

Tom Brennan

Care Assistant

Plymouth | 07700 900218 | tom.brennan@example.com

Profile

Kitchen and front-of-house team member moving into care. Has helped look after a grandparent at home for two years, including washing, dressing, meals and medication prompts. Volunteers each week at a care home activity afternoon. Reliable on early, late and weekend shifts, and ready to start the Care Certificate. Looking for a care assistant post in a care home or home care.

Caring experience

Family Carer (unpaid) | Plymouth | 2024–present

- Help a grandparent wash, dress and get ready three mornings a week, letting him do as much as he can himself.
- Prompt medication from a pharmacy blister pack and log each dose in a notebook the family shares.
- Tell the family, and the GP surgery when needed, about changes in mood, appetite or sleep.

Volunteer Activities Helper | Quayview Lodge Care Home, Plymouth | 2025–present

- Help run a Sunday afternoon of music and board games for up to 15 residents.
- Sit and talk with residents who prefer to stay in their rooms, following staff guidance for each person.
- Completed the home's volunteer induction, including safeguarding and fire safety.

Employment

Kitchen and Front of House Team Member | The Anchor Kitchen, Plymouth | 2022–present

- Work early, late and weekend shifts, with no missed shifts in the last 12 months.
- Check every order against the allergen chart before it leaves the kitchen.
- Stay calm and polite with up to 120 diners on busy evenings, and show new staff the routine.

Qualifications and training

- Level 2 Food Hygiene and Safety for Catering (2023)
- Emergency First Aid at Work (2025)
- GCSEs including English Language 4 and Mathematics 4 (2022)

Skills

- Patience and a calm manner
- Clear, friendly conversation with older people
- Following routines and checklists exactly
- Tablets and handheld ordering systems

Additional information

Full UK driving licence and access to a car for home care visits. Available for days, evenings and weekends.