

Farhana Begum

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Education

Swansea University - BSc Health and Social Care

2016 – 2019

Modules studied include: Introduction to Research in Health and Social Care (65%), Equality, Discrimination and Oppression in Society (66%), Safeguarding in Health and Social Care (65%), Sociology of Health and Illness (68%) and Academic and Professional Development (70%).

Skills gained include: public speaking in seminars and delivering presentations, statistical analysis, team work from group project relating to safeguarding in Health and Social Care and research and evaluation of legislation.

Hilltop College – BTEC Health and Social Care, A Level Biology

2014 – 2016

BTEC Health and Social Care (Distinction)

A Level Biology (C)

Golden Grove Comprehensive School – GCSE's

2009 – 2014

10 GCSE's grades A – D including English, Maths and Science

Skills

Communication: developed communication skills and empathy from working vulnerable and challenging client groups in a community based setting.

Project Management: responsible for managing my own university workload and prioritising different assignments and group presentations

Teamwork: developed excellent team working skills from employment in a busy retail outlet as part of a small team where I was required to take a flexible approach to my shift patterns and covering annual leave.

Leadership: responsible for developing activities for young people in a community youth club that would be appropriate to the age group of 10 – 14 years.

I.T. : competent in Microsoft Office, using MS Powerpoint to devise and deliver presentations as part of my university course, MS Excel to collate audit sheets and MS Word to prepare assignments and course work.

Work Experience

City Girl, Swansea – Retail Assistant

2017 – 2018

- Worked as part team in a busy, independent clothing outlet in the centre of Swansea.
- Responsible for working weekends and occasional evenings as part of a small team where I was required to take a flexible approach.
- Acted as shift supervisor handling customer returns, queries and feedback which developed my communication and listening skills.
- Responsible for cashing up cash registers at the end of the evening and completing an audit check sheet for cash office colleagues using MS Excel.
- Contributed to fortnightly discussions surrounding window displays and how to maximise our latest items of clothing.

Voluntary Experience

Sketty Park Youth Group, Swansea - Volunteer Youth Group Worker via Discovery Project

2016 – 2018

- Volunteered once a week at Sketty Park Youth Group with young people from 10 – 14 year olds.
- Worked alongside the Youth Group Leader to devise weekly activities such as games nights, speakers, discussion groups, cooking skills and money management.
- Built a rapport with young people attending the youth group and listened to their concerns.
- Supported the Youth Group Leader in arranging outside speakers for events.
- Supervised young people and ensured general health and safety and rules of conduct.
- Assisted with any necessary programme set up and clean up of the venue.

Me and You, Swansea – Volunteer Support Worker

2016 – 2017

- Organised fun activities for young people with severe learning disabilities and challenging behaviour and their siblings, parents and carers.
- Developed my knowledge about, and experience supporting, children with Autism Spectrum Disorder, Down's Syndrome, ADHD and Global Development Delay.
- Organised one to one activities in line with individuals needs to develop social and life skills which enabled me to build on my communication and interpersonal skills.
- Communicated and offered feedback to parents and carers on individuals progress and interim goals and targets.
- Attended training events to further develop my understanding of the client group.

Oak View Care Home, Reading – Volunteer Care Worker

2014 – 2015

- Befriending and talking to patients with dementia about their hobbies and pastimes.
- Worked alongside the Activities Co-ordinator to develop fortnightly activities such as bingo, knit and natter group, Saturday Sing-a-Long as well as trips to local museums.
- Developed my communication and understanding skills when talking to people with dementia.

Extra Curricular Activities

Help for Homeless Society, Swansea University – Society Member

2016 - 2018

- Working as part of a team to organise fundraising events for Help for Homeless.
- Raised awareness of the type of food stuffs to be donated.
- Liaised with Swansea University estates team to set up designated 'drop off' points for food donations.
- Organised coat donation events across the university campus in the run up to the winter period, with a total of over 70 coats and jumpers being donated.
- Worked with homeless charities in the Swansea area to develop better links within the homeless community and further understanding of their needs.
- Responsible for raising awareness of events and campaigns via our Facebook and Instagram pages.

Achievements

Cake 'n' Bake Sale, Reading Community Centre – for Macmillan Cancer Support

2018

- Part of a group that raised over £400 for Macmillan Cancer Support, the highest amount raised in a day in Berkshire.
- Baked cupcakes and chocolate brownies for the event.
- Promoted the event via social media and word of mouth.

Skills

Languages Spanish – basic written, spoken and reading
 Arabic – intermediate written, spoken and reading

References

Available on request.