**Female\* Support Worker required in Lowestoft**

**20 hours available per week until mid-September**

**Dropping to 4.5 hours from 14th September onwards**

**£12.50 per hour**

**Job reference: 5102**

**Job description**

*Although this job description is correct at present, it may change from time to time after negotiation with the post holder.*

*Must have the right to work in the UK to apply for this role, sponsorship not available.*

**Job role**

Until mid-September, the role includes supporting me with personal care, cooking meals and doing household chores 5 days a week, from 9 am to 1 pm, because my husband (formerly my main carer) is recovering from serious illness and major surgery.

From 14th September onwards, the role will revert to my original days and hours, on Mondays and Tuesdays, 9 am to 9:30 am, and 1 pm to 2:45 pm. This role includes supporting myself with personal care and preparing meals whilst my husband is at work. The successful candidate will report to me as I will act as their employer. The support service Suffolk Independent Living manage the payroll, but you will not be employed by them.

**About me**

I am a 44-year-old woman in need of a Support Worker to help assist me in my independence and wellbeing. I love being surrounded by my family and I am very family orientated. I’m currently living with my husband and two sons and have an elder daughter. In my spare time I enjoy my various hobbies and Christian faith; I love my music, especially the rock and folk genre. Although my muscle spasms, coordination and pain levels have caused me to struggle, I love to knit, crochet, cross-stitch and spend time diamond painting. When I am well enough, I will also supplement my time playing The Sims 4 and listening to many Audiobooks. I am also part of a community on Zoom which helps me to feel less isolated.

**Main Duties and Responsibilities:**

This list is not exhaustive and may change from time to time, but the successful candidate will be required to help/support with the following:

* Helping me to shower
* Reapplying my therapy devices after the shower
* Preparing my breakfast and my lunch, and washing up afterwards
* Cooking nutritious meals for me to eat at dinner with leftovers for the weekend
* Doing laundry
* Cleaning
* Accompanying me to occasional appointments
* Lifting my wheelchair in and out of my car/taxis. This wheelchair weighs 26kg, so please consider your ability to do so before applying.

**Personal Specification**

*(refer to these when submitting your application)*

**Essential Criteria**

* No smokers
* The role occasionally requires support with my movement. Please consider your ability to support with this, as I am 6ft 2 and 17 1/2 stone.
* Due to my past experiences and the requirement of personal care, applications from females will only be accepted
* Candidates will report to me and must be respectful, honest, and polite. Candidates must display a patient centred approach when managing my personal care, they should handle this with tact, compassion, empathy, and where needed, humour.
* Candidates should have excellent communication, time management skills, and be dependable
* Candidates as part of this role must be able to prepare simple meals following recipes

**Desirable Criteria**

* Food hygiene training
* First Aid training

**Summary terms and conditions**

* \*Female only role due to personal care Schedule 9, P1 of the Equality Act 2010 applies
* Hours, days and times of work:
  + Until mid-September – Monday to Friday from 9am to 1pm
  + From September 14th onwards – Mondays and Tuesdays, 9am to 9:30am & 1pm to 2:45pm
* Pay rate: £12.50 per hour
* Annual leave: The annual holiday entitlement for this position will be equivalent to the work normally done during 5.6 weeks (statutory entitlement).
* Expenses: You will be reimbursed for prior agreed expenses incurred as part of the role.
* Sick pay: I do not operate a private sick pay scheme but provided you meet the eligibility criteria, you may be entitled to Statutory Sick Pay (SSP).
* Pension: I do not operate a private pension scheme but I will fulfil my statutory obligations via the [NEST](https://www.nestpensions.org.uk/schemeweb/nest/about-pensions.html) pension scheme.

**The post is subject to the following**

* Background check: A satisfactory Enhanced with Barred List Disclosure and Barring Service check is required for this position.
  + *If you have been convicted of a criminal offence, please send these details to SIL in a separate email or in a sealed envelope together with a stamped addressed envelope. This will not be shared unless you are shortlisted for the post.*
* References: If successful, you will be required to provide details of two referees, one of which must be your current or most recent employer, or character references if you have not been employed
* Trial period: This post is subject to a probationary period of 3 months.

**How to apply**

If you wish to apply for this position, please complete an **application form** and return it to SIL, quoting the job reference number **5102**.

**Please refer to the job description.**

**Online form**: <https://www.suffolkindependentliving.org.uk/application-form-1>

**Email**: [suffolk@silmail.org](mailto:suffolk@silmail.org) **Telephone**: 01473 603876

**Post - Address**: SIL, Unit 21, IP City Centre, 1 Bath Street, Ipswich, IP2 8SD