





CAPA LONDON SAMPLE INTERNSHIP LIST COMMUNITY OUTREACH

INDUSTRY DESCRIPTION

Community Outreach is often meant to fill in the gap in the services provided by mainstream (often, governmental) services, and is often carried out by non-profit, nongovernmental organizations. There are many projects and organisations in London that seek to reach out and provide advice, services and support in their local communities. Students applying to work in Community Outreach should have good communication and interpersonal skills and should be prepared for a combination of hands-on support and vital administration. Applicants should provide examples of any previous work experience in either non-profit or community outreach and details of any specialist skills or areas of interest.

EXAMPLES OF PAST PLACEMENTS

Please note that the following sites are a brief cross-section of current CAPA internship host sites and should not be considered as a guaranteed location for your placement. All internship & service learning placements will be dependent upon each individual applicant's application documents, prior experiences, demonstrated skills and their aspirations and goals.

<p>Abbey Community Centre</p> 	<p>The Abbey Community Centre (ACC) is a registered charity and company limited by guarantee managed by a voluntary board of trustees. Established in 1976, it is a successful, vibrant community facility and resource providing a safe and welcoming meeting place. The centre exists to improve the quality of life for local people by offering excellent services which provide a range of educational, recreational, cultural and social opportunities.</p>
<p>Baytree Centre</p> 	<p>The Baytree Centre is a social inclusion charity for women and girls based in the heart of Brixton, London. Those who access the Centre face multiple barriers to inclusion, identified by the women and girls themselves as: lack of English language skills; lack of opportunities to learn in culturally appropriate settings; inability to access employment opportunities; poverty; poor housing; isolation; depression; racism and discrimination (including religious discrimination); abusive homes; family breakdown and a lack of family support and structure. The services they have developed for our clients focus on education, training, employment, health and social support measures in order to enhance confidence and self-esteem and to promote aspirations, community cohesion and cultural harmony. Baytree's education & support programmes are flexible and tailor services to the individual needs of users. All projects for both women and girls rely on 1-1 mentoring, offering support to them in overcoming personal difficulties.</p>

<p>Castlehaven</p> 	<p>The Castlehaven Community Association is a registered charity and was established in 1985 as a community charity that provides activities, classes and facilities across multiple age ranges. It is set in four acres of public open space which includes three buildings, two community gardens, with an enclosed children's play area, flood lit sport facilities for the local people and the wider Camden communities.</p>
<p>London Basketball Association</p> 	<p>London Basketball Association (LBA) is a registered charity, established in July 2012. We are a small but intensely committed organisation, built up and employing directly from the very communities within which we work. We operate within the 'sport for development' sector and aim to bring positive social change in areas such as health and wellbeing, substance misuse and employment, through the powerful medium of sport, and basketball specifically.</p>
<p>NAZ Project London</p> 	<p>NAZ Project London aims to educate and empower communities to face up to the challenges of sexual health and HIV, and to mobilize the support networks that exist for people living with HIV/AIDS. NPL also provides training services to voluntary, community and statutory organisations as well as a wide range of resources.</p>
<p>New Horizon Youth Centre</p> 	<p>New Horizon Youth Centre aims to enable young people to gain skills and knowledge to improve their life chances and to help them move from adolescence into adulthood. We work with some very disadvantaged young people, many of whom have poor self-esteem, low confidence, a history of rejection, harm and abuse and often profoundly negative experiences of organisations, structures and the helping professions generally.</p>
<p>St Hilda's Community Centre</p> 	<p>St. Hilda's East Community Centre is a multi-purpose community space catering for all sections of the local community. We welcome people of all ages and backgrounds and currently have an active programme of activities based within our building.</p>
<p>St Vincent's Family Project</p> 	<p>St. Vincent's Family Project is a small Vincentian Christian charity based within Methodist Central Hall, Westminster. Its vital non-proselytising work provides help and a supportive community for over 200 vulnerable local families.</p> <p>The small and dedicated paid staff (20 people, mostly part-time), volunteers and Student Interns serve the local populace through an ethos based on respect, inspiration, humility, professionalism, responsiveness and compassion.</p>

POTENTIAL PROJECT OPPORTUNITIES

Project opportunities will be dependent upon the current needs within the organisation and the demonstrated skills and abilities shown by each intern. It is imperative to remember that project opportunities will develop over time and throughout internship placements. Projects may include but are not limited to:

Community Interaction & Engagement	Online Content Production
Event Coordination & Support	Research
Finance & Accounts	Social Media Development
Media Production	Volunteer Coordination
Mentoring & Support	Writing Press Releases
Office Administration	

TRANSFERABLE SKILLS

It is essential to maximise every opportunity within the internship placements. If tasks and duties are approached in a professional manner, interns can take away additional skills and abilities that will be of benefit to their personal and professional development. Transferable skills sets include but are not limited to:

Community Engagement	Presenting & Reporting
Effective Communication	Problem Solving
Mentoring & Support	Research
Networking Teamwork	Time Management
Planning & Organisation	

PERSONAL PROFESSIONAL DEVELOPMENT

Through their internship and extra-curricular activities, we work to help students develop the following skills:

1. **Networking:** The ability to intentionally and purposefully connect and interact with others in order to develop professional and social relationships.
2. **Communications:** The ability to receive, interpret and articulate information and ideas effectively.
3. **Remote Collaboration:** The ability to utilise IT resources to connect virtually with others and achieve collective goals and objectives.
4. **Global Perspective:** To develop skills required to live and work in an interdependent world through forming an understanding of connections between one's own life and those of people across the globe.
5. **Cultural Awareness:** To develop an understanding of oneself, others and to embrace and appreciate diverse and complex perspectives, values and beliefs.

6. **Organisation, Time Managements and Prioritisation Skills:** The ability to achieve identified outcomes by using your time, energy and resources in an effective and productive manner.
7. **Problem Solving:** The ability to find solutions to difficult or complex issues and to manage moments of uncertainty or ambiguity.
8. **Adaptable:** The ability to adjust oneself readily to different conditions and environments.
9. **Goal Setting:** The ability to identify, form and implement actions that will guide you towards predetermined aims and objectives.
10. **Career Based or Vocational Skills:** The development of specific knowledge or abilities related to an occupation.