

2 Birch Place, Birchcliffe Road, Hebden Bridge, HX7 8BH

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Web: www.rainbow-cambridge.org.uk/calderdale

PERSONAL PROFILE

I have a naturally caring and infectious positive attitude, excellent communication skills, creative approach to solving personal and organisational problems with over 14 years of experience as a home carer with NVQ level 2 and all legally required training courses. I have a clean driving licence, current CRB check, am computer literate and have German as mother tongue.

HOME CARE EMPLOYMENT

All of the following care work duties consisted of visiting several mostly male clients in their homes every morning (sometimes at noon or evening), giving strip wash / shower or bath, assisting with getting dressed, providing breakfast, washing up, changing the bedding, continence care, any other domestic tasks.

Since 12 / 2012	part time personal assistant of a wheel chair bound client in Hebden Bridge (duties see above)
1/2011 – 9/2012	Home carer for MEARS Cambridge / Waterbeach (duties see above)
4/2007 – 12/2010	Home carer for CareForce Cambridge (merged with MEARS - duties see above)
12/2004 – 7/2005	Private part time home carer for Dr. John King, Cambridge (duties see above)
6/2002 – 4/2007	Home carer for CambCare Cambridge (CambCare was bought by CareForce - duties see above)
2/1998 – 6/2002	Home carer for CareQuest Milton (duties see above)
12/1997 - 1/1998	Home carer for CareWatch Cambridge (went out of business in January 1998, taken over by CareQuest - duties see above)
1986 - '89	caring for my grandmother in a care home in Berlin

HOME CARE TRAINING / QUALIFICATIONS

As a carer I was kept up to date with the current legislation and regularly attended training courses, the most recent ones are listed below:

13 July 2012	CRB check: no records. Disclosure number 001370767294
20 Oct. 2010	Stroke Awareness Event - Certificate of attendance (MEARS Waterbeach)
13 Oct. 2010	Medication Competency Test - Certificate of attendance (MEARS Waterbeach)
27 Sept. 2010	Moving and Handling Update - Certificate (MEARS Waterbeach)
26 Aug. 2010	Medication Update - Certificate (MEARS Waterbeach)
7 June 2010	Safeguarding of Vulnerable Adults Induction Session – Certificate (MEARS Waterbeach)
14 May 2010	Infection control Update – Certificate (MEARS Waterbeach)
April 2010	National Vocational Qualification: EDEXCEL Level 2 NVQ in Health and Social Care (UKHCA Training and Assessment Centre)
14 Jan. 2010	Health and Safety Update - Certificate (CareForce Cambridge)

17 Sept. 2009	Fire Awareness - Certificate (CareForce Cambridge)
19 Aug. 2009	Urinary Sheath Fitting - Certificate (Rochester Medical)
2 April 2008	Health and Safety - Certificate (Wendy Gould)
30 Oct. 2008	Food Hygiene Update - Certificate (W. Gould)
30 Jan. 2008	Dementia Course for Care Assistants - Certificate (Lola Richards)

SKILLS

- Ability to deal with difficult clients and to cope with challenging situations
- Very good organisational and multitasking skills
- Clear UK driving licence and experienced driver
- confident use of many computer programmes, email, web site design
- Languages: German mother tongue, English: fluently, translating skills. French and Spanish basic knowledge.

INTERESTS

- I love creative hobbies, especially connected with singing, dancing, drumming, healing and spirituality.
- organising, advertising and leading "Dances of Universal Peace" groups
- Singing, especially chanting and Taizé harmony singing
- organising public parties and events
- promoting tolerance and understanding between people of different faiths
I have been chairing the Cambridge Inter-Faith Group for 6 years
- I have created the community web site "Rainbow Network Cambridge" www.rainbow-cambridge.org.uk

REFERENCES

- Paula Rowley, Mears Care Limited, Branch Manager (Waterbeach)
The Old Sunday School, Chapel Street, Waterbeach, Cambs CB25 9HR
Tel: 01223 203355 Fax: 01223 508101
- More references on request