Weekend Support Worker / Companion needed

in Martlesham Heath

3 hrs a day on Saturday and Sunday

Option for additional 1.5 hours in the

afternoon

*£10.25 per hour*

*Closing Date: On-going*

*SIL REF: 4455*

About Me

I am a 49 year old woman with learning difficulties and autism, so I need to operate with the security of a regular routine. With sufficient warning and clear instructions I can manage changes to my routine. As an example I love to watch certain television programs at set times which can form a framework for my day, however, if given notice they can be recorded and I will watch them at a later time.

For the same reason I follow a set 6 week meal plan, this also aids my shopping and cooking plans to maintain the routine. Equally I can change my menu with prior notice and discussion if necessary.

I do not have any pets but get a lot of enjoyment from feeding and watching the birds and hedgehogs in the garden.

I live alone in a bungalow but receive a lot of assistance from my mum, who will be available to assist you at the start of your employment to help you learn how my routine works.

**Main Duties and Responsibilities**

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

The job is likely to include:

* Provide companionship and fun playing games and puzzles
* Accompany me out and about to shops or cafes – walking if possible, but a car is needing for some journeys
* Support to maintain independence
* Social integration
* Help with personal tasks like fingernails and ear drops
* Aid me with tasks around the home such as washing, cleaning and gardening.
* Shopping as and when required

****My preferred shift times are as follows but subject to some flexibility at interview.

Sat and / or Sun

9.30am – 12.30pm

Both days available every weekend

A job share for alternate weekends or

either day on a permanent basis could be considered.

An additional 1.5 hours 430pm – 6pm

can also be available both days if you are interested

**Person Specification**

|  |  |
| --- | --- |
| **Essential** | **Desirable** |
| * Driver with a car
 | * Experience of working with people with learning difficulties and autism.
 |
| * Sense of humour and fun
 | * Similar interests to mine
 |
| * Common sense approach to life
 | * Enjoyment of gardening
 |
| * Good communication skills.
 | * Understanding of my health needs
 |
| * Friendly sympathetic attitude
 | * Driver with a car
 |
| * Excellent time keeping
 | * Domestic help experience
 |
| * Respect for my routines
 | * Experience of promoting independence
 |
| * Respect for my thoughts and opinions
 | * Enjoyment of music
 |
| * Ability to cook meals
 |  |

**Terms and Conditions**

|  |  |
| --- | --- |
| Pay Rate: | £10.25 per hour |
| Hours of work | Saturday and Sunday between 930 – 1230 options available.Possible additional 1.5 hours available 430pm – 6pm Saturday and Sunday. |
| Annual Leave | The annual holiday entitlement for this position will be equivalent to the work which would normally be done during 5.6 consecutive weeks. |
| Background Checks | A satisfactory Enhanced Disclosure and Barring Service check is required for this position.If your application is 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. |
| Expenses | You will be reimbursed for any expenses incurred during the role.  |
| 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 the enclosed application form (quoting the reference number **SIL4455**) and return to the address below:

**Address**: **Email**: suffolk@silmail.org  **Telephone**: 01473 603876

Suffolk Independent Living

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Suffolk

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