MST POPY CHOWDHURY

CARE WORKER / HEALTHCARE ASSISTANT

Address: 208 Malmesbury Rd, Birmingham B10 0JJ | **Phone:** +44 7566 739263 | **Email:** Popichowdhury74@gmail.com
Right to Work: Skilled Worker Visa (Valid until Feb 2028)

PROFESSIONAL SUMMARY

Compassionate, dedicated, and highly reliable Care Worker with direct experience in UK residential care settings. Proven track record in delivering person-centred personal care, assisting with mobility and nutrition, maintaining dignity and independence, and adhering strictly to Level 3 Adult Safeguarding protocols. Communicates effectively with health professionals and family members to ensure exceptional care standards and resident well-being.

KEY CARE SKILLS & COMPETENCIES

- **Personal Care & Hygiene:** Skilled in assisting with bathing, washing, dressing, grooming, and personal appearance.
- **Mobility & Physical Support:** Safe moving and handling, supporting service users with mobility difficulties and incontinence.
- **Dietary & Nutrition:** Planning, preparing, and serving meals while monitoring fluid and food intake.
- **Medication Support:** Assisting and encouraging accurate medication administration following care plans.
- **Safeguarding & Compliance:** Level 3 Safeguarding trained; vigilant in identifying risks and upholding dignity.
- **Communication:** Excellent interpersonal skills, maintaining detailed records and liaising with care teams.

PROFESSIONAL EXPERIENCE

Care Worker | The Woodlands Residential Home Ltd — Wirral, UK **Feb 2023 – Present**

- Deliver high-quality personal care to elderly service users, ensuring privacy, dignity, and individual preferences are respected at all times.
- Support service users with daily routine activities, mobility assistance, toileting, changing clothes, and managing personal hygiene.
- Prepare and serve meals, snacks, and drinks tailored to individual dietary requirements; monitor health-related intake metrics.
- Promote and assist with medication routines, carefully observing and reporting changes in physical or mental well-being.
- Maintain rigorous hygiene standards across living spaces, commodes, and bed linen to ensure a safe, sanitary environment.
- Liaise regularly with multidisciplinary healthcare professionals, colleagues, and families to implement and update care plans.

TRAINING & QUALIFICATIONS

Level 3 Safeguarding Adults Training
High Speed Training | Certificate No: T-3307705-3485014 (Issued: Jan 2023)

IELTS Academic Certification (CEFR B1 Level)
British Council / IDP (Dec 2022)

Higher Secondary Certificate (HSC) – Humanities
Ragib Rabeya High School & College, Sylhet, Bangladesh (2020)

ADDITIONAL INFORMATION

- **Languages:** English (Proficient - CEFR B1 / IELTS Academic), Bengali (Native)
- **Work Authorization:** Skilled Worker Visa (Full right to work in the UK)
- **Availability:** Flexible for shift work, including night shifts, weekends, and holiday coverage