






CAPA LONDON SAMPLE INTERNSHIP LIST SOCIAL WORK



INDUSTRY DESCRIPTION

Students seeking placements within Social Work should have excellent interpersonal and communication and skills and be comfortable working with people who may have either behavioural or learning difficulties. There are a variety of placements available and a number of these involve working with children or young adults, either in an educational setting or a local community centre. Students are likely to start out in an observational capacity, working alongside professionally trained social workers or counsellors and may be given more independent responsibility as the placement progresses, depending on the skills and experience demonstrated. UK laws and legislation will limit the opportunity to engage or conduct counselling tasks to individuals who have already attained industry required qualifications.

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 style="text-align: center;">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 style="text-align: center;">Barons Court Project</p> 	<p>Barons Court Project is a day centre for people who are homeless and people living with mental health problems. They have practical services including showers, laundry, meals etc. and a whole range of activities designed for learning and social interaction to keep people well.</p>
<p style="text-align: center;">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>
<p>Youth Offending Service (Kensington & Chelsea, Westminster, Hammersmith & Newham)</p>	<p>The main purpose of the Youth Offending Services is to reduce offending by children and young people. The statutory part of the service works with children and young people aged from 10 to 18 years, who come to the attention of the police and courts because they have been involved in crime. The preventative part of the service aims to stop young people offending and becoming involved in the criminal justice system. The service provides a range of services to help and support young people, and their families, to try to stop them from becoming any further involved in crime and anti-social behaviour.</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	Office Administration
Event Coordination & Support	Research
Finance & Accounts	Social Media Development
Media Production	Volunteer Coordination
Mentoring & Support	Writing Press Releases

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
Planning & Organisation	Time Management

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.