**Health and Social Care CV** *[this heading is for your own reference, please remove on your CV]*

**[Your Name]**

**[Address]**

**CV**

**Profile** *[insert a brief summary of yourself as a professional]*

I am an enthusiastic, kind and hardworking care assistant who has built up a strong skill-set over **X** years working in care. In this time, I have built up a well-rounded skill set and a passion for improving the lives of others. I am keen to work in an environment where I can help operations run smoothly and make a genuine difference.

**Key Skills** *[insert your most relevant skills to the role]*

* Empathetic and caring nature
* Positive and energetic personality
* Staying calm under pressure
* Carrying out all aspects of personal care in a timely and respectful manner
* Developing positive relationships with clients from all walks of life

**Core Qualifications/Education**

* Level 2 Diploma in Adult Care
* NVQ Level 3 in Food Hygiene
* 5 GCSEs A-C including English and Mathematics

**Employment History** *[this is an example, please use your own information]*

St Alfred’s Bungalow, Halstead, Essex

**Care Assistant**

June 2017 – May 2018

* Updating resident’s medical records.
* Assisting with personal care.
* Preparing resident’s meals.
* Support staff taking observations.

*Reasons for leaving: Career progression.*

Maple View House, Carlisle, Newcastle

**Care Assistant**

August 2011 – May 2017

* Assisting residents with personal care such as washing, using the toilet and dressing.
* Preparing meals for residents.
* Carrying out general housework.
* Organising social activities for residents, such as board game nights.
* Updating resident’s records.

*Reason for leaving: Relocation to Essex.*

**Hobbies and Interests** *[insert activities you take part in that put you in your best light]*

I regularly play football for the Halstead women’s football team. I also enjoy baking, cross-stich and cycling in the countryside.

***Note to reader:*** *this CV is an example template for you to use as a guide. Please insert your own information.*