

Janet Muritu

I look forward to maximizing the development of human potential and the fulfillment of human needs. I am a quick learner and keen on maintaining good interpersonal, leadership, and communication skills in any field I find myself in.

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TRAININGS

MODERN METHODS TRAINING

1ST SEPTEMBER 2023

Successfully completed mandatory training course on Care Work with theoretical and practical units covered such as

- Moving and Handling
- Conflict Resolution and Management
- Legislation/ Information Governance
- Communication
- Food Safety and Fluids and Nutrition
- Code Conduct

HILLSIDE CARE TRAINING

11TH MAY 2022- 11TH MAY 2023

- Health and Safety
- Information Governance
- Equality and Diversity
- Safeguarding
- Mental Health Awareness
- Fire Safety

FOUNDATION CERTIFICATE for BUSINESS, LAW AND SOCIAL SCIENCES

14TH MARCH 2022- 26TH AUGUST 2022

- English for Academic Purpose
- Extended Project
- Contemporary Global Issues
- Logic and Critical Thinking
- People, Culture and Society

EXPERIENCE

DESTINY HOPE CARE LTD

MARCH 2023 - PRESENT

- Handle domestic duties such as cleaning, washing where requested and emptying bins.
- Encouraging clients to eat a well balanced diet and the right quantity
- Assisting with personal hygiene, assistance with using the toilet, or incontinence pads and commodes and catheter bags
- Record keeping such as MAR charts and care plan records for the next carer or future reference

THISTLE LODGE SPECIALIST CARE LTD

FEBRUARY 2023 - PRESENT

- Worked as a MAPA trained bank staff
- Support workers provide the physical and emotional support that someone might need to achieve their goals.
- Teaching life skills, such as shopping, using public transport and paying for bills.

SKILLS

Compassion and sensitivity

Leadership

Team Player

Empathy

Patience and emotional
resilience

Problem solving skills

Non - Judgemental attitude

INTERESTS

Serving the Community

Mental Health Support Work

Public Relations

Community Development

AWARDS

I am a member of the PCEA Njatha-ini (Now MT. Olives) church where I was an Organizer and Treasurer of the Youth, an Organizer and Secretary for the Sunday School, and a follower of the Woman's Guild Fellowship.

LANGUAGES

English, Kiswahili

- Collaborated with other healthcare professionals to provide quality care.

FASTLINE HEALTHCARE AGENCY

JUNE 2022- PRESENT

- Worked as a MAPA trained temporary staff in homes posted.
- Helped prevent clients from self harm and harm to others while promoting trust and safety.
- Supported and encouraged clients to develop personal skills by pursuing their interests and hobbies.
- Collaborated with other healthcare professionals to provide quality care.
- Provided physical support which sometimes included personal care.
- Helped with domestic duties such as running errands, cooking, shopping or cleaning

MERIDIAN HEALTH AND SOCIAL CARE (Domiciliary)

April 2022- June 2022

- Worked as a health care assistant individually or on a 2 to 1 support . Helped clients with personal care while encouraging and promoting independence as much as possible
- Handled equipment such as hoists and sliding sheets to make clients comfortable and with mobility from one place to another i.e bed to commode or seat.
- Entering judgements and other court orders

EDUCATION

NOTTINGHAM TRENT UNIVERSITY —

BA (Hons) Health and Social Care

September 2022 - present

NOTTINGHAM TRENT INTERNATIONAL COLLEGE —

Foundation Certificate for Business, Law and Social Sciences

March 2022 - August 2022

ST PAUL'S UNIVERSITY, Limuru — Bachelor of Arts in Communications

August 2019 - present

Major in Public Relations and Minor in Communication Development.

ST PAUL'S UNIVERSITY, Limuru — Diploma in Communications

August 2018 - July 2019

DAYSTAR UNIVERSITY, AthiRiver Campus — Bachelor of Arts in Communications (Withdrew)

August 2014 - April 2017

COMPUERA GROUP OF SCHOOLS— *Kenya Certificate Of Secondary Education*

December 2013

RELIGION

HEART CHURCH (CITY SITE) — CHURCH IN NOTTINGHAM

March 2022 - present

PCEA MOUNT OLIVES PRESBYTERIAN CHURCH — KIRIGITI PARISH (*Presbyterian Church of East and Central Africa*)

January 2010 - February 2022

PROJECTS

Youth and Church School Functions — *Congregation and Parish Level*

Working with a team of 6 to organize youth retreats and church school events for about 60 youth and 40 children catering to their programme of events, food, transportation and venues to ensure seamless flow of activities in regards to the Church Calendar.

Family

In 2017 I was blessed with a baby boy who I was able to care for exclusively for about a year and a half. I withdrew from school (Daystar University) and any other work related programs and cared for and nurtured my son and concentrated on giving him a healthy foundation and building a bond with him.

REFERENCES

Will be available upon request.