

Personal Assistant (Care) – Gosforth, Newcastle

£15 per hour (gross) | 14 hours per week | Permanent

Location: Gosforth, Newcastle

Job share available – flexible shift options

Includes paid holiday and statutory sick pay

Overview

An independent disabled man in Gosforth is looking for a reliable and friendly Personal Assistant (or two) to support him with day-to-day living. This isn't a clinical care job – it's practical, down-to-earth support with everyday tasks like getting ready in the morning and winding down in the evening.

While job share is possible, preference will be given to applicants who can cover all scheduled shifts each week.

The Hours

Set shifts each week from Monday to Saturday

- Morning: 9:00am – 10:00am
- Evening: 6:00pm – 7:00pm

There are also two flexible hours per week for supporting social activities or completing extra household tasks, as needed.

The ideal candidate will be able to cover all of the above shifts. However, applicants with more limited availability are still welcome to apply and will be considered for job share arrangements.

What You'll Be Doing**Morning shifts:**

- Help with drying off after a shower and finishing getting dressed (no intimate care)
- Shaving and brushing teeth
- Preparing breakfast and lunch (training provided on food prep to meet dietary needs)
- Making the bed

Evening shifts:

- Helping to get changed for bed
- Brushing teeth
- Preparing a simple evening meal

Each shift may also include:

- Light household tasks such as washing up, vacuuming, dusting, and tidying
- Washing, drying, and ironing clothes

- Keeping the kitchen and bathroom clean and hygienic
- Emptying the bin and taking out the recycling

Plus:

- 2 hours per week for supporting social activities or carrying out extra housework – flexible depending on need

About You

We're looking for someone who is:

- Reliable, punctual and friendly
- Respectful and easy to work with
- Physically able to carry out hands-on support tasks
- Comfortable following instructions and asking when unsure

You should also be confident with:

- Providing hands-on daily support, such as helping with drying after a shower, dressing, shaving, and brushing teeth
- Cooking simple meals to specific requirements
- General household duties, including laundry and ironing
- Maintaining privacy and confidentiality
- Behaving professionally while at work

Having a driving license would be preferred, especially for occasional outings or errands, but it's not essential.

Experience in care or support is helpful but not required – informal experience (such as supporting a friend or family member) is just as valuable and should be mentioned.

Complete guidance and any necessary training will be provided to help you feel confident in the role.

Offer of employment will be subject to satisfactory references and an enhanced DBS check.

How to Apply

If this sounds like something you'd enjoy and you can commit to all or most of the shifts, we'd love to hear from you. Please get in touch outlining your availability and relevant experience, along with a copy of your CV.