



Labour Market Information & Wellbeing Events

March 2025

Lowestoft Vacancies

Kitchen Team Member – Porky’s Pit, Lowestoft, part time. For more info and application form, email porkyspitfood@gmail.com

Customer Assistant (Market Street & Café) – Morrisons, Pakefield, part time, competitive salary + benefits. Full details and apply via Morrisons website

Food and Beverage Team Member - Gunton Hall Coastal Village, part time, £11.44 P/H. A willingness to learn and improve knowledge on customer service, our products and tailored selling. Full details and apply via Warner Hotels website

Bar Team Member - Gunton Hall Coastal Village, part time, £11.44 P/H. A willingness to learn and improve knowledge on customer service, our products and tailored selling. Full details and apply via Warner Hotels website

Waiting Team Member - Corton Coastal Village, part time, £11.44 P/H. A willingness to learn and improve knowledge on customer service, our products and tailored selling. Full details and apply via Warner Hotels website

Nights Team Member - Corton Coastal Village, part time, £11.94 P/H dependent on age. No experience necessary. Full details and apply via Warner Hotels website

Delivery Driver – Tesco, Lowestoft Leisure Way, £12.92 P/H. Availability window: Sat – Mon & Thur 7pm–11pm, Fri 6pm–11pm. Valid UK/EU/EEA Driving licence (Full or Automatic only) for at least 12 months with no more than 3 penalty points. Full details and apply via Tesco website

Delivery Driver – Asda, Lowestoft, £12.04 P/H, 20 hours P/W. Full details and apply via Asda website

Delivery Driver – Porky’s Pit, Lowestoft, part time. For more info and application form, email porkyspitfood@gmail.com

Delivery Riders – On A Roll, Hamilton Road, shifts available 8am-3pm 6 days P/W. Electric bike provided. Call 07895466006 or drop by to apply

Domestic Assistant (Accommodation) - James Paget University Hospital, Gorleston, part time. Cleaning and domestic experience required. Full details and apply via NHS website

Customer Assistant (Service) – Morrisons, Pakefield, part time, competitive salary + benefits. Full details and apply via Morrisons website

Customer Assistant (Replenishment) – Morrisons, Pakefield, part time, competitive salary + benefits. Full details and apply via Morrisons website

Fragrance Adviser – Superdrug, Lowestoft, North Quay, £8.75 - £11.85 P/H, full and part time. Experience or interest in fragrance required. **Full details and apply via Superdrug website**

Sales Assistant – Superdrug, Lowestoft, North Quay, £8.65 - £11.75 P/H, full and part time. Passionate about retail and customer service. Willingness to carry out piercing services for our customers (training provided) (Optional). **Full details and apply via Superdrug website**

Beauty Therapist – Superdrug, Lowestoft, North Quay, 40 hours P/W, £12.60 P/H. NVQ 2 in Beauty Therapy or equivalent relevant qualifications required. **Full details and apply via Superdrug website**

Sales Associate- H. Samuel, Lowestoft £11.44 P/H, part time. May not specifically have jewellery experience, will have interest in products/ brands. **Full details and apply via Findajob**

Retail Sales Assistant – VPZ, Lowestoft, 20 – 30 hours P/W, £11.50 - £12 P/H, must be 18+. Ideally, you will have retail sales experience in a customer-facing environment. **Full details and apply via Indeed**

Customer Service Adviser - Yorkshire Building Society, Lowestoft, part time, £10,057 P/Y. Being great with people, and being able to talk to our members. Demonstrating a growth-mindset, making the most of the training and development. **Full details and apply via Indeed**

Centre Assistant - Total Balance Wellbeing Centre, Lowestoft, £12.21 P/H, min 18.5 hours P/W (fixed weekly pattern of 3 afternoons, and then Sat morning on a 2 week rotation basis. Superb training and support will be provided. **Full details and apply via Indeed**

Reading Mentor - Teaching Vacancies, NR33 0UQ, part time. Good numeracy/literacy skills, experience of working with or caring for children of relevant age. **Full details and apply via Find a Job**

Midday Supervisory Assistant - Warren School, Lowestoft, £12.21 P/H, Mon- Fri, 11.45am – 1.15pm. Basic level literacy and numeracy, first aid (desirable). **Full details and apply via Suffolk Jobs Direct**

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. Financial support can be applied for to obtain the Private Hire Drivers License. **Speak to work coach for full details and to apply**

Home to School Driver – Rainbow Transport, Lowestoft, Mon – Fri regular hours to be discussed. Excellent driving skills, Good communication skills essential. A full driving license and a Private Hire License essential. Financial support can be applied for to obtain the Private Hire Drivers License. **Speak to work coach for full details and to apply**

Refuse Loader – East Suffolk Council, Lowestoft, £26,835 P/Y, 37 hours P/W over 4 days (6am – 4pm). Be able to effectively communicate with clients/customers, agency organisations/ departments, staff workforce and colleagues. **Full details and apply via Suffolk Jobs Direct**

Production Operative – 2 Sisters Food Group, Flixton, £11.80 P/H. Free bus transport available. Previous experience in a factory or warehouse environment useful, but not essential as full training will be provided. **Speak to work coach for full details and to apply**

General Operative - British Sugar Cantley, Cantley, £12 P/H, 7:30am – 4pm, Mon – Fri. Previous experience of cleaning in a food factory would be an advantage. **Full details and apply via Indeed**

Morning Cleaner – Harvester, Lowestoft, £9.49-£11.44 P/H, 6:30am - 8:30am, 4 days P/W. **Full details and apply via Indeed**

Trainee Water Sports Assistant - Oulton Broad Water Sports Centre, 3 year Training and Employment programme to become an Assistant to Centre Manager. Aim for candidate to be trained from beginner to RYA Senior. **Speak to work coach for full details and to apply**

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.

Migliori - Assistant Training And Assessment Coordinator We are seeking a proactive, detail-oriented, and highly organized Assistant Training and Assessment Coordinator to support the delivery and assessment of vocational qualifications and mandatory training within the health and social care sector. This role is critical to ensuring all training programs are promoting a safe, inclusive, and effective learning environment for staff development.

Live in Carer - Home Instead

Home Instead have numerous care roles available including part time positions. Interested candidates will need to be able to drive. They will be interviewing within the Ipswich Job Centre on Tuesday 18th February from 10am-12pm. If you would like an interview to discuss the roles, please contact your Work Coach.

Teachers/Teaching Assistants - 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.

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.

Fresh Fillaz – Catering Assistant

Fresh Fillaz are seeking a Catering Assistant to work 12-16 hours per week over 4 days (Mon-Fri). As a Catering Assistant you will support the small team in preparing sandwiches and other café style food. Fresh Fillaz are looking for candidates who ideally have prior food prep experience and have good customer service skills. Good manual dexterity and hand-eye coordination is essential to prepare the food in good time and quality. If you feel you're right for the role please speak to your work coach today.

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.

PGL Bawdsey Current Vacancies available:

Night Support Assistant • Retail Assistant • Catering Manager • Catering Assistant • Housekeeping Assistant • Chef • Activity Instructor/Group Leader

<https://jobs.pgl.co.uk/>

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!

CARLTON MERES Holiday Park – Saxmundham

At Park Holidays UK, we offer comprehensive training and support to help you succeed in your role and grow your career with us.

- Housekeeper
- Bar Staff/Waiting
- Chef
- Receptionist

Bury St Edmunds vacancies

[237 jobs in Bury St. Edmunds](#)

Admin Officer

£11.59 per hour Full time

Bury St Edmunds, Suffolk, IP33

HM Courts & Tribunals Service (HMCTS) is an agency of the Ministry of Justice. HMCTS provides administrative support for the legal system across England and Wales, ensuring justice works for everyone. Our justice system defends our fundamental rights and freedoms. It is a cornerstone of our modern society, and it must serve all those who call on it.

Female Support Worker

£26,786.00 per year Full time

Bury St Edmunds, IP30 9LR

NHS

Be part of making lives better as a Support Worker at The Chimneys in Bury St Edmunds and experience what delivering great healthcare should feel like. Use your knowledge, experience, and caring nature to make a positive difference to the lives of women with an emerging or personality disorder. You'll be looked after, with a fulfilling career where you're valued, recognised, and supported, with colleagues there for you and a culture built on kindness and teamwork. There's also a range of training and development options available to help you achieve your career aspirations, allowing you to grow and succeed as a Support Worker and beyond.

Support Worker

£11.50 per hour

Red Lodge, Bury St. Edmunds

Responsible to: Directly accountable to and taking direction from the employer (Mum)

Hours: 6 hours per week

The purpose of the job is to support and be a friendly companion to a 7 year old boy with severe autism, severe food aversion and sensory processing disorder. The child lives at home with his family. The purpose is to build a trusting, professional relationship with the child and to support his needs. The child loves outdoor activities, loves running and jumping and also likes a cuddle.

Care Assistant Nights

£12.50 per hour Full time

Bury St Edmunds Suffolk, IP33 2EX

Care UK Plc

Are you a passionate and caring individual looking for a rewarding career with excellent training and opportunities for development? Join Care UK, a multi award winning care provider as a Care Assistant. Helping residents to remain as active and independent as possible. Support residents with personal care and mealtimes Helping identify residents' unique goals and implement personalised care plans. Supporting residents to explore new interests and engage in physical activities in a motivating and homely environment

Retail Sales Assistant

£11.44 per hour

BURY ST EDMUNDS, IP33 2RH

McCull's Retail Group

Required for 16.00 hours per week. At McColl's we pride ourselves on being the second largest multiple convenience operator in the UK. As a Store Colleague/Sales Assistant it will be your responsibility to ensure our customers receive the first-class customer service that they have come to expect every time they visit one of our stores.

Car/Van Driver

£12 to £14 per hour Full time

IP28 6RE

Workchain

Workchain is currently seeking experienced Car/Van Drivers to join our client in Bury St. Edmunds for a temporary position. Safely and efficiently operate a car/van to transport goods or passengers. Maintain accurate logs and records of deliveries - Provide excellent customer service.

Tesco Colleague Nights - Bury St Edmunds Superstore

Bury St. Edmunds, Suffolk, IP32 7JS

Shift Patterns: Sun 22:00:00 07:00:00 Mon 22:00:00 07:00:00 Tue 22:00:00 07:00:00 Fri 22:00:00 07:00:00 Sat 22:00:00 07:00:00

Newspaper Delivery Driver

NewsTeam Group Ltd

£493.80 per week – Bury St Edmunds - Norton Tuddenham Barningham Wickhambrook
Mildenhall Kentford Beyton Thurston

- Be available to work 7 mornings per week from 4.15am (approx 4 - 4.5 hrs)
- Own your own car or small van (with reasonable running costs)
- Own a smartphone (android or iPhone)
- Live locally to the area above

Cleaner

£11.44 per hour

Full time

Bury St Edmunds, Suffolk, IP33 1TR

Professional Personnel Management Ltd

PPM Recruitment are recruiting for a cleaner in the Bury St Edmunds area.

General cleaning duties within a court

Monday to Friday 6.30am - 8.30am

DBS required

To apply please email ellie.johnson@ppmrecruit.com

Health & Wellbeing events



[ActivLives Timetable - ActivLives](#)

[What is ActivLives?](#)

ActivLives is a local independent charity working in Ipswich and across Suffolk to keep people active, connected and involved with their local community through accessible sports and exercise, learning new skills and volunteering opportunities.

[Get Everyday Activ in Suffolk | Motivating, supporting and inspiring healthier lifestyles](#)

wellbeing

Helping you live your life

wellbeing Helping you live your life

2025

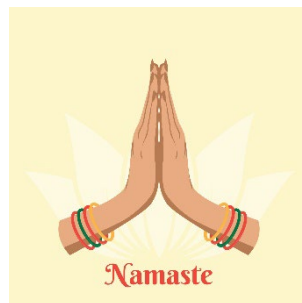
NHS Suffolk Talking Therapies

Wednesdays with Wellbeing

<p>12th February: Felixstowe Trinity Methodist Church 26 Hamilton Road IP11 7AN 1pm - 3pm</p>	<p>12th March: Brandon Brandon Leisure & Health Hub Church Road IP27 0JB 1pm - 3pm</p>
<p>2nd April: Haverhill Haverhill Leisure Centre Ehringshausen Way CB9 0ER 1pm - 3pm</p>	<p>7th May: Saxmundham Christies Care - Rose House Street Farm Road IP17 1AL 1pm - 3pm</p>
<p>11th June: Newmarket The Stable Cafe & Community Hub 65 High Street CB8 8NA 1pm - 3pm</p>	<p>23rd July: Bury St Edmunds The Centre St John's Street IP33 1SN 12:30pm - 2:30pm</p>
<p>8th October: Haverhill Haverhill Leisure Centre Ehringshausen Way CB9 0ER 1pm - 3pm</p>	<p>More events will be confirmed soon!</p>

For queries email us at: Suffolk.CommunityTeam@nhs.uk

for anxiety and depression



SOULDIMENSION.ORG

FREE BREATHWORK CLASS

EVERY WEDNESDAY

Breathwork - Free Weekly Class • Online • Every Wednesday • 6pm

Learn the breathing technique. Practice deep breathwork and meditation. Relax, heal and enjoy the benefits. No previous training required.

To reserve a space, visit:

[Breathwork - Free Weekly Class • Norwich Tickets, Multiple Dates | Eventbrite](#)

Talk: Improving Your Sleep - Wellbeing Suffolk

Bury St Edmunds Library, Suffolk, IP33 1TZ

Wed 19th March 2025



A good night's sleep positively impacts our mental and physical health, improving wellbeing and increasing productivity.

This evidence based talk, led by clinicians from Wellbeing Suffolk, will provide helpful tips and strategies to help you make permanent positive changes to your night time routine.



[Timetable Recovery College | Norfolk and Suffolk NHS](#)

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.

The courses have been categorised to help guide students:

- **Begin** – to understand yourself
- **Build** – a toolkit of self-help skills
- **Understand** – aspects of the challenges you may be facing
- **Grow** – a plan for your future

All the courses are centred on the principles of **CHIME** - Connection, Hope, Identity, Meaning and Empowerment.