

A guide to help YOU get back on track and to stay motivated



Useful links

Government Guidance

www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-you-were-employed-and-have-lost-your-job

New Anglia Job Support Programme

www.newanglia.co.uk/job-support-programme

Ipswich Job Centre

www.allaboutipswich.com/the-directory/job-centre-plus

How to write a CV

www.nationalcareers.service.gov.uk/careers-advice/cv-sections

Suffolk Mind mental health support

www.suffolkmind.org.uk

Sign up to a local recruitment agency



- Adecco
- Barr Personnel
- The Best Connection
- Blue Arrow
- Bolton Recruitment
- Empower Personnel
- Find A Job
- Hays Ipswich
- HR Recruit
- Jark Recruitment
- J&L Recruitment
- Just Recruitment
- Leed Recruitment
- OSR Ltd
- Pure Resourcing
- Recroot Ltd
- Reed G4
- Royal Navy & Royal Marines Careers
- Sanctuary Personnel
- Staff Bank
- Tandem Personnel
- Time Appointments
- @Work Recruitment

Subscribe to online job banks



CV Library: www.cv-library.co.uk

Indeed: www.indeed.co.uk

Jobs 24: www.jobs24.co.uk

Monster: www.monster.co.uk

Reed: www.reed.co.uk

Total Jobs: www.totaljobs.co.uk

Consider an apprenticeship, training or further education

Now could be the perfect time for you to develop your knowledge and skills, move into a new career path via an apprenticeship or undertake some training for further education.



University of Suffolk

Higher education institution with four specialist schools: School of Engineering, Arts, Science & Technology, School of Health & Sports Sciences, School of Social Sciences & Humanities and the Suffolk Business School.



WS Training

Specialist training centre and hair academy offering apprenticeships, traineeships, commercial courses and vocational training.



Suffolk New College

Broad curriculum of courses for students and apprentices offering full-time and part-time courses, higher education, industry certification and apprenticeships.



Suffolk Rural College

A campus of Suffolk New College based in Otley, specialising in land-based, animal, construction and foundation learning courses.



Consider volunteering



Volunteering is a great way to get some experience and to give back to the community, plus it looks great on your CV. Keep your eye out for volunteering opportunities with local charities, organisations and community projects.

Volunteering Matters

Leading volunteering charity based in Ipswich; a hub for local volunteering positions.

www.volunteeringmatters.org.uk

Suffolk County Council

Find volunteering opportunities with charities and not-for-profit organisations across Suffolk.

www.suffolk.gov.uk/care-and-support-for-adults/keep-well-and-active/volunteering-work-and-learning/

Ipswich Borough Council

Check what volunteering positions are available in Ipswich parks, museums and in the Shop Mobility Programme.

www.ipswich.gov.uk/services/volunteering