

Nyaradzo Gurukumba

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SUMMARY

Energetic, compassionate, empathetic and caring individual with one year of experience providing personalised support and care, to make a positive impact in the lives of people. Skilled at understanding person-centred care, effective communication and providing companionship to clients.

EXPERIENCE

Vida Care - Care Assistant

Carlisle, Cumbria

10/2023 - I currently work here

- Administered medication as required in care plans and prescribed by doctors.
- Provided friendly, compassionate and proactive approach to clients, actively talking and listening to them.
- Provided social, domestic care and managed lone working.
- Carried out personal care tasks, including meal assistance, toileting and mobility assistance.
- Accompanied service users to do shopping, providing safety and support.
- Cleaned rooms and sanitised kitchen workspaces.

Six C'S Care Agency - Support Worker

Carlisle, Cumbria

07/2023 - 07/2024

- Assisted with feeding and drinking tasks when required by clients.
- Provided companionship through physical, emotional, social and mental support.
- Administered medication as required in care plans and instructed by doctors.
- Looked after clients' physical, emotional and social needs using person-centred approach.
- Carried out personal care tasks, including meal assistance, toileting and mobility support.
- Promoted client independence while carrying out sensitive duties, such as showering and dressing.
- Visited and cared for service users within their own homes and maintained excellent team working environment.
- Provided personal, social and domestic care.
- Worked a range of shift patterns including alternate weekends.

UCCZ - Volunteer Worker

Kwekwe, Midlands

01/2015 - 12/2018

SKILLS

- Mobility Assistance
- Communication and interpersonal skills
- Patient, empathetic and caring
- Compassion, and able to take care of the clients' emotional needs.
- Basic Knowledge of personal care and good hygiene skills.
- Fully aware of Equality and Diversity issues
- Safeguarding Knowledge
- Elderly, residential, dementia, and nursing home care.
- Ability to work independently and part of a team
- Physical stamina to perform tasks such as lifting, bending and standing long periods.

EDUCATION

01/1994 - 11/1997

Chitsere School

Harare, Zimbabwe

GCSEs: Subjects including English Language and Mathematics

01/2019 - 04/2022

Mkoba Teachers College

Gweru, Zimbabwe

Diploma of Higher Education: Early Childhood Development

CERTIFICATIONS

- Certificate in caregiving - Dementia Care
- Medication Administration
- Care Certificate
- Mandatory Training
- Care Skills Trainings

- Supported smooth running of local fundraising events.
 - Used excellent listening skills, empathy and friendly approach to provide best possible care for service users
 - Visited the community and hospitals helped in food preparation and feeding the patients.
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 - Focused volunteering efforts on supporting and expanding community-based work to meet needs of local residents.
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HOBBY AND INTERESTS

- Reading
- Walking
- Gardening
- Puzzle games
- Travelling
- Volunteering