

# DAMILOLA ELIZABETH POPOOLA

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30 Horsa Street, Bolton, BL2 2DW.

## PROFILE SUMMARY

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I am a healthcare assistant with over three years of experience working with vulnerable children and adults in Nigeria and the UK. In addition to my work experience, I have also provided care and support to my family members (father-in-law, nephews, and nieces), my church parish, and my neighbours. I am passionate, organized, and have excellent abilities to support service users in a person-centred approach. I possess good communication and interpersonal skills, with the ability to organize and present information clearly, concisely, and accurately. I have a good understanding of safeguarding while working in the health and social care setting. I work professionally by adhering strictly to workplace rules, policies, guidelines, as well as service users' risk assessments.

## SKILL HIGHLIGHT

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- Direct work with residents to identify needs.
- Problem solving
- Medication calculation and administration
- Direct work with individuals and families
- Empathy and patience
- Team player
- Mobility support

## WORK EXPERIENCE

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### Four Seasons Healthcare, St Catherine's Care home

#### Care Assistant

February 2024 – till date

- Assisting qualified nurses in delivering quality care to residents.
- Assisting incapacitated residents with personal care.
- Assisting residents with meals.
- Administering medicines to residents at the advice of the qualified nurses in charge.
- Cleaning and sanitizing patient surroundings.
- Taking residents for a walk at the advice of the nurses in charge.
- Helping residents live their daily lives as independent as possible.
- Making beds and changing bed sheets for residents.

### Argos DHL, Heywood, United Kingdom

#### Warehouse Operatives

October 2023 – February 2024

- Picking, sorting and parking of parcels.

### Medihome Care Services, Lagos, Nigeria

#### Support Worker

August 2022 – September 2023

- Providing practical assistant and emotional support to the service users.
- Helping service users with personal care.
- Ensuring they lead fulfilling lives and achieve their goals.

**Adeoye International Group of Schools, Ogun, Nigeria**

**Nurse Caretaker (Age 4 to 6)**

**January 2020 – July 2022**

- Greeting parents and welcoming children into the school, helping them to settle in.
- Planning, organizing, and leading activities.
- Setting up and clearing away after activities.
- Ensuring that children are playing safely, including overseeing outdoor play.
- Assisting parents and children at the closing and pickup hours.

**Bonnie's Palace**

**Beautician**

**December 2018 – December 2019**

- Receiving and greeting walk-in customers on arrival
- Hairstyling, make-up application, and skincare services.
- They ensure that customers walk out of the door looking good and feeling confident.
- Receiving customer bookings and arranging appointments over the phone
- Providing skincare guidelines to customers
- Cleaning and sterilizing beauty treatment equipment
- Performing brow tinting, manicures, and nail extensions
- Keeping track of lotions, nail polishes, facial creams, and other beauty products
- Collaborating with the staff to keep the work area clean and create a pleasant atmosphere for the clients.

**EDUCATIONS**

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- Level 3 Diploma in Health and Social Care (NVQ 3) In-view
- BSc. Political Science November 2018  
National Open University, Abeokuta, Nigeria.

**REFERENCES**

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- Available on request.