

Freya Pearl Jeffery  
Currently in Sydney -  
freyajeffery04@yahoo.co.uk//0402989918

#### Profile:

I am a hard-working, conscientious, and mature individual who enjoys communicating with others. I have a positive and outgoing personality and consciously strive to achieve or exceed my potential. I am independent, reliable, polite and respectful. I am excited for new challenges that can hopefully develop into a rewarding career.

#### Work experience:

April-June 2023: BBA Group. Since being in Sydney I have been working as a sales consultant. We promote non-for-profit charities. Lately we have been working on the National Breast Cancer Foundation. My role included travelling to and from sites with our booths. Acting in a professional manner. Talking to the public and explaining why our research is so important. I signed people up electronically on our website. I had to train and study for my role learning new sales skills. I have met lots of people and connected with the community in the city of Sydney.

September 2022 - March 2023: Health Care Support Worker for Solent NHS Trust  
For my role as a HCSW I had to complete a UK DBS check and attend online training and seminars. This included: Adults and Child Safeguarding, Fire Safety, Security and Governance, Hand hygiene, Infection control, Moving and Handling, Basic life support (CPR etc.). 100% compliance achieved in all areas and I have ensured all training was kept updated as required.

My role included: washing patients in the mornings, moving them to and from the bathroom/bed/chair, using different types of equipment (mo-lift, steady, rotunda, free standing hoist, ceiling hoist, a WZF/3WW and the encore) I had to check patients observations (bp, sats, heart rate, resps, temp), blood sugars for diabetic patients, twice daily pressure checks for their skin, pad checks for incontinence, safety checks when using a TAB Alarm, Food and Fluid forms etc.

The age group I worked for was adults, this varied from 50+. I worked on a Rehabilitation Ward working with nurses, doctors, physios, occupational therapists and social workers to ensure the patients were ready to either live independently or be placed into a care home.

I am confident in moving patients with varying abilities whether they be bed bound or with AO1/2. I had to use System 1 to log any information on the patients.

I kept our cleaning schedule up to date each shift, and always made sure that the well-being of the patients was my number 1 priority, feeding back to the nursing team with any concerns.

Since working, I have completed my UK Care Certificate. This confirms I am competent working in a healthcare environment and in doing the required tasks needed.

I understand the importance of using the correct PPE, dignity, respect, teamwork and most importantly, confidentiality.

May-September 2022: Black Diamond Cleaning Services

Within my role I travelled to and from houses independently, supplied my own products/hover to clean the clients houses to the standard of the company. I had to be respectful to the homes and was responsible for making sure they are hygienic and organised. I was trusted with keys to clients' homes and have received positive reviews.

August 2020-June 2022: Catering Assistant/Ward Hostess for Solent NHS Trust

General duties including: cleaning the kitchen to match required standards for audit inspections, complying to the Food Safety Legislation and Regulations, ordering stock, preparing food, serving food to patients, checking dates of food and temperatures. Within my time head at this employment, I have worked in the front lines during the Covid-19 pandemic which pushed me continue to think clearly in high pressure situations.

June 2021-February 2022: Waitress/Host for All Bar One, Gunwharf Quays, Portsmouth

General duties included taking booking reservations, running food and drinks to over 200 tables, taking orders, familiarising myself with bar work, keeping the restaurant stocked and clean, whilst managing bookings in a busy environment.

August 2018-August 2020: Ivy Hair and Beauty, Portsmouth

General duties included washing client's hair, cleaning the salon, serving refreshments, managing client reservations and stock taking. I built up strong relationships in a happy working environment.

November 2017: M Cutting, Portsmouth

Saturday barber assistant. General duties included greeting clients, ensuring the work environment was kept clean and tidy, serving refreshments and general duties for my employer.

#### Education:

I studied at Miltoncross Academy in Portsmouth, UK achieving A\* - Bs in all subjects.

During my time at Miltoncross, I was a representative student to inspire younger pupils to behave similarly as my role of 'Senior Student', which I earned with good attendance and behaviour.

I also completed the Duke of Edinburgh Bronze Award. Successfully navigating through the New Forest over several days to a predetermined meeting point. This developed my team skills and the ability to listen to given directions. It also taught me to take responsibility when necessary and enhanced my organisational skills.

For further education, I studied at Portsmouth College, with the following results:

Religious Studies = A\*

History = B

Health and Social Care = Distinction\*

Feedback from my teachers has been positive with outstanding attendance and involvement.

#### Skills:

I am competent on a laptop, computer, and a tablet. From working at All Bar One I am also comfortable using tills and card machines. And from working in a hospital, I am competent in using System 1 to log any details about patients. I have experience using Microsoft Office Software and Google tools. I understand the importance of using a search engine correctly and appropriately.

#### Interests:

I was a pupil at Marie Clark School of Dance from the age of 2-14. I practiced tap, modern and contemporary dance. I took ISTD exams and was awarded either a Distinction or Merit in all results. Dancing was not only a hobby, but it also taught me determination, resilience, and good presentation. I am also confident in swimming, taking lessons since the age of 1-13.

I also enjoy spending time with family and friends, having good relationships with loved ones is important to me.

At the moment, my current interest is travelling and exploring Australia with friends!

References available on request.