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

**Ipswich Vacancies**

**Rapid Personnel** – Production Operative Rapid Personnel are looking for a Production Operative for Ichiban. A bus may be put on for successful applicants to get into and home from work – on two shifts – Day and Night. Hourly pay is between £12.21 - £14.08 per hour. For more information, please speak to your work coach.

**Mercedes-Benz** Apprenticeship Mercedes-Benz, Ipswich is offering a Light Vehicle Technician Apprenticeship for individuals aged 16+. This hands-on role involves servicing and repairing vehicle systems, diagnosing faults, and working alongside experienced technicians. 30 hours per week, with 20% of time dedicated to offthe-job training at the Mercedes-Benz Apprentice Academy in Milton Keynes. Interested? Speak to your work Coach.

**Coppersmith Recruitment** are looking to recruit a Cleaner to work at the Amazon Warehouse. The roles are Shift pattern Monday to Sunday. Role involves toilet cleaning, office cleaning, changing bins and general sanitation. If you have prior cleaning experience and wish to apply, please speak to your work coach.

**Vertas** are looking to recruit a Food Service Assistant to work at Gorseland Primary School. The roles part-time-term time 10 hours weekly. Role involves Layout and display food for counter service, including receiving prepared meals and checking of temperatures and also the layout of dining room furniture. Assist in the serving of meals. Collect and dispose of waste food and materials.

**Monimar Café and Restaurant** – Kitchen Assistant Monimar Café/Restaurant are seeking a Kitchen Assistant to work alongside the chef to deliver food service whilst assisting with other kitchen duties. Prior experience isn't required but a keen and willing attitude is vital. You must be able to travel to the café/restaurant in Wolverstone as public transport is not viable. Speak to your Work Coach for more information.

**Lush Cosmetics** are looking for Seasonal Assistants for their Ipswich town centre store. Role will involve working 4 days a week including at least one weekend day. For more information, please contact your Work Coach.

**Sizewell C** Aspiring for a career in the nuclear sector? Explore numerous pathways to your desired profession, featuring current job openings, internships, apprenticeships and graduate schemes. Sizewell B, our operating power station on the Suffolk coast already provides long-term rewarding careers and we want Sizewell C to continue the legacy for years to come. Visit www.sizewellc.com/jobs/current-vacancies for more details.

**4mySchools** – Learning Support Assistant A full-time (Temp) Learning Support Assistant role is available at a rural primary school just outside Ipswich. This is a term-time only position, supporting a child in Year 2 with social and communication development. driving licence and access to a car are essential. Hours: Monday to Friday, 8:30am to 3:30pm Speak to your Work Coach to find out more.

**Monimar Café and Restaurant** – Chef Monimar Café/Restaurant are seeking a trained Chef to head the kitchen and take lead on the lunch and dinner service. Prior experience is key and you must be confident in the kitchen and food preparation. You must be able to travel to the café/restaurant in Wolverstone as public transport is not viable. Speak to Work Coach for more information.

**Work Experience Campaign through Ipswich Job Centre**

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| **Work Experience Opportunities**  |
| **Work Experience Opportunity – ActivGardens Ipswich** Are you looking to build confidence, gain new skills, and take a step towards work or further training? ActivGardens in Ipswich is offering a **structured work experience placement** for those who face barriers to employment. This is a supportive, hands-on opportunity in community gardens at the heart of local neighbourhoods. You’ll also develop transferable skills like teamwork, motivation, communication, and personal organisation — all great for your CV and future job applications. If you’re ready to grow your confidence and skills in a welcoming outdoor setting, speak to your Work Coach to find out more.  |
| **Work Experience Opportunity – John lewis** This is an opportunity for care leavers 18+ to explore retail as a career option. Whilst we cannot guarantee there will be vacancies at the end of the placement in any of the stores, anyone who attends both the welcome tour and work experience will be invited to attend an interview prep session (during the w/e) and then a real-life interview. If you are interested, please speak to your work coach.  |
| **The Range – London Road Work Experience** Are you looking for a career in retail. If so, the Range store in London Road is offering work experience placements. The placement will be for a minimum of 2 weeks and a maximum of 8 weeks. You would need to be available to work 20 hours a week from Monday-Sunday (work hours generally between 6am-8:30pm – your availability within these hours would be discussed). For more information, please contact your Work Coach.  |
| **Diamond Shine Cleaning Work Experience** Diamond Shine are offering Work Experience to a keen and enthusiastic hard worker. This is for two to three weeks and could lead to a full-time job thereafter and even Self Employment. For more information, please contact your Work Coach.  |
| **Outstanding Futures – Work Experience** Outstanding Futures have a range of work experience placements available including Admin/Business Support Assistant, Motor Mechanics, Website Development and Management, Property Portfolio Management Services and Digital Content and Marketing. Placements would last between 2-8 weeks. For more information, please contact your Work Coach.  |
| **Bakers + Baristas Work Experience** Are you looking to move into the hospitality sector? Are you interested in completing some work experience in a busy and thriving café? Bakers + Baristas are hosting work experience placements between 2 – 8 weeks – no more than 30 hours per week – to be discussed after referral. Daily shifts would last 4hrs and have you as a team member. From preparing cold drinks/food, restocking stock/displays and serving customers you will be an important team member delivering excellent customer service on the shop floor. Not only will you gain valuable work experience in a live working environment, but it could potentially lead to paid work on completion. If this is something you would be interested in completing, please speak to you work coach today.  |
| **Fare Share – Work Experience** Are you looking for some work experience that will not only give you some warehouse and distribution experience but will also give you valuable team building, confidence and employability skills. Fantastic opportunity for a 4-week work experience programme for the largest charity food distribution network in East Anglia. Fare share take food donations from major supermarkets and reallocate across the region to food banks and charity kitchens. So not just a great place to work but also great experience working in the charity sector in a commercial operation. The work they do is truly inspiring within a supportive working environment with a commitment to helping people succeed whilst fighting hunger and tackling food waste in our area. If you are interested speak to your work coach.   |
| **Vertas – Work Experience – IT Department** Vertas are looking for a keen candidate for Work Experience in their IT department.  Assisting with troubleshooting, resolving technology issues, and providing user support. You will also be learning about Cyber Threats, including monitoring and responding to security awareness. Data Management - handling data storage, organization, and analysis to support business decisions. Please speak to your work coach if you are interested.  |
| **Vertas – Work Experience – Marketing Department** Vertas are looking for a keen candidate for Work experience in Marketing. Assisting in creating and managing online content, social media posts, and email campaigns to engage target audiences. Content creation- Supporting the development of blogs, videos, graphics, gif creation and other materials to build brand identity and awareness. Market research- Gathering and analysing data on consumer behaviour, market trends, and competitor activities to inform strategies. If this sounds like this is for you, please speak to your Work Coach.  |
| **The Mansion House Bedding Company - Work Experience** The Mansion House Bedding Company are looking for two keen candidates to move into their work experience opportunities. These will be based at their site Whittle Rd, Ipswich, IP2 0UH and up to 30 hours per week. The two roles available are a Timber Frame Assembler and a Mattress Fitter. Placements will last up to 8 weeks and if successful can lead to paid employment. If this sounds like something you're interested in, please speak to your work coach today.  |



**Lowestoft Vacancies**

**Centre Assistant - Total Balance Wellbeing Centre**, Lowestoft, from £12.21P/H, min 23.5 hours P/W over 3 afternoons and then Saturday mornings. Training and support provided. Run a busy front of house with a wide range of duties. **Full details and apply via Indeed**

**Administrative Assistant - Horizon School - Dragonfly Unit**, Lowestoft, £24,404 - £25,183 pro rata, 27 hours P/W, term time only. **Full details and apply via Suffolk Jobs Direct**

**Administrator – Hales**, Lowestoft. L2 Business admin qual is desirable. **Full details and apply via Hales Group or call 01502 582000**

**Support and Information Officer – Suffolk County Council**,Lowestoft (Riverside), 37 hours P/W, £25,198 P/Y. Supporting children in care to safely spend time with their families in a warm, safe, and supportive environment. **Full details and apply via Suffolk Jobs Direct**

**Seasonal Receptionist - The Wherry Hotel**, Lowestoft, 8-16 P/W (shift pattern includes weekends), competitive salary. Fast paced experience. **Full details and apply via Harri**

**Telesales Team Member - Lacons Brewery Ltd**, Lowestoft, £12.21P/H, Mon-Thur. Educated to GCSE level or equivalent, or relevant experience. **Full details and apply via Indeed**

**Sales Advisor – Potters Resort**, Hopton, 40 hours P/W. Experience working in a sales role including admin duties would be advantageous. **Full details and apply via company website**

**Personal Assistant Administrative – NHS**, full time. **Full details and apply via Find A Job**

**Account Co-ordinator – GI Group,** Lowestoft, £12.50P/H, 40 hours P/W. Recruitment, payroll and general administration. **Full details and apply via GI Group website or call 01502 568033**

**Learning and Development Apprentice - East Suffolk Services Limited**, Lowestoft, Year 1 - £16,340P/Y, Year 2 – £22,070 P/Y, 37 hours P/W. Excellent communication and IT skills. Min 4 GCSEs grade C or above/ grade 4 -9 (or equivalent). No previous experience is required, as full training will be provided. **Full details and apply via Suffolk Jobs Direct**

**Restaurant Server - The Wherry Hotel**, Lowestoft, Seasonal to Permanent, part time/ full time, NMW. Fast paced experience, attention to detail, ability to multitask, and passion for hospitality. **Full details and apply via Harri**

**Restaurant Team Member – Potters Resort**, Hopton, must be 18+, full time. Energetic, enthusiastic team players who have brilliant interpersonal skills. **Full details and apply via company website**

**Front of House – KFC**, Lowestoft, part time, Evenings and Weekends Required, NMW. Team Player, can do attitude, willing to learn, friendly. **Full details and apply via Harri**

**Food and Beverage Team Member - Gunton Hall Coastal Village**, Lowestoft, NMW, part time. Delivering a great service within the Hospitality department. **Full details and apply via Warner Hotels website**

**Front of House – Ivy House Country Hotel**, Lowestoft. **Send CV to Carenza at jobs@ivyhousecountryhotel.co.uk**

**Bar and Waiting Staff - Hotel Hatfield**, Lowestoft, part time or 0 hour. No experience required as full training will be provided. Positive attitude, good work ethic and reliability are essential. **Full details and apply via Indeed**

**General Labourer - Ivy Resource Group**, Lowestoft, up to £15.94P/H, 7.30am - 3.30pm. No CSCS card essential, 2 years' experience General Labour. **Full details and apply via Indeed**

**Neighbourhood Caretaker - East Suffolk Council**, Lowestoft, £26,403 - £28,142 P/Y, 37 hours P/W. Knowledge of building maintenance work and the ability to assess repairs. Proficient in general caretaking duties. **Full details and apply via Suffolk Jobs Direct**

**Food Production Operative – GI Group**, Lowestoft, approx. 20 vacancies, £12.21P/H (overtime at time and a half over 40 hours), average 30-40 hours P/W (some may exceed). Mix of shifts, additional overtime. **Full details and apply via GI Group website or call 01502 568033**

**Production Operative – Hales**, Lowestoft, 8.30am-5pm, Mon-Fri, £12.21 P/H, temp initially for 4 weeks. Working with tools and machinery (training provided). Good hand-eye coordination and attention to detail. **Full details and apply via Hales Group website**

**Lifeguard - Corton Coastal Village**, Lowestoft, up to £12.37P/H, full time. National Pool Lifeguard qualification (RLSS) an advantage but not essential – Full training available. Able to swim a minimum of 100 meters. **Full details and apply via Warner Hotels website**

**Market Street Baker – Morrisons**, North Quay Lowestoft, Mon-Sun 5am–7pm, competitive salary + benefits. Prepare products to company specification, using appropriate equipment (e.g. prover, oven, mixer) and bakery skills. **Full details and apply via Morrisons website**

**One Stop - Shift Leader,** Westwood Avenue. Ownership of store activities by running duty shifts, co-ordinating a team to deliver a clean and full store that exceeds customer expectations. **Full details and apply via Tesco website**

**Sales Assistant – Ryman**, Lowestoft, 14 hours P/W. **Full details and apply via Indeed**

**Customer Service Representative - William Hill**, Lowestoft, £12.25P/H, part time, must be 18+. Strong interpersonal and empathy skills with the ability to engage with customers from all walks of life. **Full details and apply via Indeed**

**Car Mechanic – Pizzeys Autos Ltd**, NMW, full time. Completing repairs, maintenance, inspections, and installing machinery and parts. Must have at least 2/3 years experience, full driving licence. **Speak to work coach for full details and to apply**

**Cleaner - REAch2 Academy Trust**, St Margaret's Road, 11.25 hours P/W, 5 days P/W, 39 weeks P/W. Maintaining clean, safe, and healthy environment. **Full details and apply via Indeed**

**Cleaner - East Point Academy** (Norse Group LTD), Lowestoft, £12.21P/H, Mon – Fri, 5am - 7:30am, 41 weeks P/Y. Knowledge of basic site health & safety, Excellent communication skills, Confident working independently to your own initiative. **Full details and apply via Indeed**

**Cleaner – Mitie**, Lowestoft, part time. Communicate and read basic English, previous cleaning experience is desirable but not essential and have a flexible approach to the role. You'll need to be reliable, hardworking, professional attitude. **Full details and apply via Find A Job**

**Housekeeper – Potters Resort**, Hopton, 18-20 hours P/W (Mon & Fri 9.30am - 2pm, Tue, Wed, Thur, Sat, Sun 9am - 11.30am/12pm). **Full details and apply via company website**

**Facilities Support Assistant – NHS**, Lowestoft, £24465P/Y, full time. Work to NHS standards of cleanliness, support with catering, stock control, etc. **Full details and apply via Find A Job**

**Bury St Edmunds Vacancies**

All Vacancies for Bury St Edmunds are found here:

[238 jobs in Bury St. Edmunds | Page 1 | Find a job](https://findajob.dwp.gov.uk/search?q=&w=bury+st+edmunds)

**Job Fairs**

Ipswich

[Suffolk Job Fairs | Eventbrite](https://www.eventbrite.co.uk/d/united-kingdom--suffolk/job-fairs/)

Careers Fair

Portman Road Stadium

September 12, 2025

10am - 2pm

West Suffolk Council

[Supporting people to return to education training or employment](https://www.westsuffolk.gov.uk/Business/skills/supporting-people-to-return-to-education-training-or-employment.cfm)

West Suffolk Council's Economic Development Team is working in partnership with the Department for Work and Pensions to deliver jobs and skills fairs across West Suffolk.

* Tuesday 16 September, 10am - 12pm at Newmarket Racing Centre in Newmarket
* Wednesday 1 October, 10am - 12pm at Haverhill Arts Centre in Haverhill
* Wednesday 8 October, 10am - 12.30pm, at the Apex in Bury St Edmunds



Click here for Autumn/Winter 25/26 timetable

[Recovery College | Norfolk and Suffolk NHS](https://www.nsft.nhs.uk/recovery-college/)

Our courses provide a safe, supportive, and compassionate approach to mental health recovery. We empower, educate, and offer tools to help individuals navigate their journey while learning from others with similar experiences. They are delivered with lived and learned experience of mental health and wellbeing.

Our sessions cover a range of topics, promoting:

* Self-awareness and acceptance
* Understanding recovery principles
* Learning new skills and strategies
* Leading a meaningful life, with or without symptoms

Courses are grouped to guide students through their recovery:

* **Begin** - Understand yourself
* **Build** - Develop a self-help toolkit
* **Understand** - Explore challenges
* **Grow** - Create a future plan



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


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

**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** 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.



The Suffolk Information Partnership manages a secure, online referral process to support vulnerable customers and clients and help them access services that they may not be able to on their own.

Please note that the referral form is only for use by organisations and is not for the public. If you wish to refer yourself or a family member to a service offered by the partners in the Scheme please contact the most appropriate organisation listed on the [Partners' page](https://suffolkinformationpartnership.onesuffolk.net/partners/what-partners-do).



**Warm & relaxing space in the heart of Lowestoft**

Sam’s Wellbeing Hub & Café is ready to welcome everyone, including your furry friends too (well-behaved & assistant dogs).

Nestled right in the heart of your community, we’ve created a warm, relaxing space that’s perfect for everyone to enjoy and escape to.

Whether you’re stopping by to explore our delicious food and drink menu or just looking for a cozy spot to unwind, we’re here Monday to Friday from 9:00 AM to 4:00 PM.

Come and say hello to our friendly team — they’re eager to show you around and share all the wonderful things our space has to offer.