

HELAL ALI



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Curriculum Vitae



169 Oldknow Road, Small heath,
Birmingham. B10 0JA.

I am a very hard-working individual, a polite, friendly, reliable and honest person who enjoys learning new skills and can get on well with people. I am ever obliging, helpful and enjoy assisting as best as I can I have good communication skills and I am capable of working under pressure and can use my own initiative and work well as a team.

EDUCATION

Sep 89 – Jul 94 Arle
Comprehensive School, Howell Road.

**-GCSE passes in English,
Mathematics, Double Science,
PE, Drama, Geography and Art
Textiles**

**-Level 4 skills for the
workplace,**

-Level 5 Bsc Health and Social Care

Receptionist

Nov 2012 – Nov 2021

- Checking in guests, helping them with their luggage
- Admin duties, night audit
- Fire and safety checks

EMPLOYMENT HISTORY

Dec 2021 – Current

**Fitness 4 Life - Boxing Coach /
Fitness Instructor**

- Teaching young children basic self-defence and discipline
- Showing members, the correct method of training
- Being patient and communicating well with the clients

**Self Employed
Private Hire Driver**

Jan 2006 – Oct 2012

- Picking up passengers and taking them safely to their destinations
- Helping customers with their luggage and belongings
- Cash Handling, keeping accounts and making sure vehicle is safe for use and roadworthy.



Van Driver/ Labourer

Feb 2000 - Dec 2005

- Van Loading with goods (Cement, Sand, Bricks etc)
- Helping out on sites with various labouring tasks
 - Mixing cement, sand, mortar by hand or with mechanical mixer.
- Loading out jobs for bricklayers, plasterers, carpenters etc...

Bella Italia, Cheltenham - Chef

July 1996 - Jan 2000

- Preparing meals to a high standard for corporate clients
- Liaising with suppliers, stock checking.
- Supervising Back of House and staff (BOH)

Ultra Dynamics, Cheltenham -Sprayer

Sep 94 – Jul 96

- Spraying parts for cars / machinery.
- Working in a fast-paced environment
- Working in a team role
- Working to deadlines

MY SKILLS



Leadership



Teamwork



Communication

Community Activity:

I have taken part in fundraising for Charity and a boxing event, the event was arranged to raise money for the homeless and the less deprived in order to help them engage in certain activities and keep them occupied as well as keeping the youth off the streets.

I have participated in these kind of event numerous times and will continue to do so in the future.

HELAL ALI





References:

Available upon request



Additional Qualifications:

- First Aid Training
- Manual Handling
- Health and Hygiene
- SIA license

Hobbies and Interests

I have a very keen interest in sports and martial arts especially in boxing and wrestling which I take part in regularly, along with Badminton, Tennis and football. I love staying active in some sort of way whether it be exercise or leisurely activities.

I like going gym as a way of keeping fit and healthy while maintaining a fresh mind.

On the off days, I like reading as a way of keeping myself occupied. Having been a school governor in Cheltenham, was a very enjoyable experience that has remained with me.





MHA - Methodist Homes

Care Home Job Roles

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01/01/2022

DEAR RECRUTIMENT TEAM,

I am writing to convey my curiosity about the position of a Care Assistant role which is currently vacant as of now. After working several jobs that are in line with customer service, I found myself interested in this position because when I was working in a hotel, there was an elderly permanent resident who was staying there, he was very lonely, no family members or friends, I found myself on shift talking to him on the phone for hours when I had free time. I used to help him with certain things such as shopping which was not in my job role and that sparked my interest. As someone who has experience in this line of work, I learned many key skills such as communication, effective teamwork, and development, while having a commitment to what I work.

To further expand on my interest, having experience here would show me a new environment and workspace to which would better my knowledge and skills. I would love to be a key worker for this industry and be part of its growth and success. I find caring very rewarding and would like to make it better for the service users.

With my current skills and knowledge, I am confident I can fit in and become a part of this company as I give back to the community with my effort and work. I hope you consider the position of care assistant for me and take into account my commitment and range of skills.

Above, you can find my CV attached for more depth into my work experience and work history. I hope you look upon my application favorably.

Yours faithfully
- Halal Ali

My Pitch

Halal Ali

I would like to make my pitch in relation to the care homes, I believe the care homes can make it better, healthier, and happier for the residents. The care homes do provide good quality care and service for the service users, they provide the basic and essential needs but that's exactly what it is "needs" which is one hundred percent required but I believe that people need more than just essential needs.

My point is that we can give more and make it more of a happier experience for the time they spend in the care home. So here is what I have to offer, I would like to set up classes in the care homes such as boxercise, circuits, Zumba and group walks which are amazingly fun and good for the body and also the mind which is just as important if not more. We want the service users to have a feel-good stay at the care homes so these fun exercises will provide that by releasing the endorphins that help relieve stress and by being in a group there is a social element to it so they can enjoy each other's company while encouraging each other.

Most of us know after doing a good workout we feel good throughout the whole day and there is science behind this, but I won't get into that I'll keep it very simple, so by adding this to their lifestyle I believe we will see dramatic changes, they will be a lot happier and a lot healthier. Furthermore, we would like to incorporate and introduce a better and healthier diet for them as we know what we put into our body's has an impact on how we feel also can be harmful to us with so many common illnesses and diseases that are out there, just by having a good diet alone can eliminate a lot of this illness and diseases. About existing but enjoying life to the full.

A little bit about myself I have been a personal trainer and a coach, I have done many martial arts over the years and have always been active, I have also competed in a boxing match and have coached others to compete. I do classes for kids as well as adults of all ages and disabilities, so over the years, I have gained a lot of experience. One skill that I have gained is communication which is crucial for this setting as being able to communicate and understand is key for progress, without that it would be impossible to get success.

I have worked with many individuals whether young, old, beginner, intermediate or advanced. I have worked with individuals that want to compete or just someone who wants to lose a few pounds and there are many that attend for fun because they just simply enjoy it. What we offer is a good exercise that does not feel like exercise but having fun with a group and socializing, it starts off nice and easy and then they will want to step it up themselves and challenge themselves, it's just human nature once they get past the first hurdle they will automatically want to go further. Because of the fun and social element involved ~~they will enjoy and will not see it as a rigorous, strenuous, and boring training session.~~

I have seen many people in care homes who have nobody and are very lonely just sitting around bored not having the ability or independence they once had, I couldn't imagine how I would feel if I were in that position. The care homes are doing a great job, there is room for improvements but generally, they are providing good care for the basic needs of the service users, as time goes by, we learn more and more, and we can try and make things better because life is not just about existing but enjoying life to the full.

BOOK

Health and Fitness in Care Homes

Chapter 1

Let's get to know each other

Chapter 2

Let's have some fun

Chapter 3

Baby steps

Chapter 4

We are a team

Chapter 5

Keep going

Chapter 6

There is no stopping us

