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| **Labour Market Information & Wellbeing Events**  **April 2025** |

**Lowestoft Vacancies**

**Cleaner – Heathland Beach Coastal Park**, Kessingland, flexible hours. Clean and dress sales caravans. **Call 01502 740337 for more information and to apply**

**Cleaning Operative - Spotless Commercial Cleaning Ltd**, Lowestoft, Mon-Fri, 4:30 – 6pm, £11.44 P/H. 6 months cleaning experience desired. **Full details and apply via Indeed**

**Seasonal Housekeeper - The Wherry Hotel**, Lowestoft. Previous experience would be an advantage. **Full details and apply via Indeed**

**In Store Cleaner - Quantum Cleaning FM**, Lowestoft, £11.44 P/H, 15 hours P/W. Previous experience in professional cleaning is preferred but not required. Training will be provided for candidates with a strong work ethic and willingness to learn. **Full details and apply via Indeed**

**Service Colleague – Asda**, Hopton, 21 hours P/W, afternoons, £12.04 P/H. Care about giving customers a great shopping experience. **Full details and apply via Asda website**

**Cafe Team Member – Tesco**, Leisure Way Lowestoft, Afternoon and Weekends, £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 Tesco website**

**Kitchen staff - The Joseph Conrad**, Lowestoft Wetherspoon, £11.64 P/H. We recruit for personality and, as a UK Top Employer with an award-winning training programme, we can teach you the skills to succeed. **Full details and apply via Indeed**

**Front of House Team Member – Harvester**, Lowestoft, Part time, must be 18+, £9.49-£11.44 P/H. Previous kitchen or restaurant experience is preferred. **Full details and apply via Indeed**

**Casual Café Assistant (Kitchen) - Suffolk Wildlife Trust**, Lowestoft, £11.44 P/H, part time between Mon - Sun 9am-5pm (weekends, bank holidays and school holidays). Prior experience in similar roles, familiarity with stock control processes, and proficiency in EPOS till systems are desirable, as are barista skills. **Full details and apply via Find a Job**

**Coffee Shop Cook - Olive Tree Coffee Shop**, Lowestoft, £11.70-£14.42 P/H, 35 hours P/W. May be required to work some shifts out front of house, previous barista experience preferable but not essential and training can be given. Excellent customer service and a flexible work attitude is essential. Must be available to work weekends. **Full details and apply via Indeed**

**Kitchen Assistant - Kirkley Manor Nursing Home**, Lowestoft, £12 P/H, bank contract. Previous experience in a similar role is desirable but not essential. A good understanding of food hygiene and safety practices. **Full details and apply via Kingsley Healthcare website**

**Kitchen Porter - Warner Hotels**, Lowestoft, NMW, part time. Enthusiastic candidates who want to develop a career in the kitchen. Ability to work under supervision. Good communication skills. **Full details and apply via company website**

**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**

**Ranger/Dinosaur operator - Dino2hire ltd**, must be 18+, £120 P/D. Driving licence, manual handling required. F**ull details and apply via Indeed**

**Food production operative – GI Group**, Lowestoft, starting rate £11.87 P/H, approx. 20 roles available. Mix of the following shifts, 06:00 - 14:00, 14:00 - 22:00, 22:00 - 06:00, hours will vary but can expect between 30 - 40 on average. Primarily packing and quality checking the products. **Full details and apply via GI Group**

**Supported Lettings Admin Assistant - East Suffolk Council**, £25,584 - £27,269 P/Y pro rata, 18.5 hours P/W. Experience working in a customer focussed environment, and offering advice and guidance and has worked in a clerical, administrative and/or office based role. It is essential to have the ability to communicate effectively. **Full details and apply via Suffolk Jobs Direct**

**Account Co-ordinator – GI Group**, Lowestoft, £12.50 P/H, once trained will include being on call every third weekend, average of 40 hours a week. Desirable: experience within recruitment, payroll and general administration. **Full details and apply via GI Group website**

**Medical Receptionist – NHS Jobs**, Lowestoft, £11.50 -£12.00 P/H, full time. Be able to cover all reception positions as necessary. **Full details and apply via Find a Job**

**Sales Administrator - Park Holidays UK Ltd**, Lowestoft, NR33 7BQ, £23000 P/Y, Flexibility on working hours. Customer Service Experience, Excel and Word, Organisation. Comprehensive training and support provided. **Full details and apply via Indeed**

**General Assistant/Receptionist - Best Western The Hatfield Hotel**, Lowestoft, £11.44 P/H. Previous experience is desirable, however not essential. Attitude is far more important. Flexible to serve front of house as well as on the reception. **Full details and apply via Indeed**

**Support Worker - Learning Disability Services**, The Laurels Learning Disability Care Home, Lowestoft, £12 P/H, Full and Part-time Positions Available, £500 Welcome bonus. A caring and patient nature. Previous experience as a carer is preferred, but not essential. Full UK Driving Licence is preferred, but not essential. **Full details and apply via Kingsley Healthcare website**

**Invigilator/Reader/Scribe - Teaching Vacancies**, Lowestoft, part time. Good numeracy and literacy levels. **Full details and apply via Find a Job**

**Stores Operative – Hales Group**, Lowestoft, 7am – 4pm, Mon – Fri, £11.44 P/H. Strong knowledge of stores and goods-in processes, equipment, and machinery. Basic IT skills, including Microsoft Excel and Word. **Full details and apply via Hales Group**

**Gardener - About Blooming Thyme**, Gorleston, £13 P/H, 8 – 40 hours P/W. Previous experience in gardening or landscape maintenance. A keen eye for detail and a passion for horticulture are essential traits for success in this role. UK Driving Licence. **Full details and apply via Indeed**

**Grounds Maintenance Officer - Lowestoft Town Council**, Lowestoft, £12.65 P/H, Some weekend and other out of normal hours work may be required. As experienced and practical gardeners/horticulturists, you will help us maintain our parks, open spaces and buildings in an environmentally positive way. **Full details and apply via Indeed**

**Environmental Support Officers - Lowestoft Town Council**, Lowestoft, from £12.65 P/H, 12 hours P/W, 6 month temp contract. Drivers with car preferred, non-drivers considered as long as can get to sites independently, as required. Suit people who enjoy the outdoors and care about litter-free and clean public open spaces and buildings. **Full details and apply via Indeed**

**Ipswich Vacancies**

[483 jobs in Ipswich | Page 1 | Find a job](https://findajob.dwp.gov.uk/search?q=&loc=81989)

**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

**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"

**Picker**

Booker Group - Compton Road, Hadleigh Road Industrial Estate IPSWICH, IP2 0UQ

You will be expected to ensure our customers’ needs are exceeded at all times while working in a number of areas of the store, so no two days will be the same. Whether it’s filling shelves, serving on the tills, ensuring we have the right amount of stock.

**Care Home Activities Coordinator**

Kingsley Healthcare - Ipswich, Suffolk, IP9 1AX

£12 to £12 per hour

About the company Family-owned Kingsley Healthcare is a UK top 20 ranked care home group (carehome.co.uk) employing 2,000-plus staff and supporting 1,400 residents. We have a sector-leading 4.7 Glassdoor rating and are proud to be a Real Living Wage employer.

**Care Worker** - Nights

Housing 21 - Ipswich, Suffolk, IP1 6QB

£12.93 to £12.93 per hour

Hours: 10 per week Shift Pattern: 10 hour night shift - 21.00 – 0700 Are you looking for a career that’s both rewarding and offers opportunities to develop, but dread the thought of a desk job? Are you a people person who can strike up a conversation with anyone?

**Care Assistant**

Orwell Housing Association - Hadleigh, Suffolk, IP7 5JJ

£11.75 to £11.75 per year

Care Assistant - Sydney Brown Court, Hadleigh £11.75 per hour 30 hours per week; Permanent Job Ref: SBC053 The Role We are recruiting for compassionate Care Assistant to make a meaningful impact on the lives of our customers every day.

**Delivery Driver**

NewsTeam Group ltd - Kesgrave, Ipswich

Newspaper Delivery Driver – £321.60 per week – Kesgrave Martlesham Bromeswell News Team Group are currently looking for an Early Morning Newspaper Delivery driver in the above area. Immediate start available. About the role This is a permanent, part-time, self-employed role.

**Tesco Colleague - Ipswich Extra**

About the role Availability Days From time To time Sun 06:30:00 12:30:00 Mon 06:30:00 12:30:00 Sat 06:30:00 12:30:00 Our Tesco Colleague rate of pay starts from £12.02 an hour.

**Merchandiser**

UK Greetings Ltd - Ipswich, Suffolk

£11.67 to £11.67 per hour

An opportunity has arisen for a permanent part time Greeting Card Merchandiser calling upon local retail outlets in and around your local area. Location: Ipswich (IP1 5QP & IP2 9EG) Hours: 6.16 hours per week Days: Monday & Friday Rate: £11.67 per hour.

**Admin Assistant - Care Home**

NHS Jobs - Ipswich, IP5 2GA

£11.94 to £11.94 per hour

ABOUT THE ROLE As an Admin Assistant at a Barchester care home, you'll carry out a range of responsibilities to help us deliver the quality care and support our residents deserve. In this varied role, we'll need you to answer the phone, handle our files and general admin duties.

**Education Administrator**

NHS Jobs - Ipswich, IP3 8LX

£24,200.00 to £25,100.00 per year

JOB DESCRIPTION: HOSPICE EDUCATION ADMINISTRATOR REPORTS TO: HEAD OF EDUCATION BASED AT: ST ELIZABETH HOSPICE JOB SUMMARY To provide a comprehensive administration support service for the Hospice Education department to support the effective delivery of internal and external education provisions.

**Bury St Edmunds Vacancies**

[303 jobs in Bury St. Edmunds | Page 1 | Find a job](https://findajob.dwp.gov.uk/search?q=&loc=81826)

**Kitchen porter**

inploi - Bury St Edmunds, ip33 3fa

£11.44 to £11.44 per hour

please note from 01.04.25, the advertised rate will be £12.21 per hour in line with the annual national minimum wage increase. Kitchen porter | part time.

**Domestic cleaner**

Amanda's Concierge Cleaning Limited - Bury St. Edmunds, Suffolk

£12.21 to £12.21 per hour

We offer EMPLOYED domestic cleaning contracts in customers private homes. We currently have homes in Barrow, Bury st Edmunds and surrounding villages waiting for a permanent cleaning person to help them in their homes.

**Data Assistant**

NHS Jobs - Bury St. Edmunds, IP33 2QZ

£26,530.00 to £29,114.00 per year

Please see the job description for the full list of duties. Assist the RIS Manager and PACS Manager with the smooth running of the systems by completing data quality checks. Arrange the smooth transfer of imported and exported images via the IEP.

**Temporary Customer Services**

Hays Specialist Recruitment - Bury St Edmunds, Suffolk, ip30 9qg

£14.43 to £14.43 per hour

Your new company My client is a progressive, growing business based in Woolpit. Your new role This is a short-term temporary cover for a busy and vibrant team. Duties and responsibilities will include but not limited to: Data processing, Making outbound calls, Logging information on a bespoke CRM and Working on Sage 50/Sage 200.

**Female Support Worker**

Dimensions - Bury St Edmunds, IP33 3FT

£12.31 to £12.31 per hour

Join Dimensions UK - Become a Values-Driven Support Worker - Location : Bury St Edmunds, Suffolk - Hours : 30 hours per week (shift patterns include 8am-10pm, 8am-3pm, and 3pm-10pm) - Driver Requirement : Full UK driving licence essential with own car.

**Roller Driver**

Constructive Resources Ltd - Bury St. Edmunds, Suffolk

£21 to £21 per hour

We are looking for a Ride on Roller Driver for a job in Bury St Edmunds starting immediately for some long term work. You must have either a valid CPCS card or a NPORS card for this job. You must also have a valid Medical Certificate for this job.

**Care Assistant**

Care UK Plc - Bury St Edmunds, Suffolk, IP33 2EX

£12.60 to £12.60 per hour

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. The Role Helping residents to remain active.

**Delivery Driver**

News Team Group ltd - Woolpit, Bury St. Edmunds

Newspaper Delivery Driver – £314.40 per week – Woolpit, Great Finborough, Rattlesden, Buxhall News Team Group are currently looking for an Early Morning Newspaper Delivery driver in the above area. Immediate start available.

**Nursery Assistant**

Nurse Plus UK Ltd - IP33 1HP

£12 to £12.5 per hour

Nursery Assistant Join Nurseplus as a Nursery Assistant – Make a Difference Every Day At Nurseplus, every shift you work is an opportunity to make a real difference in the lives of those in need. As a Nursery Assistant , you’ll be providing high-quality care ...



[Timetable Recovery College | Norfolk and Suffolk NHS](https://www.nsft.nhs.uk/timetable)

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.



[Get Everyday Activ in Suffolk | Motivating, supporting and inspiring healthier lifestyles](https://activlives.org.uk/)

**ActivHubs**

ActivHubs was set up to provide a fun and social way for people to keep fit and healthy, improve strength, balance and  
co-ordination, reduce stress and while doing all of that, make some new friends in the process!

**ActivGardens**

**ActivGardens** are all about growing! Growing plants. Growing fresh healthy food. Growing yourself… your fitness, your health, your skills, your friends, your community. Get active with ActivGardens in Ipswich and Sudbury!

**ActivSport**

A community based sports and physical activity programme for adults. Particularly targeted at people who are not already taking part in regular sport or physical activity. New participants are always welcome!

**ActivSingers**

ActivSingers meet in Ipswich and Woodbridge every couple of weeks to enjoy all of the benefits from the joy of singing. Everyone is welcome to join in with no previous experience of singing required.



[Be Well Bus timetable announced for Ipswich and east Suffolk - NHS Suffolk and North East Essex ICB](https://suffolkandnortheastessex.icb.nhs.uk/news/be-well-bus-timetable/)

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| Felixstowe 10am to 2.30pm | For 15/01/25 – Outside Prezzo, 131-133 Hamilton Road,  Felixstowe, IP11 7BN | 14/05/2025 Wed – Maternity and Women’s Health 16/07/2025 Wed |
| Woodbridge 10am to 2.30pm | 2 Cumberland Street, Woodbridge, IP12 4AB | 15/05/2025 Thu 17/07/2025 Thu |
| Debenham 10am to 2.30pm | Along the High Steet, Debenham, IP14 6QN | 20/05/2025 Tues 22/07/2025 Tues |
| Saxmundham 10am to 2.30pm | Tesco Car Park, 1 Church St, Saxmundham, IP17 1EP | 22/05/2025 Thu |
| Leiston 10am to 2.30pm | East of England Co-Op Car Park, Sizewell Road, Leiston, IP16 4AE | 27/05/2025 Tue 29/07/2025 Tue |
| Ipswich Town Football Club (ITFC) – 12pm to 3pm | ITFC Fanzone, Portman Road, Ipswich, IP1 2DA | 10/05/2025 Sat 25/05/2025 Sunday (1pm to 4pm) |
| Hadleigh 10am to 2.30pm | At the rear of Coop, Magdalen Road, Hadleigh, Suffolk, IP7 5EF | 04/06/2025 Wed – Maternity and Women’s Health |
| Wickham Market 10am to 2.30pm | 60 High St, Wickham Market, IP13 0QU | 12/06/2025 Thu |
| Framlingham 10am to 2.30pm | 11 Market Hill, Framlingham, IP13 9AN | 22/04/2025 Tue 17/06/2025 Tue |
| Stowmarket 10am to 2.30pm | 7 Market Place, Stowmarket, IP14 1DY | 06/05/2025 Tue 08/07/2025 Tue |
| Needham Market 10am to 2.30pm | Address TBC due to various locations | 07/05/2025 Wed 09/07/2025 Wed |
| Ipswich, Suffolk Show (currently not available for service booking) | Trinity Park, Felixstowe Road, Ipswich, IP3 8UH | 28/05/2025 Wed 29/05/2025 Thu |
| Ipswich, Bucklesham Coffee Morning 9.30am to 12.30pm | Bucklesham and Foxhall Village Hall 12 Levington Lane Bucklesham, Ipswich, IP10 0DZ | 14/06/2025 Sat |
| Henham Park, Suffolk – Latitude Festival (currently not available for service booking) | A145, Henham Park, Beccles, NR34 8AW Suffolk | 24/07/2025 Thu 25/07/2025 Fri 26/07/2025 Sat 27/07/2025 Sun |
| Aldeburgh Carnival | Aldeburgh, Suffolk | 16/08/2025 Sat 17/08/2025 Sun 18/08/2025 Mon |

For further information about the Be Well Bus please contact : [bewell.bus@snee.nhs.uk](mailto:bewell.bus@snee.nhs.uk%20)or 07971 594 817

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Changes in Benefits - 2025

1. Focusing support on those with the highest needs through changes to the PIP entitlement rules, introducing an additional requirement so that claimants must score a minimum of four points in at least one daily living activity to be eligible for the daily living component.
2. Rebalancing support in Universal Credit to address perverse incentives and encourage more people into work. The UC health element will be frozen in cash terms at £97pw until 2029/30 for existing recipients. The UC health element rate for new claimants will be reduced to £50pw in 26/27 and then frozen until 2029/30. The UC Standard Allowance will be increased above inflation over the forecast period. For single claimants over 25 it will increase to £106pw in 2029/30 with an equivalent increase for other claimants.
3. Not taking forward plans to change the Work Capability Assessment (WCA) as set out by the previous Government in November 2023.
4. Investing £1bn a year by 2029/30 in targeted and personalised support to help more disabled people and people with health conditions into employment.
5. Fraud and Error prevention measures.
6. Increasing WCA reassessments to ensure awards reflect current circumstances and people can access the support they need.
7. Increasing capacity for PIP award reviews.

[Department for Work and Pensions - GOV.UK](https://www.gov.uk/government/organisations/department-for-work-pensions)

Access the DWP website for further support and information

[Citizens Advice](https://www.citizensadvice.org.uk/)

Contact your local Citizens Advice Bureau for support