
Curriculum Vitae

Milly Bowers

Address: 15 Green Lane Crescent, Yarpole, Leominster, Herefordshire, HR6 0BQ
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Date of birth: 24 May 2004

Personal profile

I am conscientious and hardworking and enjoy working as part of a team or individually. I have good organisational skills, always work to a high standard and like to use my initiative. At university, I am really enjoying both my studies and the social life. My hobbies – playing the clarinet and tap dancing – have helped me to meet new people and take part in university societies and other local groups.

Employment history

- 06/2023 – present:** **Casual Commis Chef, Newton Court, Leominster**
Preparing ingredients, helping to prepare meals, ensuring workstations are clean, cleaning the floor, overseeing deliveries, checking the inventory, stock rotation, meal plating and presentation, managing kitchen porters and leading the section when the chef de partie is not present
- 10/2021 – 05/2023:** **Part-time Kitchen Assistant, The Corners Inn, Kingsland**
Basic food preparation, plating desserts, using kitchen equipment, unloading deliveries, checking the inventory, stock rotation, wiping surfaces, cleaning the floor and weekly deep cleans including fryers, the griddle, fridges and shelving.
- 08/2020 – 09/2021:** **Part-time Kitchen Porter, The Bell at Yarpole**
Pre-wash of all kitchen equipment and tableware, stacking and unloading the commercial dishwasher, organisation of the dry store and weekly deep cleans including fryers and vents. Occasional front-of-house duties including polishing and preparing cutlery, taking orders, running plates and clearing tables.

Education

- 2023 – present:** **Oxford Brookes University**
BA in Urban Planning, Design and Development
- 2020 – 2022:** **Ludlow Sixth Form College, Ludlow, Shropshire**
Three A-levels: Geography (A), Biology (C), Music (C)
- 2015 – 2020:** **Wigmore School Academy Trust, Wigmore, Herefordshire**
Eleven GCSEs: Mathematics (6), English Language (6), English Literature (6), Biology (8), Chemistry (6), Physics (6), French (6), Geography (9), Design and Technology (7), Music (8), Creative Media (L2D)

Training

08/2024: **The Training Shop (CPD accredited)**
Food Safety Level 2 in Catering, Allergen Awareness, Control of Substances,
Hazardous to Health (COSHH), Manual Handling of Objects

Other

2018 – 2019: **Trinity College London**
Clarinet Grade 8 – Merit
Clarinet Grade 6 – Distinction
Clarinet Grade 5 – Merit

2019: **Imperial Society of Teachers of Dancing**
Tap Dance Grade 6 – Merit

Hobbies and interests

My main hobbies are music and dance. I play the clarinet in various groups including the Abingdon Concert Band, Oxford Studio Orchestra, Monmouth Concert Orchestra and Tenbury Town Band. I also enjoy tap dancing; I am currently part of the Oxford Brookes Dance Society and have previously taken part in competitions. At home I enjoy reading, listening to music, baking, cooking and playing my clarinet.

References

Mrs Sue Oliver
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