

Breakthrough 2026 Job Description

Seaglow Media - Social Media Assistant - Bognor Regis, West Sussex

Employer name	Seaglow Media		
Employer Website	www.seaglow.co.uk		
Employer main contact	Rachel Markie		
Employer email	rachel@seaglow.co.uk		
Start Date	28 th September 2026	Hours Per Week	25
Working week	9.00 – 17.00 3 days 9.00 – 12.30 1 day 1 hour for lunch unpaid	Hourly Wage	£12.71

Job Title	Social Media Assistant
Company Overview	
<p>Who we are: Seaglow Media is a creative digital agency based in Bognor Regis, West Sussex. We deliver creative digital marketing across all disciplines for a wide range of clients, industries and sectors, both nationally and globally. We are a passionate team committed to helping organisations grow their digital presence and tell their stories online.</p>	
Job Description	
<p>This is a fantastic opportunity for a creative and motivated young person to join the Seaglow Media team as a Social Media Assistant. You will support the delivery of social media content for a range of clients, gaining hands-on experience across platforms including Instagram, TikTok, Facebook and LinkedIn. Full training and support will be provided.</p>	

This role will include assisting with the:

- Creating and scheduling social media content across client accounts

The role will be based at our office in Bognor Regis at the train station, with flexible working and working from home opportunities.

Skills and development

Candidates should be working towards:

- good written and verbal communication skills,
- organisational skills,
- interest in social media and
- digital content, experience of using social media platforms (personal or professional)

Desirable but not essential: Some knowledge of tools such as Canva, CapCut or scheduling platforms (e.g. Later, Buffer), basic photography or video skills, interest in the arts or creative industries

Personal Qualities

- Enthusiastic and committed,
- keen to learn and develop skills in social media and digital marketing,
- ability to think creatively and work well within a small team,
- punctual, reliable and self-motivated

Future Prospects

During the course of the placement, you will meet and network with other creative organisations which might present future opportunities. We will also provide a work placed mentor who can offer career advice and guidance, helping you to develop your CV and offer support with job applications and interviews.

Interview Date(s):

Week commencing 31 August 2026

Employer logo here

