

CURRICULUM VITAE

Lisa marie Tinmurth

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Date of birth: 12th December 1978

Personal statement

I am a hardworking, caring, and compassionate person who enjoys making life for others more bearable regardless of their situation. I gain satisfaction from making other people's lives better. I am able to work on my own initiative or as part of a team, always looking to better myself and my knowledge. I am a fast learner and always willing to help. I can adapt to any given situation and can be flexible in my approach to work.

Employment history

November 2014 – ongoing

The garden care home – care assistant

All aspects of caring for the elderly including personal care, assisting with meals and preparation, domestic support, social and emotional support.

June 2012 – November 2014

Farringford care ltd – Home care assistant

Duties include all aspects of personal care including washing and dressing, Preparation and serving of meals, assistance with eating and drinking, assistance with medication, assistance with and promoting social activities, assistance with domestic support, moving and handling using hoists, slide sheets and handling belts.

1998-2012- Bella Pizza (owner 2005-2008)

Duties included all aspects of running a pizza takeaway, including customer services, food preparation and cooking, cash handling, cleaning, accounts, shopping, and staff training.

September 2008 – September 2009- Martins newsagents

Duties included sorting and collecting newspapers for various rounds and then distribution to the customer in a timely and effective manner.

26th May 2008 – 20th July 2008 – Cambridge park residential home (care assistant – nights)

Duties included all aspects of care for the elderly including dementia residents, these duties included personal care such as washing and dressing, assistance with food and drink, moving and handling, and socialising.

1997- 2000 Oxfam- volunteer

Duties included working within the shop, serving customers, sorting donations, pricing and hanging donations, keeping the shop clean and tidy, cash handling and customer service.

April 1996 – May 1997 – Carisbrooke Manor residential home (care assistant days)

Duties included all aspects of care within a residential home setting including personal care such as washing and dressing, socialising, cleaning, assistance with food and drink, and moving and handling.

Education and Training

High Ridge Comprehensive school – September 1990 – May 1995

- English language GCSE grade C
- English literature GCSE grade C
- Information systems (IT) GCSE grade C
- Mathematics GCSE grade C
- Geography GCSE grade D
- German GCSE grade D
- Dual award science GCSE grade DD
- Design and technology GCSE grade B

North Lindsey College - September 1995 – June 1997

BTEC GNVQ advanced health and social care (units only) including

- Equal opportunities & individual rights
- Inter-personal interaction in health and social care
- Psycho-social aspects of health and social well being
- Structure & development of health and social care services
- Health and social care practices
- Research perspectives in health and social care
- Psychology in the context of health and social

Bradford College - September 2003 – June 2005

GCSE Religious studies grade A*

AS religious studies grade D

Training

I have just undertaken update training at my current job (August 2014) for working within the home care sector.

Hobbies and interests

I am interested in doing my NVQ in care; I enjoy swimming, Zumba, reading, gaining and expanding my knowledge. I gained a certificate in Arabic studies level one for knowledge. I am currently learning Makaton due to my 3 year old stepdaughter having speech problems. I enjoy helping others and spend a great deal of time with my 3 stepchildren aged 6, 3 and 2 (2 of which have special needs).

References

Available on request