

# Stella R. Shamu

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39 kincaple road  
Leicester  
LE47YD  
United kingdom

Dear Sir/Madam,

I am writing to apply for the role of support worker or health care assistant.

I am a caring, sociable, and friendly young lady with 9 years experience of providing care and support to people in need. Since I came to the UK last year in June, I have been working as a support worker to individuals with needs arising from various conditions including Dementia; Schizophrenia, Learning difficulties and other chronic conditions. This role has helped me to gain additional transferrable skills and to further develop the skills that I already had.

I am passionate about providing person centred, compassionate, and outstanding care, and I am mindful of the legal code of conduct expected of support workers in England. I have excellent communication skills and I am confident to liaise with other professionals such as the General Practitioner and District Nurses when indicated. As well as being a fast learner, I adapt easily to change, and I can work well under pressure, or in challenging situations. I believe I would be a valuable addition to any healthcare team and will work hard to help them achieve excellent patient care outcomes.

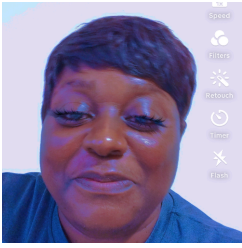
I would be very grateful to be considered for any available opportunities.

I am currently up to date with all my mandatory training, but I am happy to undertake any further training if required for the specific role. I am available to work from as soon as possible and I am happy to work any shift pattern. Please see my latest CV attached below. I am happy to provide any further information if required.

Thank you,

Yours sincerely

Stella Rutendo Shamu.



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## Professional Summary

- Compassionate and reliable team worker, with impressive workers ethic. Highly committed to improving health and well-being, by providing exceptional levels of compassionate care. Driven to deliver high quality service and consistent results. Proactive and excellent communicator with superb rapport building skills. Dedicated and practical team player, proactively undertaking task completion . Confident to take on new challenges, harnessing interpersonal and problem solving skills to achieve positive patient outcomes

## Professional Summary

- Compassionate and reliable team member with impressive work ethic. So committed to improving health and wellbeing by fascilitating exceptional levels of care. Driven to deliver high quality service and consistent results.Proactive and friendly communicator with superb rapport buliding skills. Loyal employee with solid understanding of care issues. Dedicated team player. Proactive and hands on in task completion. Takes on challenging new role harnessing interpersonal skills collaboration and problem solving.

## Experience

- Fosse health care** January - Present  
Domiciliary care worker  
MAIN DUTIES AND KEY RESPONSIBILITIES --Specific Duties and Responsibilities Safeguarding and Safety .
  - To assist clients with personal care needs, as detailed in their individual care plan, in an appropriate manner to help meet their desired outcomes.
  - To ensure that all clients understand the care and treatment choices that are available to them.
  - To assist clients with mobility problems and other physical disabilities, including incontinence, using aids and personal equipment i.e. hoists, assistive technology etc. in line with their individual care plans. --To communicate effectively with clients, carers and other professionals.
  - To report any concerns to the Team Leader relating to significant changes in the clients health and support needs.
  - To contribute to the clients review process, along with the Team Leaders and all other involved parties, by using my knowledge of assisting the clients in meeting the desired outcomes.
  - To understand the arrangements for ensuring that clients are safeguarded against the risk of abuse. take appropriate preventive measures, respond to allegations of abuse.
  - To report any untoward incidents or accidents to my Team Leader or the Care Manager in accordance with Company policy and quality monitoring processes. ---To identify risk of infection or contamination and alert concerns to my Team Leader for further assessment.
  - To assist with the general standards of hygiene and cleanliness in accordance with planned care and support.
- Midlands care direct** July 2023 - Present  
Support worker  
Duties include  
providing personal care, eg showering, shaving, oral hygiene and dressing. administering medication, monitoring health and wellbeing, maintaining records and reporting any changes.  
assisting with meal preparation and household tasks.  
providing emotional support and companionship.
- Mrs G Makunike( private)** Aug 2021 - January 2023  
Live in carer  
Supporting an elderly lady with highblood pressure and dementia in her home courtesy of her children. Thia involved providing companionship , supporting her with personal care and medication, and carrying out general tasks such as light housework and laundry.

- Masawara outreach** October 2016 - August 2021  
 Volunteer  
 Duties include  
 Interacting with patients  
 Restocking medical supplies  
 Assisting nursing staff with errands  
 Greet, guide and offer assistance to patients  
 Assist patients in utilizing wheelchair and rounding patient tents and patient areas
- Private (family member) Anemic** January 2015 - June 2015  
 Personal care assistant  
 Delivered high standard of holistic care to promote comfort and dignity.  
 .remained alert to problems or health issues of the patient.  
 Maintained clean personal areas and prepared healthy meals to support patient's nutritional needs.  
 .helped the client maintain optimal health by overseeing medication administration and accompanying them to doctors appointments.
- Hatfield Junior school** September 2013 - December 2014  
 Relief infants educator  
 Responsible for planning and preparing lessons, Encouraging student participation. Researching and developing new teaching materials, Research and implementing new teaching methods. Marking student work and recording performance. Setting assessments and overseeing examinations.

## Education

- Mutambara High school** 2002-2004  
 A level  
 3 A levels
- Mutambara High school** 2001-2002  
 O level  
 6 O level passes
- Florence academy** 2023  
 Care certificate  
 15 standards
- Access skills** 2023  
 Care certificate  
 15 standards
- Citation** 2023  
 Care certificate  
 Pass
- Safe approach training** 2023-2024  
 Pmva course (managing violence and aggression course)  
 Pass
- First response training** 2023-2026  
 Combined moving, handling and hoisting and basic life support  
 Pass

## Skills

- Respectful. Empathetic Reliable. Patient. Practical. Observant. Care work skills . Supportive listening . Personal care .health and hygiene .good teamwork .able to communicate with others .patient care .abide by good work ethics .integrity .food preparation. .Wound care and dressing .cpr and first aid .safe guarding. .emotional and social support.

## Personal Details

- Nationality : Zimbabwean
- Gender : Female

- Driving Licence : Clean class 4

## Reference

- Provided upon request -