volunteering
- Fashion & Self Image, Hair & Beauty
- Food, Drink & Cookery
- Further ICT, Number Skills, Pottery, Reading & Writing
- Geography & Maps, Physical Earth
- History
- Home Design
- Photography
- Practical Science
- Sport
- Wellbeing & Relaxation
- World Cultures
- IT: Spreadsheets, Social Media, Animation & Programming, Smartphones & iPads
- Self Development: Confidence Building and Self Advocacy and Leadership Skills
- Street Sense: Financial and Online Safety and Self Defence
- Work Skills: Work Preferences, CV Writing and Interview Skills and Work Placements

## Next steps

If you are interested in enrolling on a course listed above, please check our website [www.suttoncollege.ac.uk](http://www.suttoncollege.ac.uk) for further details and availability. You can register your interest via the website 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. We look forward to seeing you at Sutton College!

### Springboard LLD Team

020 8405 7015 • [curriculum@suttoncollege.ac.uk](mailto:curriculum@suttoncollege.ac.uk)



## FAQ

### **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 help you.

### **What should I bring with me?**

For all courses you will need to bring a pen and a ring binder folder (one per course). Your tutor will inform you of any other items you may need.

### **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.

### **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.

### **Will there be any trips?**

Yes. Some courses have at least one trip outside of the College to a local organisation or location in order to support classroom-based learning. Dates are provided in advance.

### **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. Learners must look at the course descriptions on the College website [www.suttoncollege.ac.uk](http://www.suttoncollege.ac.uk) before making choices. If you require any more information about course content please do contact us before enrolment.

### **Is there somewhere to buy food and drink?**

Yes. There is a café in Sutton Library next door to the College. There are vending machines available at both Sutton and Wallington Centres.

### **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.