**Student Placement Opportunity with Carers Lewisham**

Carers Lewisham is a charity which supports over 3000 carers in the London Borough of Lewisham. A carer is anyone who provides unpaid support to a family member, relative or friend who would be unable to manage without them. Being a carer is often stressful and demanding and carers might need support to deal with the practical, physical and emotional problems that can arise when caring for someone close to you.

Carers Lewisham provides a range of services including advice, information, emotional support, counselling, short breaks and health and wellbeing sessions as well as opportunities for socialising. We provide specialised support to those caring for someone with dementia, carers of people with mental health issues, young carers, and those caring for someone nearing the end of their life and following bereavement.

For more information visit [www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)

**Student Placement Role:**

* Support the delivery of a comprehensive, high-quality information and advice service for Carers
* Support the delivery of a high-quality counselling service by providing assistance to the Manager of the Counselling Service, including in the evaluation and development of the service
* Provide practical and emotional support to Carers which will help prevent or delay the need for more intensive intervention and enable them to continue caring whilst leading independent lives
* Develop, facilitate, organise and deliver community-based groups and social events focused specifically on mental health amongst carers, and/or those who are caring for someone with a mental health condition
* Contribute towards the monitoring and evaluation of the service, specifically conducting research aimed at further developing the organisation’s ability to support the mental health of carers
* Liaise, work, and create effective relationships with other voluntary, statutory and private agencies regarding mental health

**Person Specifications:**

* Must be able to work in a small team where mutual support is vital to the achievement of the charity’s objectives
* Understanding of and/or ability to empathise with the role and situation of carers
* Ability to maintain appropriate records including use of IT
* A self-starter with ability to work independently

The position is subject to DBS check. Exact duties and hours of attendance would be discussed to suit both the requirements of the organisation and the needs of the individual student. The placement student will be reporting to the Director of Carers Services.

Essential travel expense and lunch costs of up to £5 for daily attendance over 5 hours will be reimbursed to volunteers/students on work placement.

To apply send CV and cover letter to Sue Stockman, Director of Carers Services at sue@carerslewisham.org.uk