**DANIEL JAMES BESWICK**

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I am a hardworking, honest and highly empathetic individual, who has a passion for helping people who want to get their lives back on track. I’ve worked in a multi-disciplinary team and patient care within a diverse patient population and have professional experience in helping others, alongside a passion to learn, support and become a positive influence in people’s lives. I am a motivated, fun and driven individual who thrives in being a part of a team and would enjoy working closely with individuals to give them the time and support they need to achieve their goals.

# EMPLOYMENT HISTORY

**Addictions Counsellor/ Group facilitator**

**Hope Rehab Thailand, Chonburi**

**(July 2023-April 2024)**

* 12 weekly Counselling sessions on substance misuse for up to 6 clients
* Facilitating addiction based groups with up to 32 clients
* Dispensing and handling medications according to protocol and policies
* Person centred recovery plans
* All support worker and recovery practitioner duties.

**Recovery Practitioner**

**Cassiobury Court- Step One Recovery**

**Watford Hertfordshire (October 2021- May 2023)**

* All of the support worker duties
* Shift leader, organising tasks for the team for the day ahead and maintaining good communication with colleagues and management.
* Critical and effective decision making regarding clients physical and mental health
* 1-1 recovery keywork sessions with clients, setting out guidelines and person centered care plans for their recovery journeys.
* Taking addiction based groups with up to 24 clients. Groups consists of wellbeing, 12 step programme, anxiety awareness and goal setting.
* Updating risk assessments and individual client care plans
* Assisting clients to outside fellowship meetings
* Written and spoken daily handovers to the night team and management.

**Support Worker**

**Cassiobury Court- Step One Recovery (Drug & Alcohol Rehabilitation Centre)**

**Watford Hertfordshire (June 2021- October 2021).**

* Greet new clients in a welcoming and friendly manner, ensuring clients are put at ease on arrival
* Taking clients blood pressure, blood sugar levels, alcohol and drug testing and temperature checks.
* Actively support client in maintaining personal hygiene and assisting with varied individual mobility needs
* High level of communication skills both verbal and written
* Writing daily notes on clients in thorough detail
* Liaise with company doctor on what treatment client requires
* Liaise with on-site nurse regarding treatment of clients
* Ensure a safe and thorough admission process
* Accompany clients to outside appointments and daily shop walks.
* Carry out thorough risk assessments and individualised care plans
* Build trusting relationships with clients and colleagues
* Administer medication safely, accurately documenting all medication in line with the company’s medication policy.
* Regular observations of clients
* Maintain a good office atmosphere and good organisational skills

**Self-Employed Professional Carpet and End of Tenancy Cleaner, Beswick Cleaning Services/Abbey Cleaning, Hertfordshire (Jan 2013 – May 2021)**

**Responsibilities include:**

* Cleaning properties around Hertfordshire to a professional standard
* Deep cleaning of ovens, bathrooms and carpets
* Constant dialogue with landlords and outgoing tenants
* Building up a fantastic reputation with many estate agents across Hertfordshire
* Quoting and invoicing clients
* Other general cleaning needs
* Working to a busy and tight schedule
* Making deadlines daily
* Maintaining and servicing the carpet cleaning machines

**Before and After School Club Assistant, Lindees After School Club. Batchwood School, St.Albans. (Jul 2010 - Dec 2012)**

**Responsibilities included:**

* Organising and leading fun activities for a large group of children (4-11yrs)
* Picking up children from their schools and driving them safely to the after-school club
* Cooking and serving dinners, whilst being attentive to some children’s complex needs and food allergies
* Filling out accident forms and logging them
* Making sure the workplace was clean and that it passed health and safety checks daily.
* Looking out for the safety and emotional well-being of many children
* Being a liked and active team member

**General Labourer, Beswick Building & Renovations LTD, St. Albans (Jul 2010 - Dec 2012)**

**Responsibilities included:**

* General building works
* Maintaining a good team morale
* Working under a tight schedule
* Being punctual and efficient
* Making sure the workplace was safe and clean

**F.A Registered Football Referee, Hertfordshire F.A, Hertfordshire (Jan 2005 - Jul 2013) Responsibilities included:**

* Learning and applying the laws of the game of Association Football.
* Successfully managing 22 men/women in sometimes difficult and hostile circumstances
* Being calm and authoritative in managing players and staff
* Filing match reports and caution forms to the F.A
* Keeping time and being efficient
* Being fit and healthy
* Being decisive under pressure

# CORE SKILLS AND SELF DEVELOPMENT

**Core Skills:**

* Full Clean UK Driving Licence
* Basic competency of Microsoft Office (Word, Outlook, Excel, Powerpoint)

**Self-Development:**

* Alcoholics Anonymous 12 Step Programme
* Therapy and awareness for PTSD and Anxiety disorders
* 6 months travelling around southeast Asia and Australia
* Short courses on anxiety awareness, CBT and life coaching
* Medication administration trained
* KIPU trained
* All Atlas training courses completed Windows Addiction course certified in Asia

# EDUCATION

**BSc Sports Journalism, Southampton Solent University, Southampton (2009-2010)**

**A-Levels, Sandringham School, St. Albans, Hertfordshire**: **(2006-2008)**

* English Language - D
* Sport and Physical Education - D
* General Studies - E

**GCSE, Sandringham School, St. Albans, Hertfordshire (2001-2006)**

* English Language - B
* English Literature - C
* Mathematics - B
* Science Double - C/C
* Physical Education - B
* Religious Studies - C
* Food Technology - C
* Geography - D
* Media Studies - D

# REFERENCES

**Referee 1 (Support Manager Hope Rehab)**

Daniel Wilmot

Support Manager

Hop Rehab Thailand

Siracha

BangPhra

+66950356951

**Referee 2 (Character Ref)**

Nicola Sheridan

Registered General Nurse

High Wycombe HP10 9RW

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