**Support Worker for Domestic Help in Ipswich needed**

**8 hrs per week @ 10.50 per hour**

**Job description**

Listed below are details of the purpose of the job and what tasks are involved. It is important and advisable to refer to this when submitting your application for the post.

**Job Purpose**: To increase community interaction and independence while improving the home environment with general domestic chores, cooking and shopping. Very light personal care may be required occasionally.



**Details:** I am a single mum with a 13-year-old daughter living in the centre of Ipswich. I have Raynaud’s syndrome, fibromyalgia, ME, Carpel Tunnel Syndrome. Unfortunately over the past few years my illnesses’ have progressed and I find tasks so much harder than they use to be.

Having battled on, and thinking I was going to get back to where I use to be, as a very proactive and busy person, I have realised that, I actually need some support just to take the pressure off a little bit each week, so that my mental health is not so drained by my physical health.

The job is therefore quite flexible, and the tasks will often change week by week depending on how I’m feeling and whether it is meeting short or long term goals.

My short term goals are to:

* Ensure we have sufficient shopping and ability to make healthy meals for me and my daughter, which might involve batch cooking for days when cooking a proper meal is a real challenge.
* Keep on top of the domestic cleaning, like hoovering, dusting, Laundry etc.
* Assistance with washing my hair, as on bad days, I find this extremely difficult.
* Create time to rest so I do not burn myself out longer term.



Longer term goals are to:

* Participate in more community activities for both myself and my daughter.
* Support my daughter to attend clubs and activities.
* Live a more active lifestyle.



**Person specification**

Listed below are the skills, competencies and qualities that are essential and desirable for the post. My assessment of these, both on application and at interview, will be the main factor in determining if you are successful. Please refer to these when submitting your application.

**Essential**

* Organised approach to task with good sense of prioritising.
* Calm, relaxed, gentle manor that is reassuring and supportive
* Ability to self-direct tasks when required
* Planning of tasks that then will be useful to me afterwards such as batch cooking.
* Prepared to complete light personal care such as hair washing.



**Desirable**

* Experience of similar illness from a supporting role
* Experience of support carer or domestic cleaner roles
* Driving licence and a car (if assisting with community activities like shopping)
* Experience of working with children
* Relevant qualifications that could relate to this position – food hygiene etc.

**Summary terms and conditions**

* The rate of pay for this position is £9.50 per hour.
* You will be reimbursed for any agreed expenses incurred as part of the role.
* Hours and times of work: 2 hours per shift 4 times a week Flexible to be negotiated at interview and subject to mutual agreement for flexibility once in post.
* The annual holiday entitlement for this position will be equivalent to the work I would normally expect to be done during 5.6 consecutive weeks.

**The post is subject to the following:**

* A satisfactory enhanced Disclosure & Barring Service (DBS) check, the cost of which will be covered by the employer.
* Satisfactory references from two referees, one of which must be your current or last employer.
* Completion of a satisfactory probationary period of 3 months.

**How to apply:** If you wish to apply for this position, please complete the enclosed application form and return to the address below.

**NB** - Please ensure you include names, addresses & telephone numbers of two referees, one of which should be your current/ last employer (if relevant).

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

SIL

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**Closing Date: 1st April 2022**