**Leo Cullingham**

D.O.B.: 29/11/81

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**Personal Statement**

I am an intelligent independent individual who is looking to find employment that will give me the opportunity to travel and experience different cultures. I am a good communicator currently working within a therapeutic community providing severely traumatised children a safe environment to live and emotionally develop. Being able to work on my own initiative and as part of a team is especially important in this challenging role. Living in a residential home within this setting has been particularly demanding and over the past three years I have taken great strength in the knowledge that I have made a significant contribution to the children in my care and the staff I work with.

**Education**

**May 2010 - Currently studying for Advanced Diploma in Psycho-Social Care**

**June 2009 - Certificate in Psycho-Social Care**

**February 2009 - Advanced Team Teach; Restraint training**

**September 2001 - June 2005, University of Sunderland, Sunderland**

Bsc (Hons) Sports and Exercise Development: 2:ii

Dissertation; The Physical Activity Levels of Visually Impaired children.

**September 1998 – June 2000, Paston College Grammar School, North Walsham**

A Level Physical Education: D

G.N.V.Q Advanced Leisure and Tourism: PASS

**September 1994 – June 1998, Stalham High School, Stalham**

GCSE - English Literature: C; English Language: C; Maths: C; Double Integrated Science: D/D; Geography: C; History: C; Physical Education: C.

**Work Experience**

**May 2007- Current**

**Childhood first/ Merrywood House - Norwich, Therapeutic Care Worker**

* Ensure the safety of the children at all times, using physical restraint if necessary.
* Provide primary care for the children, e.g. prepare them for school, washing, cleaning, cooking etc
* Provide educational support for a child not in mainstream education
* Training staff in fire procedures acting as the fire marshal for the home, carrying out regular fire checks and drills.
* Responsible for finding activities and organising activities available for the children after school and in holidays
* Attend education reviews providing support and guidance for behaviour management.
* Attend placement plans
* Responsible for monitoring all medication for the home.
* Studying for an Advanced Diploma in Psycho-Social Care whilst employed
* Attend regular supervision and group dynamics, gaining a psychological understanding into my personal development within the work.

**UEA SportsPark, Norwich, November 2005 – May 2007**

**Sports Assistant / Lifeguard**

* Undertook life guarding duties to ensure the safety of swimmers at all time.
* Provided one on one support in the pool on special swimming galas for disabled children.
* Ran football parties for children and organised appropriate games.
* Assisted in the running of summer activity clubs responsible for up to twenty children at any one time.

**Castle Personnel, Norwich, June 2005 – November 2005**

**Various Temporary Factory Operative Positions**

* Reliable temp whilst looking for permanent employment in sport.

**Auctioneers Club, Sunderland, September 2003 – June 2005**

**Volunteer Sports Assistant (whilst studying for my degree)**

* Volunteered at this well established Activity Centre which provided partially sighted children the opportunity to enjoy sporting activities not available to them in mainstream schools
* Took small groups of partially sighted and totally visually impaired children swimming.

**G.J’s Catering, (Part of Manor Quay), Sunderland, April 2004 – June 2005**

**Catering Night Supervisor, (Part-time whilst studying for my degree)**

* Promoted from kitchen assistant to Catering Night Supervisor
* Identified quantities of food needed and cooked for customers of this busy night club, up to 1000 customers per night.
* Supervised up to 5 kitchen assistants per night.

**Manor Quay, Sunderland, December 2002 – April 2004**

**Kitchen Assistant, (Part-time whilst studying for my degree)**

* Carried out various kitchen duties to include preparing food.

**Kingfisher Hotel, Stalham**

**Bar Steward/Waiter/Kitchen Assistant**

**Every summer from 1998 – 2004**

* Provided excellent customer service at all times in this busy Hotel.

**Other**

* Hold a current UK driving license
* Drivers development certificate
* U.K Fire Marshall certificate
* Basic Food Hygiene certificate.

**Interests**

* Play regularly in a local football team
* Participate in local half marathons
* Independent traveller.

**Referees**

* Available at request.