

# Katy Hall

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Oldtown Eastbourne, E. Sussex BN20 8

## PROFESSIONAL SUMMARY

Compassionate, approachable Care Assistant, with 6 years experience in Health and Social Care. Having a background as a professional family Nanny and babysitter, I possess excellent time management, home management and organisational skills. I am comfortable working on my own initiative and like to build trusting relationships and a good rapport with patients.

## SKILLS

- Good communication skills
- First Aid
- Independent judgment and decision making
- Self-sufficient and reliable
- Budgeting proficiency
- Healthy meal preparation
- German

## WORK HISTORY

### **BAND 2 NHS HEALTH CARE ASSISTANT**

*04/2023 to Current*

#### **Royal Sussex County Hospital Brighton, E. Sussex**

- Carry out baseline observations on Elderly Patients
- Remove Catheters and Cannulas
- Carry out Bladder scans
- Assist patients mobilising
- Assist with all aspects of personal care
- Take specimens
- Assisting with eating and drinking
- Record keeping using Patient Track and on paper.
- Communication with nurses and doctors
- Carry out Blood Sugar monitoring
- Abide by the trusts infection control procedures

### **CARE ASSISTANT**

*02/2018 to 12/2023*

#### **Bluebird Care, Brighton | Hove, E. Sussex**

- Domiciliary and Live-in care.
- Keep up to date records, including daily observations, activities, petty cash and medication on the PASS system and on paper.
- Order repeat prescriptions and liaise with health care professionals.
- Organise and participate in recreational activities and appointments.
- Light housework.
- Advise my senior managers of any welfare issues.
- Assist with personal care
- Prepare all meals and drinks
- Follow infection control and risk assessment procedures.
- Participate in appropriate training courses.
- Use aids provided to help my client with limited mobility.

**FULLTIME NANNY*****08/2009 to 01/2017*****Zürich Area, Switzerland**

- Fulltime sole charge of 2-3 children with a variety of families ages: 9 months-12 years.
- Organised and engaged in recreational activities such as games, play dates, puzzles, crafts and supervised homework.
- Promoted good behaviour by using the positive reinforcement method.
- Maintained daily records of children's individual activities, behaviours, and meals.
- Allowed for ample outdoor recreation time.
- Organised doctor/dentist appointments and attended the appointments with the children.
- Carried out housework.
- Promoted English language development through reading, games and crafts.
- Created a successful routine for the children.
- Prepared nutritious food.
- Carried out the children's personal care including bathing.

**CHILDCARE ASSISTANT*****09/2006 to 07/2009*****David Lloyd Leisure | Dublin, Ireland**

- Meticulously sanitised toys and play equipment.
- Administered medications and kept appropriate records.
- Maintained a child-friendly, safe environment with access to outdoor activities.
- Organised and engaged in recreational activities such as sports camps and ran an Arts and Crafts group for 2 - 5 year olds.
- Dressed children and changed nappies.

**CHARITY ASSISTANT*****01/2005 to 01/2008*****Irish Society of Prevention of Cruelty to Children, ISPCC | Dublin, Ireland**

- Raised funds
- Developed good communication skills
- Developed a good understanding of the ethos of the charity.

## EDUCATION

- **Care Skills Certificate** **2023**
- **NVQ 2 Health and Social Care** **2021**  
Heathercroft Training Academy, Eastbourne
- **Care Skills, Online**  
Completed a wide range of modules, including Dementia, Nutrition and Fire Safety. **2018-2023**
- **First Aid for Adults** **2017**  
San Arena, Zürich
- **First Aid for Infants and Children** **2017**  
Health and Safety At Home, Zurich
- **Further Education Certificate | Childcare** **2005**  
**FETAC LEVEL 5, CHILDCARE, Dublin**
- **Germanic Languages** **2005**  
Trinity College, Dublin, Ireland
- **Secondary Education Exam** **2002**  
Loreto Secondary School, Bray, Wicklow, Ireland  
Leaving Certificate