

Miss Sophie Lomas

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Profile

I am an energetic and enthusiastic person who enjoys a challenge and achieving personal goals. My main strengths are adaptability, dependability and the determination to get the job done as proven by my varied work experiences in caring for people, hospitality work, and retailing work, teaching and domestic care. I get on with people at all levels, easily making good working relationships, I try to learn something new from every experience because I believe there is always room for self-improvement both personally and professionally also the opportunity to learn new skills and work with new industries is particularly attractive to me.

Experience

Joeph House, Reedham, Norfolk

Senior Day/ Teamleader Nights

March 2016 – June 2016

Being able to communicate and show dignity and respect towards residents and staff at a professional level, as team-leader on nights I had full responsibility of the clients keeping them safe assisting with personal care and hygiene, Control of medication and phone for emergencies 111 or 999. The ability to hoist and transfer, to feed and thicken food and drink for clients with dysphagia.

Thorpe woodlands, Shadwell, Norfolk,

Cleaner

September 2015 – December 2015

To keep a busy residential center clean and safe for visitors. Main duties included daily, weekly and monthly scheduled indoor cleaning tasks as well as ensuring that outside areas are kept tidy. The use of cleaning equipment and high personal standards of cleanliness. The ability to carry out repair work (changing light bulbs, touching up paintwork, fixing toilet seats etc.)

Mencap, Thetford

Support worker day/Site-leader Nights

February 2015 – March 2016

Supporting clients to live independently within flats and bungalows. Improving welfare and supporting them with cleaning, cooking, the use of money and to maintain personal care and hygiene. During the nights site leader position consisted off dealing with emergencies 111/999 also fire alarms and the safety of all the clients and staff within the premises. I also deep cleaned throughout the bungalows kitchens, bathrooms,

Mcdonalds, Thetford, Norfolk**Crew member/ Lobby assitant**

March 2012 – June 2013

working as part as a team to provide customers with a quick and accurate service and sensitivity whilst working from n=behind the till as well as in the dinning areas. Clenliness the lobby, also toilets, windows, and bins Food preperation and cooking a wide vareity of food this involvves using a broad range of equiptment and tools. During busy perisods having team wk deleirs the highest levels ofquality, service and clenliness to all of its customers, interacying with the customers will give Mcdonalds company feedback a

Education

Cunty Upper School

October 2010 – May 2011

Sports leadership Pass

Level 1

Interests

I love to socialize with people, this might include talking, playing pool, going shopping, darts. I like to relax with friends and family to do some knitting and drawing or other creative activities. I love the country-side and I like to go for walks with my dog and site see. Cleanliness is very important to me so I take pride in cleaning my home, and also looking presentable. I take an interest in people, different cultures or languages, I like to try and help people where I can possible

References

Available on request