



## Local Market Information & Wellbeing Events February 2025

### Lowestoft Vacancies

**Retail Customer Advisor - Three UK**, Lowestoft, 20hours P/W, £12.60 P/H. Full training will be provided so no prior knowledge of our products is required - ambition and the drive to learn matter most. **Full details and apply via Indeed**

**Team Member - Merkur Bingo**, Lowestoft, £11.56 - £12.56 P/H, 30hours P/W. Experience in retail or hospitality, a customer-driven environment. **Full details and apply via Indeed**

**Seasonal Zoo Crew - Zoological Society of East Anglia**, Kessingland, 1-40 hours P/W, NMW. Previous experience working in a hospitality or customer service environment is desirable, although not essential. Must be willing to learn and take on new challenges. Available to work weekends, school holidays and bank holidays. **Full details and apply via Indeed**

**Restaurant Crew Member - Burger King UK**, Lowestoft, NMW, full time, flexible hours. Experience would be great if you have it - but don't worry if not, because we'll give you full training. **Full details and apply via Indeed**

**Cafe Team Member - Tesco**, Leisure Way, must be 18+, min. 16 hours P/W (min. 12 hours P/W opportunities too), £11.70 P/H. A commitment to hospitality and excellent customer service. Knowledge of Health and Safety standards. The ability to work efficiently and maintain a clean environment. **Full details and apply via company website**

**Waiting Staff - JOJO'S Lowestoft**, £13.21 - £14.50 P/H, 10-20 hours P/W. Skilled server to join our team in providing excellent service. **Full details and apply via Indeed**

**Kitchen Assistant - Barchester Healthcare**, Oulton Park, 11 hours P/W, £11.94P/H. Formal qualifications aren't necessary, although any similar experience gained in a commercial or care setting would be useful. **Full details and apply via company website**

**Catering Assistant - Edwards & Blake**, Red Oak Primary School, £11.44 P/H, Mon-Fri, 9:30am - 13:30pm, Term Time Only. Catering and Barista experience desirable but not essential. **Full details and apply via Elior website**

**Assistant Chef Manager - Edwards & Blake**, Roman Hill Primary, Mon-Fri, 30 hours P/W, term time only, £12 P/H. Proven experience of successfully managing a team, Previous experience within catering desirable. **Full details and apply via Elior website**

**Picker/Packer - P+S Personnel**, Lowestoft, 40hours P/W. Good standard of education GCSE grades A-C for Maths and English. Previous experience in a similar role would be advantageous. **Full details on Find A Job, to apply email your CV directly to jobs@pspersonnelltd.co.uk**

**Operative - Hales Group**, Lowestoft, 7am-5pm Mon - Thur (+ 1 in 4 Fridays 8am-12pm), £11.44 P/H. Ability to perform manual tasks including moderate lifting and carrying, Previous experience in an engineering, production, or factory setting ideally. Ability to commit to learning and personal development in the role. **Full details and apply via Hales Group**

**Production Operator - Smurfit Westrock**, Previous experience within a manufacturing process operation is preferred, but full training will be provided. **Full details and apply via Indeed**

**Temporary Conventional Print Assistants - Clays Ltd.**, Bungay. Entry level, and no previous factory experience is required as full training will be provided - just a strong work ethic and can-do attitude will be enough. Could lead to a permanent position with progressive opportunities in the future. Own transport required due to location. **Full details and apply via Indeed**

#### **Local Vacancies W/C 20/1**

**Morning Cleaner - Harvester**, Lowestoft, 12hours P/W, 5 out of 7 days, 6:30am - 9:30am on weekdays, 5:30am - 8:30am at weekends. **Full details and apply via Indeed**

**Cleaner - SBFM**, Lowestoft, £11.44 P/H, Monday-Friday 8-10am. No experience is required as we will invest in your training and development. **Full details and apply via Indeed**

**Delivery Driver - Anglian Sweet & Drink**, Oulton Broad, must be 23+, salary £18200 for 28 hours over 4 day period however, weekly hours dependant on season. Position involves lifting and some warehouse duties. **Full**

**details advertised on Jobs 4 U Lowestoft facebook page, email CV to [jane@angliansweetanddrink.co.uk](mailto:jane@angliansweetanddrink.co.uk) or call 01502 513333**

**School Contract Driver - Atlas Private Hire Ltd**, Lowestoft, 10-30hours P/W. To drive school children to schools around Lowestoft and surrounding areas. A full driving license and a Private Hire Drivers License from East Suffolk Council. Full financial support can be applied for to obtain the Private Hire Drivers License. **Speak to work coach for full details and to apply**

**Delivery Rider – On A Roll**, Hamilton Road, shifts available 6 days a week 8:30am – 2:30pm. Electric bike provided. **Visit site or call 07895 466006**

**Apprentice Road Safety Officer - Suffolk County Council**, Lowestoft, £24,404 P/Y (pro rata for part time), 37 hours P/W - Flexible options available. Welcome applications from all ages and backgrounds. **Full details and apply via Suffolk Jobs Direct**

**EHCP Administrator - Riverwalk School and Warren School**, 1 day P/W at each location, remote working permissible, £14.85 P/H DOE, 30 hours P/W, 39 weeks P/Y. Basic level of computer literacy, Grade C /4+ level (or equivalent) Numeracy and Literacy, broad knowledge of the organisation of LA Education. **Full details and apply via Suffolk Jobs Direct**

**Extended Day Lead - Woods Loke CP School**, Lowestoft, £24,404 P/Y, 22.5 hours P/W, 39 weeks P/Y (additional hours available outside of term time), Mon – Fri, 7.30am- 9am & 3pm-6pm. Requires flexibility and your understanding of providing outstanding care will be coupled with an enthusiastic and dedicated approach. **Full details and apply via Suffolk Jobs Direct**

**Licensing Support Officer - East Suffolk Council**, Lowestoft, £25,584 - £27,269 P/Y, 37 hours P/W. Excellent customer care, communication, and organisational skills. Working knowledge of office administrative practices. **Full details and apply via Suffolk Jobs Direct**

**Care Home Administrator – Kingsley Healthcare**, Kirkley Manor Nursing Home, £12.50 P/H. Excellent IT skills, strong communication and interpersonal skills. Previous experience working in a similar environment preferred, not essential. **Full details and apply via company website**

**Ride operatives & attendants, Food & Beverage assistants, Retail & Admissions, Cleaning crew, Entertainments & Promotions, Security & first aid - Pleasurewood Hills, Lowestoft, full & part time roles. Full details and apply via company website**

**Caravan Cleaners & Checkers, Bed Makers, Grounds Team, Bar Staff, Floor Staff, Glass Collectors, Arcade Attendee, Waiting Staff, Night Warden, Venue Cleaner, Chefs, etc.** -Recruitment open day Broadland Sands, Coast Road, NR32 5LQ. **Thursday 23<sup>rd</sup> Jan 10am-4pm, Friday 24<sup>th</sup> Jan 4pm-8pm, & Saturday 25<sup>th</sup> Jan 10am-4pm**

**Housekeeping, Bar Staff, Reception, Maintenance** - Recruitment open day at Heathland Beach, London Road, Kessingland. **Friday 24<sup>th</sup> Jan 10am – 5pm, Saturday 25<sup>th</sup> 10am – 3pm**

## **Ipswich Vacancies**

**Anglian Home Improvements** - Trainee Sales Consultant (Must have your own car, mobile phone, laptop) Leafleteers (Must have car - £80 per 1000 posted). Experienced Sales Reps (Must have your own car – ideally experience) Door to Door Surveyor (Full training provided – own car needed)

All applicants must be 18 years and older

**Young People Support Worker - Sixteen Plus** - We bridge the gap to independent living for young people aged 16-17 years old - providing support, accommodation and life skills, in preparation for the challenges of life and to help them achieve their goals. Our young people need emotional support, have complex needs and challenging behaviour. "We aren't specifically looking for people with experience in the field, we are more looking for the right individual who can relate and work well with young people we support

**General Assistant – Clearscore Limited** - The successful applicants will play a vital role in the printing and manufacture of products for a major customer. Your tasks will vary depending on the needs of the business but may include: Assisting with the printing and conversion of large format print. Moving and lifting equipment or materials. Supporting full time staff with day-to-day activities. Small format print finishing. Ensuring the workplace remains safe and organized. Zero hours contract. Flexible hours. Need to be physically fit for the role.

**Health Assistant – Brainkind** - Are you seeking a career in Care? Do you have good communication and team work skills to support clients? Brainkind are seeking Healthcare Assistants to work at the Neurological Care Centre, Chantry Park, IP2 0BP. Full-time rotational days and nights available. No formal qualifications required.

Ideally experience within care required but no essential. If you would like to be considered for the role please ask your work coach.

**Care Assistant - Prestige Nursing** - Are you seeking a position in the Care sector? Prestige Nursing are seeking Care Assistant's with a driver's licence to work in the Ipswich area. As a Care Assistant you would visit clients, assist with any medication, support with meals, personal care and socialising. Prestige Nursing will offer flexible contracts and can offer various patterns of work. No experience is needed for the role. If you're interested, please let your work coach know.

**Warehouse Work – Framlingham** - Ideal candidate will have previous yard / stores experience, Forklift would be an advantage but not essential, must be able to work on own initiative and have excellent attention to detail. Pay c£13 per hour. Monday - Friday 8.30am – 4.30pm. Own transport essential due to location. Immediate start for the right candidate.

**Primary Teaching Assistant - 4myschool** - 4myschool recruit for all kind of support staff within school including, supply teachers, and teaching assistants. Qualifications are not essential; we welcome candidates with transferable skill sets, such as: Support work experience, Graduates in various fields, Backgrounds in psychology, Involvement in theatre or music , Voluntary work within scouting groups or similar organisations Those that have completed a relevant qualification

**Children and Young People Practitioner – Nudge Education** - We are looking for compassionate and innovative Practitioners who are passionate about inclusion and can create a safe environment to inspire young people to see the value in education again. The key to what we do is focused upon creating a strong connection with our young people. We need people who don't give up at the first hurdle; those who can think and deliver with inventive imagination.

**Part Time Cleaner – WPM Cleaning** - WPM Cleaning are looking for a part time cleaner to work 12.5 hours a week at Henley School (IP6 0QX). Hours of work would be from 3:30pm-6pm Monday-Friday. If you would like to be considered for this role please contact your Work Coach.

**The Range Distribution Centre – Stowmarket** - The Range are proud to have opened our brand-new Distribution Centre in Stowmarket. We are seeking Permanent Warehouse Operatives to join our team and be part of our future. 40 hours per week. As part of The Ranges warehouse team, you will have a busy and active role that will involve sorting, picking, packing, and dispatching products to stores. Transport to and from the Centre is available.

**Charcoal Grill Chef – Taj Darbar** - Taj Darbar are looking for a Charcoal Grill Chef to work 40 hours a week over a 6-day period. Previous experience is required. Reviewing the menu and doing inventory, ordering food for the kitchen Monitoring food production Managing relationships with distributors, Ensuring standard portions and quality of dishes kitchen. Please speak to your Work Coach for more information.

**Security - Trojan Security** - Trojan Security are seeking security guards to work at Portman Road – Ipswich Town Stadium. Both SIA and non-SIA candidate's welcome. Both full-time and part-time roles available with a starting wage at £11.44. Candidates must have a DBS and speak decent English. If you would like an interview, please speak to your work coach now.

**Wincanton – Warehouse Forklift Driver** - Permanent roles with Shift patterns available, Sproughton Road Ipswich. Experience and skills: Forklift Licence and at least 1 years' experience of driving a Forklift. Team player, Flexible approach. Please speak to your Work Coach for more details on how to apply.

**CB Skip Services - Paint Sprayer and Shotblaster** - The role is from 20-45 hours per week. This is industrial work, we are looking for someone motivated to learn the role and someone who has the ability to work independently and someone keen to get going with the job in hand. Please ask your work coach for how to apply.

**Silver Birch Care Home – Care Assistants** - Silver Birch are interviewing for Care Assistants to work Europa Way, Ipswich, IP15DL. Experience preferred and the role will have you working full-time hours. If you would like to apply – Please let your work coach know.

**Fareshare – Volunteer Opportunity** - We are always looking for volunteers and can offer work experience opportunities for those seeking to develop their professional skills. As a warehouse we offer a range of roles: warehouse operations experience, driving (we have a large sprinter van for delivering to charities), fork lift truck training (limited), administration, marketing/ social media and food safety training.

**Graceage Care- Healthcare Assistant** - Are you passionate about providing care and support to others? Are you a people person who enjoys interacting with people and sharing stories? We invite you to become a part of our dedicated team of Health Care Assistants at Graceage Care in ensuring the well-being and comfort of our service users, where you can make a meaningful impact and create moments of happiness in their lives. If this is for you please speak to your Work Coach.

**Goals Football** - Goals in Ipswich are looking for a cleaner to work 6 hours per week. This role will have responsibility for the cleanliness and appearance of the club. If you would like to apply – Please let your work coach know.

**Please speak to your work coach regarding any of these vacancies**

## **Bury St Edmunds Vacancies**

**Experienced Machinist** - Oak Employment Ltd - Woolpit, Bury St. Edmunds. We require an experienced machinist based in Woolpit, Suffolk. Prior experience in the oil and gas industry with experience machining Carbon & Stainless steel using both manual lathe and milling machines. Monday – Thursday. 7:45 AM – 5:00 PM.

**(HO) Nursery Room Leader** - RAFA Kidz Ltd - IP31 1LJ. Nursery Room Leader RAFAKidz Nursery, RAF Honington, Bury St Edmunds IP31 1LJ £24944 - £26252 38 hours over 4 days We offer Subsidised childcare to all permanent staff committed to your career progression and access to internal promotions.

**Healthcare Assistant** - Range Recruitment Ltd - Bury St. Edmunds, Suffolk. £11.67 - £12.67. We are currently recruiting experienced Healthcare Assistants to join our dedicated agency team, working in care homes across Bury St Edmunds, Suffolk. Our care homes provide essential support to adults with a variety of care needs.

**(HO) Casual Early Years Practitioners** - RAFA Kidz Ltd - IP31 1LJ. £11.44 to £12.35 per hour. Casual Early Years Practitioners £11.44 - £12.35 dependent on qualification RAFAKidz Nursery, RAF Honington, Bury St Edmunds. Our RAFAKidz family Just like our children, our waiting lists are growing In each of our 16 settings.

**Clinical Team Support Administrator** - NHS Jobs - Bury St Edmunds. £24,071.00 to £25,674.00 per year. The role will focus on supporting the Consultants, the Clinical Team and Senior Management and is office based. To provide the best service to our patients the ideal candidate will be able to work on their own initiative, to remain calm under pressure.

**Mushroom Harvester** - Suffolk Mushrooms Ltd - Stanton, Bury St. Edmunds. Suffolk Mushrooms is one of the biggest mushroom producer. The main role is mushroom picking. Employees should be flexible to work as the company operates 7 days a week. One shift available . Shift starts at 07:00AM The finish time varies day to day.

**Retail Security Officer** -Mitie - IP32 7EJ. Vacancy Reference: 68967 Pay rate: £13.16 Location: Sainsburys Bury St Edmunds Hours: Full time hours Job Overview: Mitie is looking for Retail security officers who can deliver exceptional customer service whilst creating a safe shopping environment.

**Care Assistant** - Newcross Healthcare Solutions - IP28 6AA. £13 to £15.6 per hour. Join Our Team as a Care Assistant in Bury St Edmunds. At Newcross Healthcare, we're passionate about empowering our health and social care workers to thrive. With our innovative, easy-to-use HealthForceGo app.

**Care Assistant** - MHA - bury st edmunds, Suffolk, IP33 1YA. £13.80 to £13.80 per hour. Care Assistant (Nights) based at The Martins, Bury St Edmund Available Hours: Various hour's available full time - 44 hours Salary £13.80 per hour Please note we are only accepting candidates currently living within a 45-minute commute of the Care Home.

**Driver/Offloaders** - Kaybee Site Service UK LTD - Bury St. Edmunds. Due to increasing work demands, we have opportunities for people to join our expanding teams of Kitchen off loaders in the Bury St. Edmunds, Suffolk area. The role entails attending building sites to meet delivery vehicles.

**Community Engagement & Fundraising Officer** - Suffolk Mind - Bury St. Edmunds. £18,108.11 to £20,540.54 per year. 25 hpw/Bury St Edmunds (Flexible hybrid working) Suffolk Mind's mission is to make Suffolk the best place in the world for talking about and taking care of mental health.

**Support Worker- Bury St Edmunds** - Mencap - Bury St Edmunds, Anglia, IP33. £11.9 to £11.9 per hour.

Job Advert Mencap are recruiting for Support Workers in Bury St Edmunds Both full time and part time on a permanent basis. We also have relief/bank contracts available.

**Cleaner** - Compass Group - Honington, IP31 1EE. We're currently recruiting a full time Cleaner to join our cleaning and facilities teams for Defence, contracted to 35 hours per week. As one of our dedicated Cleaners, you will help to deliver on our promise to always create the best.

**Fruit Picker** - Paul Williamson Ltd - Bradfield Combust, Bury St. Edmunds, IP30 0LW. Seasonal Fruit Picker: September to October 2025 only 39 hours per week Manual Labour work picking apples & pears Please only apply if you are local to Bradfield Combust, IP30 0LW.

**Business Support Assistant** - UK Power Networks - Bury St Edmunds, Suffolk, IP32 7BG. Business Support Assistant. This Business Support Assistant will report to the Client Delivery Manager and will work within UKPN Services based in our Bury St Edmunds office. You will be a permanent employee. You will attract a salary of £35,173.

**Part Time Administrator** - Spider Web Recruitment - Bury St Edmunds, IP32 6AE. £14,500 to £15,500 per year.  
 Part Time Administrator - Are you an experienced Secretary / Administrator professional ready for a new challenge? If so, this could be the next opportunity for you. Spider is advertising on behalf of a Marine Cargo Surveyors Loss Adjusters based at Woolpit.

**Warehouse/Depot Operative** - i4 Recruitment - IP30 9UP. Warehouse/Depot Operative Job Type: Full Time, Permanent Location: Woolpit, Bury St Edmunds Working Hours: 37 hours per week Salary: Commensurate with experience Benefits for PAYE: • Sage benefits inc. retail discount vouchers, wellbeing & GP helplines.

**Kitchen Offloader** - Kaybee Site Service UK LTD - Bury St. Edmunds. Due to increasing work demands, we have opportunities for people to join our expanding teams of Kitchen off loaders in the Bury St. Edmunds, Suffolk area. The role entails attending building sites to meet delivery vehicles.

**Personal Assistants/Companions** - Suffolk Independent Living - Bury St. Edmunds. £12.50 to £12.50 per hour. Personal Assistants/Companions required in Bury St Edmunds Must be flexible regarding hours Day and evening shifts available Monday to Sunday.

**To apply for any of these roles, please visit [234 jobs in Bury St. Edmunds](#)**

### Health & Wellbeing



**Felixstowe Wellbeing Hub** COMMUNITIES TOGETHER EAST ANGLIA

**YOU'RE WELCOME**

Social & Wellbeing Group

**JOIN US EVERY TUESDAY  
10AM - 12PM**  
 FELIXSTOWE WELLBEING HUB  
 14-16 GREAT EASTERN SQUARE, FELIXSTOWE IP11 7DY

FREE Entry - refreshments, chat, information & support for all adults aged 18+  
 NO BOOKING REQUIRED  
 FOR MORE INFO CALL 01449 707030 OR  
 EMAIL [INFO@COMMUNITIESTOGETHER-EA.ORG](mailto:INFO@COMMUNITIESTOGETHER-EA.ORG)

[www.comunitiestogethereastanglia.org](http://www.comunitiestogethereastanglia.org) Registered Charity: 1004198



**ACTIVWALKS**  
 CHRISTCHURCH PARK, IPSWICH

Walk for Health & Make New Friends

Join our lovely walk at the park! Our meeting place is at the Soane Street entrance, down from the mansion and near the park benches.

Every Other Monday  
 11am - 12 noon

**2025 Dates**

6 & 20 January	7 & 21 July
3 & 17 February	4 & 18 August
3, 17 & 31 March	1, 15 & 29 September
14 & 28 April	13 & 27 October
12 May	10 & 24 November
9 & 23 June	8 December

**ActivLives** Changes Lives  [www.activlives.org.uk](http://www.activlives.org.uk)

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 Registered Charity No. 1147615

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Visit Suffolk Libraries website for more events and information  
**Free Lending, Activities, eBooks and Audiobooks - Suffolk Libraries**

Wellbeing Friends with Suffolk Libraries  
 Thu, Feb 20, 12:00 PM  
 Hadleigh Library • Hadleigh

Wellbeing Friends with Suffolk Libraries  
 Wed, Mar 5, 12:00 PM  
 Woodbridge Library • Woodbridge

Wellbeing Friends with Suffolk Libraries  
 Thu, Mar 20, 11:30 AM  
 Haverhill Library • Haverhill



The NSFT Recovery College provides free educational workshops and courses for anyone over the age of 16 in Norfolk and Suffolk. Courses are designed to support people to invest in their own wellbeing, find empowerment on their mental health journey and become experts in their own recovery.

All the courses cover a variety of topics and follow a personal recovery approach which encourages:

- Self-knowledge and acceptance
- An understanding of the principles of recovery
- Learning and applying new skills and strategies
- Leading a meaningful life with or without symptoms

The aim is to empower people to take control of their own lives and become experts in their own recovery - people choose their own courses to attend.

Recovery College is a safe space to learn among other people who have experienced mental health challenges, supporters and members of staff.

The Recovery College is not a replacement for clinical support, it works alongside it, as you choose your own courses and work at a pace that suits you.

Please click on the link below to access their current timetable

[Winter-Spring-Timetable-2025.pdf](#)



### [Kooth Digital Health - Home](#)

Kooth Digital Health currently provides digital mental health and wellbeing platforms for children and young people across Essex (covering ages 11-18) and Suffolk (11-25). Our platform for adults, [Qwell.io](#), is BACP accredited and ideally suited to support Connect to Work participants to improve their mental health while being supported into work and to get on at work. Qwell is easily accessible, without the need for a referral and has a range of support tools:

- Professional Support; same-day access to professional mental health practitioners via our live text chat platform. See the attached case study about Stacey, who used our service as part of her return to work.
- Pre-moderated peer to peer support forums - where individuals can talk about their lived experience in a safe environment.
- Psychoeducational self-help materials, in the form of written articles, videos and podcasts - such as this [podcast](#) focusing on men in caring professions.



### **Move to Universal Credit if you get a Migration Notice letter**

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Click on the link below to find out more information

[Move to Universal Credit if you get a Migration Notice letter - GOV.UK](#)