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| **Job Element** | **Detail** |
| **Job Reference** | 4562 |
| **Job Title** | Carer |
| **Location** | Based at my home in Aylsham, North Norfolk |
| **Main Purpose**  | To assist a lady with all aspects of daily living and care. 4.5 hours per fortnight, to be worked on Saturdays. |
| **Rate of pay** | £12.00 per hour  |
| **Closing date** | 08/04/2022 |
| **A little about me…** |
| *I have always been an independent person and imagined I always would be. I’m proud to have worked just short of 40 years for the NHS. My job gave me great satisfaction, and I only retired when this wretched disease got the better of me. Nature, protecting wildlife and respecting the planet are very important to me. My world has shrunk to my garden, my cat, my friends, listening to music and sudoku. Humour, sunshine, a glass of wine and a good murder mystery keep me going. I’m now looking for someone caring to help me with activities and daily tasks I can no longer conduct independently. I have Carers that support me daily in the mornings, lunchtimes and evenings. I am looking for an additional person who can fill in on their days off and to contribute to cover holidays and sickness when necessary.*  |
| **Personal Specification** (refer to these when submitting your application) |
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| **Job requirements** | **Essential** | **Desirable** |
| 1. Qualifications and training
 | Good standard of EnglishWilling to complete annual training  | Manual handling, Carer’s training  |
| 1. Skills and abilities
 | Ability to work without supervisionAbility to anticipate care needs |  |
| 1. Knowledge and experience
 |  | Previous experience in caring for those unable to move |
| 1. Personal qualities
 | Good communication skills Friendly and caring nature |  |

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| **Main Duties**Although this job description is correct at present, it may change from time to time after negotiation with the post holder.  |
| * Getting me up in the morning using a hoist (8am)
* Assistance with showering, drying and dressing
* Peristeen management (bowel care, training will be provided)
* General cleaning and odd jobs around the home (e.g. washing-up, putting shopping away, taking bins and compost out, filling bird feeders, laundry, vacuuming, and anything else as necessary)
* Meal preparation
* Feeding the cat
* Putting me to bed (8pm), ensuring the house is locked up and curtains drawn
* Keeping accurate care notes
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| **Terms and Conditions** |
| **Hours/ Days of work** | Your usual hours will be 4.5 hours fortnightly over Saturdays and Sundays. You will also need to contribute to cover some holiday and sickness which may include other days and evenings.  |
| **Times of work** | 45 minutes in the morning starting at 8am (You will usually be finished by 8.30am) on the Saturday and Sunday3hrs starting at 11am until 2pm on the Saturday only.(5hrs when providing weekday cover)45 minutes starting at 8pm (when providing cover only) |
| **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 **Disclosure and Barring Service** check is required for this position.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 2 months. |

**How to apply:**

If you wish to apply for this position, please complete the enclosed application form (quoting the job reference number 4562) and return to the address below.

You are welcome to attach a copy of you CV to support your application, though this will not be used in the place of an application form.

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c/o Suffolk Independent Living

IP-City Centre

1 Bath Street

Ipswich

IP2 8SD

(01473) 603876