

Mzukhona Ndebele (Konor)

Care worker



PROFILE

A warm, empathetic and highly conscientious carer at heart. As a support worker, I am well adept at Personalised approaches in pursuit of person-centred outcomes. A fast learner and agile, flexible individual who thrives as part of a team and yet confident at tackling solitary roles. I have been particularly successful at working together with Autistic individuals and those with Learning disabilities. I am always ready to go an extra mile to meet the needs of those in my care. By keeping the individual at the centre of my work, I always ensure that I promote their dignity and rights. Valuing equality and diversity is always at the heart of my work.

CONTACT

4 Balmoral Court
Bircotes, Doncaster
DN11 8QS
United Kingdom

+44 75 385 17336

lwazindebele7@gmail.com

HOBBIES

- Football
- Quiz Game Shows
- Wildlife

KEY COMPETENCIES

- Attention to detail
- Full UK Driver's license
- DBS Update Service
- Own transport
- Excellent communication skills
- Good record keeping

References

*Available upon request

EDUCATION

Technical College

Bulawayo, Zimbabwe [Jan 2010 – Nov 2013]

- Diploma in Tourism & Hospitality

JZ Moyo High School

Gwanda, Zimbabwe [Jan 2000 – Nov 2005]

- GCSE Advanced Level [Biology, Food Science & Agriculture]
- GCSE Ordinary Level [English, Chemistry, Geography, Biology, History]

EMPLOYMENT HISTORY

Beacon Health Group – Care Assistant [Nov 2023 – Till date]

- Personal care: Supporting with personal hygiene including bathing, dressing and incontinence care.
- Meal preparation: Ensuring that clients are encouraged to eat a healthy, balanced diet and in adequate amounts.
- Assist with mobility: Transfers using hoist and mobilizing using wheelchair.
- Domestic duties: Cleaning, emptying bins, and doing laundry.
- Record keeping: Updating and maintaining MAR chart, fluid chart, Bristol Stool chart.
- Support with medication.
- Promotion of independence: Encouraging clients to do as much as they can for themselves and only offer support where needed.
- Safeguarding: Protecting clients from significant harm, abuse or neglect while adhering to the company's whistleblowing policy to raise any concerns they may have about clients or fellow carers.
- Give companionship: Engaging clients with empathy, dignity and integrity.

Mtshabezi Hospital – Nurse Aide [March 2022 – Oct 2022]

- Assisting elderly patients in everyday living activities
- Assisting with daily living activities such as eating, showering, and using the toilet.
- Helping tidy the patient's home or rooms.
- Taking the patient's vital signs such as blood pressure and temperature.
- Talking to patients and reassuring them.
- Attending meetings with other healthcare professionals and sharing information to relevant professionals like nurses and doctors.
- Assisting nurses and other staff when needed.
- Delivering reports to Case Managers and reviewing any important changes in the patient's condition.
- Identifying and reporting any concerns that could cause harm or distress to people who are looked after, that is Safeguarding concerns.

RELEVANT COURSES

Course Name	Course Provider
Level 3: Health Aide	Red Cross, Zimbabwe
Care Certificate	Flexebee (Nov 2023)
Oliver McGowan Training Part 1 of 2	NHS Education
Mental Health Awareness	Doncaster Council
Understanding Autism Tier 1	Doncaster Council
STOMP	Doncaster Council
Data Protection Training	Doncaster Council
Person Centered Care	Doncaster Council
Safeguarding Adults Level 2	Doncaster Council
Managing Medicines	Doncaster Council
Learning Disabilities: Awareness	Doncaster Council
Learning Disabilities: Framework	Doncaster Council
Mental Capacity Act 2005 & DoLS	Doncaster Council