

# Destiny Idowu

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A Compassionate and dedicated support worker with years of experience providing exceptional care to individuals with diverse needs. Skilled in assisting with daily activities, mobility support, and fostering a supportive environment. Adept at building rapport with residents and collaborating with multidisciplinary teams to ensure holistic care. Passionate about making a positive impact on the lives of those under my care.

Willing to relocate: Anywhere

## Work Experience

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### **Support Worker**

JAYCO Recruitment-Newcastle upon Tyne

June 2024 to Present

- Assisting Clients with personal care, health care and hygiene in areas such as dressing, bathing, toileting and eating.
- Assisting Clients to develop daily living skills by facilitating their participation in budgeting, shopping, meal planning and preparation, cooking and management of residence.
- Maintaining accurate records and reports.

### **Health Care Assistant**

Methodist Homes (MHA)-Cramlington

May 2024 to Present

- Providing personal care, such as showering, shaving, oral hygiene and dressing.
- Monitoring health and wellbeing, maintaining records and reporting any changes.
- Assisting with meal preparation and household tasks.

### **Health Care Assistant**

Wellburn Care Homes-Northumberland

March 2023 to April 2024

- Check up on residents to monitor their vital signs, deliver meals, feed patients, help them use the toilet and bathe.
- Mobility support, assisting with maintaining personal hygiene by bathing, brushing their hair and teeth or applying skincare.
- Providing companionship, including social and physical activities. This can often include fun days out and events.
- Helping residents get around, and accompanying them to doctor appointments.

## **Care Asistant**

Well Life Hospital-Edo State, Nigeria.

April 2021 to January 2023

- Accompanied residents to doctors' offices or on other trips outside the home.
- Providing transportation, assistance, and companionship.
- Assist clients' daily activities to promote an independent living lifestyle.
- Administer personal hygiene assistance to service users at their bedside.
- Maintained clients' records and retrieved them when asked by the supervisor.

## **Support Worker**

Private Resident / Direct Payments-Delta State, Nigeria.

March 2019 to August 2020

- Assisted the resident with getting out of bed in the morning and helping her get dressed.
- Bathed the resident and checked her vitals first thing during this time, performed a variety of chores for the resident such as doing laundry, going to the store to purchase groceries, and directing proper use of medication.
- Offered transportation to the resident so she could continue to be an active member of the community.
- Prepared meals for the resident so she could keep a healthy, balanced diet.
- Offered companionship to the resident, played games with her or read to her and massaged the resident to offer comfort or to apply a specific treatment.

## **Furnace worker**

Yongxing Steel Company-Nigeria

October 2016 to June 2018

- Controlled the flow of electric current and water coolant to heat furnaces and adjust temperatures.
- Drained, transferred and removed molten metal from furnaces, and placed it into moulds, using hoists, pumps, or ladles.
- Operated controls to move or discharge metal workpieces from furnaces.

## **Computer Operator**

Spaco Computer Enterprise-Nigeria

May 2014 to April 2015

- Assisted with administering policies and practices in human resources, compliance, safety and quality assurance.
- Tasked with maintaining computer equipment and inventory and organizing repairs as needed.
- Supervised hourly and temporary personnel, provided work direction and reviewed work processes, answered questions and recommended solutions to address customer complaints.
- Monitored staff resources and projected future needs.
- Addressed and resolved customer inquiries and complaints to restore satisfaction.

## **Assistant Sales Representative**

Judex Cybercafé & Current Books-Edo State, Nigeria.

January 2013 to February 2014

- Delivered sales presentations to highlight product and service benefits.
- Engaged customers to quickly identify needs, negotiate contracts and closed sales.
- Determined price schedules and discount rates, resolved customer complaints regarding sales and service.
- Counted daily cash, prepared deposits and updated financial records with current totals.

## Education

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### **Level 3 Diploma in Health and Social Care**

Academy for Health & Fitness - London

March 2024 to June 2024

### **GCSE in Social Sciences**

Wisdom Gate International School - Benin City

September 2007 to June 2012

### **A Level in Caregiving**

Alison

## Skills

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- Caregiving (4 years)
- Microsoft Word (10+ years)
- Driving (2 years)
- Cooking (10+ years)
- PCA (2 years)
- Support Work (2 years)
- Home Health
- Personal Care
- Customer Service
- Call Center (5 years)
- Care plans (1 year)
- Health Care

## Languages

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- English - Expert

## Certifications and Licenses

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**Certificate in Safeguarding Vulnerable Adults April 2022 to Present**  
**Certificate in Psychology of Everyday Life-Mental Health Issues March 2022 to Present**  
**Certificate in Care Giving Skills-Dementia Care March 2022 to Present**

**Certificate in Elderly Care and Caring for the Disabled March 2022 to Present  
Diploma in Caregiving April 2022 to Present Certificate in Back Care and  
Manual Handling Theory April 2022 to Present Certificate in Fundamentals of  
Health and Safety in the Workplace April 2022 to Present Certificate in Mental  
Health Studies**

**Suicides, Violent Behaviour and Substance Abuse April 2022 to Present**

### Additional Information

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Hobbies

- Researching
- Traveling
- Music