

## LMI Page April 2024



# Spear Programme Ipswich

### **What is Spear?**

Are you currently out of work, training or education? Maybe you're struggling with low confidence, mental health issues, no qualifications or a criminal record? Spear can help. Spear is a free, 4-week training programme, followed by 6 months of coaching support, which helps young people into work or education. We provide professional-level coaching to build confidence, motivation and the vital skills needed to succeed in long-term employment. Over 75% of those who complete the Spear Programme get into work or further training and are still there a year later.

### **Who can join?**

The programme is designed for young people, 16 to 24 years old, who are not in education, employment, or training. The course starts with a four-week intensive group program, with coaching continuing for six months in the next phase of the course called Spear Career. If you're thinking about joining Spear, our coaches would love to hear from you to chat through any questions you have.

### **What to expect?**

The programme takes place with around 10 people who are in a similar situation to each other, led by our friendly, experienced coaches. The foundation programme runs Tuesday to Thursday, 1:15-4pm, for four weeks and includes 6 months of ongoing support. Sessions will give you:

- Increased confidence
- A fun and friendly community
- Impressive CV and Cover Letter
- Interview training and practice
- Job and training opportunities

### **Spear Ipswich**

To get in touch please contact our Centre Manager at – [robin.aldeia@spearipswich.org](mailto:robin.aldeia@spearipswich.org) | 0740 5100 961 River Church Ipswich, Key Street, IP4 1BZ

Click the link to see Job postings data for March 2024



Job Postings - March  
2024.pdf

## Benefit rate changes for new tax year

This 6.7% increase means that from April 2024, monthly Universal Credit rates will rise to the following amounts: **If you're 25 or over and single - From £368.74 to £393.45. If you're 25 or over and in a couple - From £578.82 to £617.60.**

### **Date rate changes take effect**

Benefit and tax credit rates change every April. The exact date when changes take effect varies between different benefits. Dates for April 2024 are below.

### **Housing Benefit and Council Tax Reduction**

New rates and allowances for Housing Benefit and Council Tax Reduction are timed to coincide with the new Council Tax year and the week in which many rents change. In 2024 new rates take effect on:

- **1 April 2024** for Council Tax Reduction
- **1 April 2024** for Housing Benefit when rent is paid monthly
- **1 April 2024** for Housing Benefit when rent is paid on a weekly basis (or multiple of a week)

### **Other benefits**

New rates and allowances for means-tested benefits (Universal Credit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance and Pension Credit) are increased (uprated) on the first Monday after 6 April (the start of the tax year). Rates also increase for the majority of other social security benefits on this date.

In 2024 benefits rates increase on **8 April 2024**.

## **Tax and Tax Credits**

The assessment year for both tax and tax credits runs from 6 April one year to April 5 the next year. This is known as a 'tax year'. Rates are increased on the first day of the tax year, which is **6 April 2024**.

If you are already claiming benefits or tax credits you will automatically be contacted about changes in rates when this affects your entitlement.

## Useful job vacancy websites

[Suffolk Jobs Direct Careers](#)

[Find an apprenticeship - GOV.UK \(www.gov.uk\)](#)

[Home - Apprenticeships Suffolk](#)

[Job Search | Indeed](#)