



# **Work Experience opportunities 2013-2014**

by Siobhain McDonagh  
MP for Mitcham and Morden

**“I have gained so much working here at B&Q, throughout all the pressure and demands I have enjoyed every single bit of it. What makes this experience even better is that after my work experience ends, I may be starting part-time from September. I am happy I decided to do work experience here, I have not regretted it one bit!”**

Carol Frempong, Work Experience at B&Q (2011)

**“Grace has been an asset! She has settled into our work environment extremely well, taking direction and working well within the team.”**

Lisa Kinghorn, Vision Housing, Employer (2011).

**“Our young worker is still working with us and we hope to be in a position employ him on a full apprenticeship at the end of his work placement. He has been working as a metal worker in our factory and he has gained many new skills. He has worked hard and shown a real appreciation and understanding for metalwork. The scheme has been very successful for both Akim and ourselves.”**

Julie Laws, Shelley Engineering Limited, Employer (2011).

**“(Both) candidates ... excelled in their work experience. Both Erna and Felix were a joy to work with. Very hardworking and task orientated, punctual, accurate and well mannered and presented.”**

Tammy Howlett, The Vine Project, Employer (2011).



*Dear friend*

How many times have you been told you won't get a job because you don't have the experience? It does seem that employers require more and more experience, but how do we get it?

In this booklet are offers by local and London based employers willing to give you that chance. The employers in this booklet are offering Work Experience placements to young people who are unemployed. The placements are entirely voluntary on both sides and can be broken with just 24 hours notice and employers have also agreed to allow time off for attending the Jobcentre. For further information about these placements, then please refer to the Frequently Asked Questions on page 41.

I originally ran the scheme in 2011 and it was such a success that I wanted to do it again! My main motivation behind the booklet was that I remember what it is like to try and get a job when unemployment is high and you don't have the contacts to gain experience. I also remember how youth unemployment scarred our local community in the 1980s, with many families never recovering. I never want to see that happen again. The response I have had from employers has been fantastic, so I'd like to say a big thank you to everyone who has offered a placement and to the Mitcham Jobcentre who have been involved in this scheme.

If you are interested in any of the placements in this booklet please contact Sarah in my Morden office on 020 8542 4835 to receive your personalised reference number so that I can keep in touch with you in the future and to offer you not only work experience placements but specialist employment training such as CV writing, interview skills and tricks for finding jobs on the internet.

I hope there might be a placement to suit you.

Best wishes,

*Siobhain McDonagh*

Siobhain McDonagh MP

- 1** Look through the booklet and see what the placements entail and what you would enjoy doing.
- 2** Decide on the placements you would like to apply for.
- 3** Call Sarah at my office on 020 8542 4835, who will be able to provide you with a personalised reference number which you will need to provide to the employer when applying for the position.
- 4** Once you have your reference number you need to write a cover letter and CV to apply for the placement. At the back of this booklet there are examples of how to write a CV and cover letter to help you. You need to send this directly to the employer. You can either post, email or call the employer.
- 5** If you need help applying or are unsure of how to go about contacting an employer, then please contact Sarah in my office or Liz Sherwood, Young Persons Mentor. They can help with any questions you might have and will be able to help you with writing your application letter and their full details are on the useful contacts page.
- 6** Once you have sent the employers your CV and cover letter, they will contact you directly, if they wish to consider you for the place. You may be asked to attend an interview. The placements will be starting around January 2014.

Architecture.....	6
Business.....	6
Car Rental.....	7
Care .....	8
Charity.....	10
Childcare .....	14
Community .....	15
Construction .....	17
Education .....	17
Energy.....	20
Entertainment.....	20
Estate Agents.....	21
Finance.....	22
Food and Drink .....	22
Hospitality.....	24
Housing .....	26
Human Resources.....	27
Legal .....	28
Local Government.....	30
Medical .....	30
Nature .....	31
Politics.....	32
Print .....	33
Property Management .....	33
Recruitment.....	34
Retail.....	35
Social Enterprise.....	37
Wholesale.....	38
Youth Services .....	39
Frequently Asked Questions .....	41
Useful Contacts.....	42
How to apply – Cover Letter.....	43
How to apply – CV .....	44
Company Index.....	45

**CS Architects**

Mr Colin Smith  
610 Kingston Road,  
London  
SW20 8DN

**Tel:** 0208 540 8049

**Email:** info@csarchitects.co.uk

**Website:** www.csarchitects.co.uk

CS Architects design and manage projects primarily in the residential developments, commercial design and construction work. Their practice philosophy is to produce design solutions that are at one imaginative, creative and appropriate in response to the client's requirements

**Placement**

- Provisionally 8-12 weeks
- Full time

As part of this placement, you will undertake administrative tasks, clerical duties; assist the company with public relations and marketing.

CS Architects are looking for a lively and enthusiastic individual who is personable and can contribute to the day to day make up of the office. CS Architects would like a young assistant who will take an interest and contribute to the growth and development of the practice and take on responsibilities with guidance looking at the long term.

Computer understanding is required but not necessarily to a technical level.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Merton Chamber of Commerce**

Mr Raymond Kinsella  
Business Engagement Manager  
5th Floor  
27-37 St George's Road  
Wimbledon  
SW19 4EU

**Tel:** 020 8944 5501

**Email:** ray@mertonchamber.co.uk

Merton Chamber of Commerce is a business membership organisation, working with 3000 businesses in South West London. Their overall objective is to protect and develop the interests of the business community based in the London Borough of Merton.

**Placement**

- Part time
- 12 Week
- Starting January 2014

On this placement you will gain a good understanding of the world of business. You will need to be well presented, able to communicate confidently- both face to face, over the phone and in writing. An interest in marketing and sales in the business sector is also desirable.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Hertz Rent a Car (Aptiga Ltd)**

Mr Andrew Bell  
220 Garth Road  
Morden  
Surrey  
SM4 4NL



**Tel:** 020 8335 0060

**Email:** Andrew.bell@aptiga.co.uk

**Website:** www.hertz.co.uk

Hertz is the largest car rental company in the world, and has been providing quality car rental for over ninety years. Aptiga Ltd operates a busy and successful Hertz rental franchise based in Morden. They employ twenty people and operate 200 vehicles at busy times.

**Placement – Customer Service Representative**

- 12 Weeks
- Full Time

Aptiga Ltd are looking for a friendly, professional and social person with a 'how can I help you attitude' to become a customer service representative at their Hertz branch in Morden. As part of this position you will be trained to qualify and process customer rentals, respond to customer enquiries, adhere to company policy and procedures, sell optional services and operate the Hertz car rental computer system (used worldwide). This position will give you experience in office administration, customer service, vehicle knowledge, sales techniques, working in a busy but friendly environment.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Aptiga Ltd**

Ms Penny Poulson  
220 Garth Road  
Morden  
Surrey  
SM4 4NL

**Email:** penny.poulson@aptiga.co.uk

Aptiga Ltd has been trading for over twenty years providing customers solutions for their vehicle requirements. This department specialises in all areas of vehicle leasing and sales.

**Placement**

- 12 weeks
- Monday-Friday, 10am-4pm

This placement will entail supporting the sales team with customer correspondence and enquiries. As well as planning for deliveries and collection, website administration, collating information generated by calls to schools and companies and inputting onto the database.

Aptiga Ltd would be looking for a bright and confident individual who can work in a team as well as working using their own initiative. Good telephone manner and being able to communicate to the general public, schools and other organisations is essential. The successful candidate should be educated to GCSE standard with good written English and numeracy skills. Must be computer literate and have an enthusiastic approach to their work.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### All Saints Community Resource Centre

Ms Zoey O'Brien  
44 All Saints Road  
Wimbledon  
SW19 1BX

**Tel:** 020 8274 5388

**Email:** Zoey.O'Brien@merton.gov.uk  
AllSaintsCentre@merton.gov.uk

The All Saints Centre is a day centre in South Wimbledon for adults with physical and learning disabilities. It provides a friendly day service which offers support and care through a wide range of activities.

#### Placement

- 12 Weeks
- Full time or part time
- Disclosure and Barring Service Check needed (CRB)

This position with All Saints Community Day Centre will provide the successful candidate with experience of working as part of a team in the social care environment. As part of the placement you will be asked to assist with the vast range of activities on offer, including: arts and crafts, table tennis, quizzes, swimming and cycling.

All Saints are looking for a candidate who is friendly and patient, with good communication skills. They are also looking for someone who has any skills or interests that they can bring to the centre, for example, an interest in art, drama or sports.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Barchester Healthcare

Mr Paul Hart  
Wimbledon Beaumont  
35 Arterberry Road  
Wimbledon  
London  
SW20 8AG

**Tel:** 020 8944 8299

**Email:** paul.hart@barchester.com  
**Website:** www.barchester.com

Barchester Healthcare is one of the UK's most respected care home companies. They provide care and services to thousands of residents throughout the UK in their nursing homes with apartments. The Barchester Group cares for over 10,000 people at more than 200 different locations.

#### Placement

- Length of placement offered by assessment
- Full or Part time

There are a wide range of placement opportunities with Barchester including catering, domestic, administration, activities, gardening and maintenance. Successful candidates will gain an understanding of a range of skills in a service environment within nursing care. You will be interacting with the elderly and a wide range of service users.

Candidates need to be caring, compassionate as well as reliable and have empathy for the elderly.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Barons Lodge Care Home

Ms Catherine Olaniyan  
Manager  
24 Baron Grove  
Mitcham  
Surrey  
CR4 4EH

**Tel:** 020 8646 8280

**Email:** baronsadmin@gmail.com

Barons Lodge Care Home is a twenty-two bed care home which caters for people with mental health and nursing issues. It is registered with the Care Quality Commission for the care of young adults from 18-65. It also trains young people to become nurses, carers and doctors.

#### Placement

- 1 year placement
- Full time or part time available
- Disclosure and Barring Service check required (formerly CRB)
- 18 or over
- NVQ in social care is desirable.

This placement offers the opportunity to work in the friendly staff environment to care for people of all ages, assisting them with mobility, eating, daily activities, as well as working as an outreach worker helping people to live independently.

Candidates need to be caring and compassionate, as well as hard-working and reliable. The opportunity would be perfect for someone looking for a placement in the care sector following training at college.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Caremark Merton

Ms Evelyn Chiejina  
32-44 London Road  
Morden  
Surrey  
SM4 5BT

**Tel:** 020 3582 4377

**Email:** evelyn.chiejina@caremark.co.uk  
**Website:** www.caremark.co.uk/merton

Caremark Merton is part of a franchised network of offices delivering care and support services to a diverse range of people, of all ages and ethnicities in the (Merton) area. Their clients have chosen to remain living independently at home and need some level of care and support to enable them to do so. Our services ensure their desired level of independence is maintained whilst they continue to live safely at home.

#### Placement - Office Co-ordinator

- 6 Months
- Full time
- Start ASAP
- Disclosure and Barring Service check required (formerly CRB)
- Travel Expenses paid

Caremark Merton is looking for someone who is friendly and willing to learn, to join their office team. This opportunity as an office co-ordinator will provide the successful candidate with planning, organisation, administrative and time management skills.

They are ideally looking for someone who is ICT literate, and have A-level qualifications.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Sunrise Day Care Services**

Mr Hussain  
New Horizon Centre  
South Lodge Avenue  
Pollards Hill  
CR4 1LT

**Tel:** 020 8432 9403

**Email:** info@sunrisedaycare.org.uk

**Website:** www.sunrisedaycare.org.uk

Sunrise Day Care Services provides a day care and care in the home for elderly and frail people with different disabilities, including mental health and physical disability. They also run a Day Care Centre, Mondays to Fridays, to give their loved ones a break from their caring roles.

**Placement**

- 4-8 Weeks
- Full or Part time
- Disclosure and Barring Service Check required (CRB)

The successful candidate will be working alongside qualified Care Workers who will guide you through completing different tasks relating to our client's care needs. As part of the placement basic health and safety and risk assessment training will be given prior to engaging in any tasks.

An ideal candidate would be someone who has done NVQs or QCSs in Health & Social care or a student who is doing a course relating to health and social care. However these are not necessary and they are happy to take on anyone who is compassionate, friendly and willing to learn.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Bridging the Gap**

Dr James Stevens-Turner  
C/o SMCA  
Cobham Court  
Haslemere Avenue  
Mitcham  
Surrey CR4 3PR

**Tel:** 020 8090 1486

**Email:** james@btguk.org

**Website:** www.btguk.org

Bridging the Gap is a registered charity which works with ex-offenders. It aims to help reduce re-offending by helping discharged prisoners settle into their communities after release.

**Placement 1- Data Entry Clerk**

- 12 Weeks
- Full Time or Part Time
- To start ASAP

As a data entry clerk you would gain skills of accurate data capture, be able to update, maintain and retrieve information held on our computer system. You will need a basic knowledge of word processing, spreadsheets and databases, and your skills and speed in inputting data will be of essence.

**Placement 2- Admin Assistant**

- 12 Weeks
- Full Time or Part Time
- To start ASAP

The placement will entail general office duties, answering phones and taking messages, assisting in sending out information to prisons and prisoners.

Sourcing information on which companies have an open policy on employing ex-offenders and compiling lists of the type of positions that they offer. Sourcing information on courses that ex-offenders can undertake at the various

**Commonside Trust**

Ms Naomi Martin  
New Horizon Centre  
South Lodge Avenue  
Pollards Hill  
CR4 1LT

**Tel:** 020 8764 9582

**Email:** naomi@commonside.net

**Website:** www.commonside.net

Commonside Trust is a local charity based in Pollards Hill; it works to improve the lives and environment of people living in Merton. It does this through a number of ways including the New Horizon Centre, a busy community centre, the Step Forward Programme for parents and the lunch clubs for the elderly.

**Placement**

- 12 weeks
- Part time, 11am-2pm Monday to Friday

This placement, working with the elderly at Commonside, will be a great introduction for someone interested in health and social care. As part of the placement, you will be asked to prepare the dining room, serve food and plan after lunch activities. They are looking for a polite team-player who is enthusiastic and happy to talk to a variety of different people.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

colleges around the area, which will help them get back into the working environment.

**Placement 3- Fundraiser**

- 12 Weeks
- Full Time or Part Time
- To start ASAP

No charity can exist without some sort of funding, and BTG is no different. Do you have a flair for organising fundraising events? We need someone to help raise the funds required to keep us going. BTG is run on a shoe string, but we still need the input of funding.

The successful candidate will be asked to seek out partners, funders etc for our different range of activities.

**Placement 4- Newsletter Editor**

- 12 Weeks
- Full Time or Part Time
- To start ASAP

Bridging the Gap is looking for candidates who have a particular interest or flair in writing and current affairs to do with the criminal justice system. Organisational skills and an ability to prioritise tasks are essential as is enthusiasm and a friendly approachable attitude. You will need to source articles for the newsletter.

A 'can-do' and enthusiastic attitude is a must for all these placements and any of these would be a great opportunity for those looking for a career working with ex-offenders or the criminal justice system. Applicants should have at least a basic level of education in Maths and English. Also a good command of the English language is essential due to the fact that there are often complicated regulations to understand.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**Merton Mencap**

Ms Fanta Bojang  
The Wilson Hospital  
Cranmer Road  
Mitcham  
CR4 4TP

**Tel:** 020 8687 4825

**Email:** programme.manager@swlondonmencap.nhs.uk

**Website:** www.mertonmencap.org.uk

Merton Mencap is a registered charity providing support and services for children, young people and adults with a learning disability and their family carers in the London Borough of Merton. Merton Mencap understand that parents and carers of people with a learning disability often need help and support, they work to provide activities and services for both people with learning disabilities and their parents or carers.

**Placement**

- 4 weeks, but can be flexible
- Part time
- Disclosure and Barring Service check required (formerly CRB)

This opportunity with Merton Mencap will entail helping with and organising activities for young people with learning disabilities. There are a number of activities that you will be able to get involved in, including trips, health and fitness classes and sports. This placement would be an excellent opportunity for an enthusiastic, friendly and outgoing person, to gain experience and training in social care.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Victim Support**

Mr Safet Vukalic  
Service Delivery Manager - Merton  
Victim Support  
South West London Divisional Office  
17-19 Falcon Road  
Clapham Junction  
London, SW11 2PH

**Tel:** 020 7801 1777

**Email:** safet.vukalic@victimsupport.org.uk

**Website:** www.victimsupport.org.uk

Victim Support is a national charity providing emotional support, practical help and assistance to victims, witnesses and those impacted by crime.

**Placement**

- 3 to 6 months, will also consider 12 months for right candidate.
- Full time, or part time can be negotiated
- All candidates will be subject to Disclosure and Barring Services, Victim Support are prepared to pay for this
- Over 18
- Candidates must be willing to travel between our offices. Victim Support will pay for travel expenses.

This placement is a great opportunity to work as part of a nationwide charity, and will enhance your organisational, communication, and research skills.

As part of this placement, candidates will need to have good listening and communication skills, be reliable, trustworthy and be willing to learn and develop. Due to the nature of this charity a basic understanding of confidentiality and data protection is needed.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**The Vine Project**

Mr Gregory Hale  
Unit 3  
24 Wandle Way  
Willow Lane Industrial Estate  
Mitcham  
CR4 4NB

**Tel:** 020 8685 6640

**Email:** ghale@thevineproject.org

**Website:** www.thevineproject.org

The Vine Project is a community based registered charity, which operates a number of green enterprises. The project re-uses, restores and recycles furniture and then provides the furniture for those with low incomes and in need. The project offers work experience for people of all ages, and does accredited training in basic carpentry.

The Vine Project is looking for three positive, flexible and friendly individuals to help out and become part of their team!

**Placement 1 - Shop Assistant**

- 8 Weeks
- 9.30-4.30pm
- 30 hours per week
- Must be able to work Saturdays
- Flexible start date

The Vine Project is looking for a friendly, energetic and outgoing person for this role in their Sutton shop at the St Nicholas Centre. You will be dealing directly with customers and so will need good communication skills for selling their furniture goods. You will be required to move small and medium items, so some degree of physical fitness is needed.

**Placement 2 - Admin Assistant**

- 8 Weeks
- 9.30-4.30pm
- 30 hours per week
- Flexible start date

This position requires a confident individual with a good telephone manner to help with admin in their Mitcham Warehouse. As part of the role you will be asked to update databases, deal with telephone enquiries and provide excellent customer service.

**Placement 3 - Warehouse and Van Assistant**

- 8 Weeks
- 9.30-4.30pm
- 30 hours per week
- Flexible start date

You will be dealing with customer services, moving furniture and making the warehouse presentable. Successful candidates will have to be physically fit due to the labour intensive nature of this placement.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**Colliers Wood Village Day Nursery**

Ms Marilyn Dias or Ms Altina Livingstone  
65-67 High Street  
Colliers Wood  
SW19 2JF

**Tel:** 020 8540 5333

**Email:** collierswnursery@gmail.com

Colliers Wood Village Day Nursery is a vibrant nursery, with an energetic staff who aim to put each individual child at the centre of everything. They care for children from three months to five years.

**Placement**

- 8 weeks
- Full time
- Disclosure and Barring Service check required (formerly CRB)

Colliers Wood Village Day Nursery are looking for a young person to join their friendly team and assist them in the day nursery, helping and entertaining the children. Qualifications not necessary, but happy, energetic and patient qualities are a must.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Early Years Day Nursery**

Miss Sharon Mills  
112 Cavendish Road  
Colliers Wood  
SW19 2E2

**Tel:** 020 8540 8270

**Email:** earlyyearsdaynursery@hotmail.com

Early Years Day Nursery is a private day nursery looking after children from three months to four years old. They have three classrooms, for babies, toddlers and pre-school ages.

**Placement - Nursery Assistant**

- 2 weeks or longer if needed
- 9-3pm Monday-Friday
- Would be useful to have experience working with children
- Disclosure and Barring Service check required (formerly CRB)

This experience would be perfect for someone who is looking for a job working with children. They are looking for someone who is positive and friendly to join their team, to interact and play with the children in the day care. A successful candidate must have some experience or understanding of the needs of young children, and work well as part of a team.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Merton and Morden Guild of Social Service**

Mr Hamish Duncan or Ms Anne Donaghy  
34a Aberconway Road  
Morden  
SM4 5LF

**Tel:** 020 8640 1640

**Email:** mandmguild@aol.com

**Website:** www.mandmguild.org

The Merton and Morden Guild of Social Service work with older people in the borough of Merton. The Guild aims to encourage independence, health, well-being and enjoyment in the community and to have fun by organising lunch clubs, outings, exercise classes, craft events, exhibitions, musical sessions and other social events as well as support and help with information.

**Placement**

- 12 weeks
- Part Time

This placement would involve some office work, helping with the lunch club and social activities. As part of the position you will be working as part of a team and learning how to understand and respond to the needs of both the active elderly population and the more frail elderly.

The guild are looking for someone who is flexible and able to take on many different tasks from inputting data on the computer to organising social events or washing up and making teas for the users (not the staff!).

This placement calls for a candidate who can be compassionate and empathetic, but also outgoing. An ideal candidate would have acceptable literacy, numeracy and computer skills.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Merton Centre for Independent Living**

Ms Lyla Adwan-Kamara  
Unit 3 Batsworth Road  
Mitcham  
CR4 3BX

**Tel:** 020 339 73119

**Email:** info@mertoncil.org.uk

**Website:** www.mertoncil.org.uk

Merton Centre for Independent Living (MCIL) is a local grassroots organisation run by disabled people for disabled people. They offer a range of services including peer support, advice, and advocacy. They also run events for local disabled people to support them in getting their voices heard.

**Placement**

- 8-20 Weeks variable
- Part time

MCIL have a range of possible placements available including: administrator, ambassador, advocate, peer supporter and event supporter positions

As a small, hands-on organisation this placement with MCIL will provide a range of experience around managing and promoting an organisation, including holding events and running services.

MCIL would like to encourage applicants with experience of disability to apply. Alternatively, applicants should have an interest in working with disabled people.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*



### South Mitcham Community Association

Ms Brenda Josiah  
SMCA Community Centre  
Cobham Court  
Haslemere Avenue  
Mitcham  
CR4 3PR

**Tel:** 020 8648 3740

**Email:** [brenda@smca.co.uk](mailto:brenda@smca.co.uk)

**Website:** [www.smca.co.uk](http://www.smca.co.uk)

South Mitcham Community Association is a lively community centre which acts as a Healthy Living Centre where families and individuals can participate in a variety of activities to increase their skills and fitness. The busy centre has activities open seven days a week and hundreds of people come to the Centre from all over Merton and beyond.

#### Placement - Activity Assistant

- 12 Weeks
- Part Time
- 16 or older

As part of this placement you will be working alongside the Community Centre Manager and the Activities Co-ordinator to create and publicise a full programme of activities for local families.

This opportunity would be great for an energetic candidate who is interested in community work and would like to learn how to run a wide range of community services. They are looking for someone who is patient, able to work in a busy environment and has some computer skills.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### South Wimbledon Community Association

Mr Andy Coles  
78 Victory Road  
Wimbledon  
London  
SW19 1HN

**Tel:** 020 8540 4539

**Email:** [swcommunity@yahoo.co.uk](mailto:swcommunity@yahoo.co.uk)

South Wimbledon Community Association is a registered charity and a hive of activity with rooms available for hire by the local community.

#### Placement

- 2 placements on offer
- 2 weeks
- Part time

The placement will be office based, predominantly dealing with customers and other administrative duties. Through this position the successful candidates will gain an insight into what the community centre does to assist those on low incomes.

This position will be as part of a small team and would be excellent grounding for anyone looking for office jobs. As a small team it would be an excellent opportunity for someone with little or no work experience as they aim to build your confidence through the placement.

No qualifications are necessary, but enthusiasm and a positive hard working attitude is key!

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Paul Strank Roofing

Pete Stringer, Manager  
22 Weir Road  
Wimbledon  
London SW19 8UG

**Tel:** 020 8944 6010

**Email:** [admin@paulstrankroofing.co.uk](mailto:admin@paulstrankroofing.co.uk)

**Website:** [www.paulstrankroofing.co.uk](http://www.paulstrankroofing.co.uk)

Paul Strank Roofing is an award winning South London business which specialises in all areas of roofing. Providing over 44 years of experience, craftsmanship and professionalism, Paul Strank Roofing has established itself as a trusted roofing contractor, and also encompasses a Roofing Materials Supplier and Scaffold Hire.

#### Placement 1: Office Trainee

- Full time –working hours: 8am-5pm (Mon-Fri)
- Minimum 4 week placement
- Starts: Immediately

Candidates will need good computing skills including emailing and Microsoft Word and Excel, as well as a good and professional Telephone manner. The placement will involve answering phones, booking appointments, dealing with customer inquiries, filing, creating estimates and invoices and replying to emails.

#### Placement 2: Yard Assistant

- Full time –working hours: 7.30am-5pm (Mon-Thurs), 7.30am-4pm (Fri)
- Minimum 4 week placement
- Starts: Immediately

Candidates will need good computing and communication skills. The placement will be labour intensive, involving helping customers, loading vehicles and restocking the yard.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

### Harris Academy Morden

Ms Mandy Francis  
PA to the Principal  
Lilleshall Road  
Morden  
Surrey  
SM4 6DU

**Tel:** 020 8687 1157

**Email:** [m.francis@harrismorden.org.uk](mailto:m.francis@harrismorden.org.uk)

**Website:** [www.harrismorden.org.uk](http://www.harrismorden.org.uk)

Harris Academy Morden is a brand new Academy with a highly aspirational culture, which teaches ages 11-18. This is one of the highest achieving schools in the borough and one of the most popular.

#### Placement - Administration Assistant

- Initial 1 week trial, on successful completion a 6 week placement will be offered.
- Term time only.

From a placement with the Harris Academy you will gain experience in written and spoken correspondence and organisational skills.

Work could involve:

- Typing letters, reports and other documents
- Printing and photocopying
- Greeting visitors, and answering the phone.
- Keeping clerical and computerised records of pupils and staff

We are looking for someone with a good standard of secondary education and a minimum of 5 A\*-C GCSEs. You will also need an enhanced disclosure from the Disclosure and Barring Service (formerly CRB check).

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Merton Adult Education College**

Ms Martina Collett-Creedy  
Careers Information Officer  
Whatley Avenue  
Wimbledon Chase  
London  
SW20 9NS

**Tel:** 020 8274 5210

**Email:** Martina.Collett-Creedy@merton.gov.uk

**Website:** www.maec.ac.uk

Merton Adult Education College has been offering high quality courses and qualifications for over 50 years and currently has over 5000 learners on over 300 courses.

**Placement - Admin Assistant**

- 8 Weeks
- Full Time

The placement will be structured so that you gain experience in a range of different areas. The main focus will be aiding the admin team in the day-to-day running of the college. Front of desk customer service, data inputting, admissions, events, student support services and the possibility of IT and marketing depending on the applicant

This position will provide the successful candidate with administrative and IT skills, as well as giving them an experience of customer service and marketing. The placement would suit a young person not in education or work wishing to enter the education sector/ environment. Basic administrative/ organisational and IT skills are preferable.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**The Priory C of E Primary School**

Ms Jane White  
Queens Road  
Wimbledon  
SW19 8LX

**Tel:** 020 8540 8059

**Email:** school@thepriory.merton.sch.uk

**Website:** www.thepriory.merton.sch.uk

The Priory Church of England Primary School offers places to children from nursery through to year six. The Priory Church of England Primary School offers high standards of teaching and learning which engages children at all levels to make good progress and enjoy their lessons.

**Placement**

- 12 weeks
- Full time or part time
- Disclosure and Barring Service check required

They are looking a polite candidate who is willing to learn, to help them with administrative support in their busy school office. The placement will enable you to gain valuable experience in IT, admissions, reception and clerical duties.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**South Thames College**

Mr Dan Thornton  
Funding, Data & Contracts Manager  
71 Tooting High Street  
London  
SW17 0TQ

**Tel:** 020 8918 7170

**Email:** Daniel.thornton@south-thames.ac.uk

**Website:** www.south-thames.ac.uk

South Thames is a Further Education College in South West London.

**Placement**

- 1 Month
- 9.30am-4.30pm Mon-Friday

The successful candidate will work as part of the Business Support team to provide general administrative support to staff, learners, employers and external agencies. As part of this position duties will include:

- General administrative support
- Dealing with routine correspondence and enquiries from learners, employers, Job Centre Plus, other stakeholders and College staff
- Maintaining documents, files and electronic records in an audit ready state in line with department and College policies
- Review and update College monitoring systems
- Any other duties that may be reasonably requested

The Business Support Team is looking for someone who is reliable and conscientious, with strong communication skills and the ability to work as part of a busy and adaptable team.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**St Thomas of Canterbury R.C. Primary School**

Ms Susan Breen  
Commonside East  
Mitcham  
Surrey  
CR4 1Y6

**Email:** sbreen@

st-thomascanterbury.merton.sch.uk

**Website:**

www.st-thomascanterbury.merton.sch.uk

St Thomas Canterbury is a voluntary aided Primary School with over 600 students. They strive to give all children the best possible education working in partnership with parents.

**Placement**

- 12 Weeks
- Full Time, 8.30am-3.30pm
- Disclosure and Barring Service check required (formerly CRB)

St Thomas Canterbury are looking for an enthusiastic and energetic individual to work as part of a friendly, hardworking team of teachers and support workers.

The position will be as a Teaching Assistant with Key Stage Two Children from 7-11 years old. The successful candidate should have studied English and Maths to GCSE level.

This placement is a great opportunity for someone who enjoys working with children and may be interested in going into teaching.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Utility Warehouse Authorised Distributors

Ms Deirdre Aguma or Mr Paresh Dudhaiya  
Head Office  
333 Edgware Road  
London, NW9 6TD

**Tel:** 07771 790 982 or 07956 348 085

**Email:** Deirdre@enjoyearning.co.uk  
info@secondincome.me

**Website:** www.enjoyearning.co.uk

Telecom Plus PLC, which owns and operates the Utility Warehouse brand, is the UK's only fully integrated provider of a wide range of competitively priced utility services, spanning both the communications and energy markets. Customers benefit from the convenience of a single monthly bill, consistently good value across all their utilities, and exceptional levels of customer service. The company does not advertise, relying instead on 'word of mouth' recommendation by existing satisfied customers in order to grow their market share.

#### Placement

- 90 days
- Part time, with an opportunity to go full time

This is a home based business opportunity to gain experience in sales and distribution.

The candidate will need to follow a simple proven system in order to become successful. The applicant will be a confident person with a can do attitude. No experience is required as ongoing training is provided free of charge both online and at venues locally. You will also receive a mentor to help you in the early days.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### The Colour House Theatre

Charles Shakespeare  
Merton Abbey Mills  
London  
SW19 2RD

**Tel:** 020 8542 5511

**Email:** cwjshakespeare@hotmail.co.uk

**Website:** www.colourhousetheatre.co.uk

The Colour House is a charity children's theatre which is open for a wonderful variety of theatre shows, events, music gigs and comedy. It has produced and staged over eighty five original musical adaptations of famous fairy tales, and for the past fifteen years it has run a weekly blues club.

#### Placement

- 12 Weeks
- Full time: Wednesday-Sunday

As part of this position the successful candidate would provide support with administrative work during the week and then at the weekends they will be helping with all aspects of the theatre at weekends. This will include working in the front of house, technical and production management.

The Colour House are looking for a young person who is looking to further their knowledge of the theatre and production industry. This placement would be the perfect opportunity for someone with a passion for theatre, film and music and interested in learning about all aspects of theatre production.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Rainbow Productions Ltd

Mr David Scott  
Unit 3, Greenlea Park  
Prince George's Road  
London SW19 2JD

**Tel:** 0208 254 5301

**Email:** david@rainbowproductions.co.uk

**Website:** www.rainbowproductions.co.uk

Rainbow Productions Ltd manufacture costume characters for international sports clubs, tournaments, film and television studios. They also provide appearances by celebrity characters such as 'Peppa Pig' and 'Postman Pat'.

#### Placement

- 12 Weeks
- Full Time

As part of this placement you will be involved in various areas, including:

- Buying and sourcing fabrics and haberdashery shopping
- Dyeing
- Wardrobe work (costume cleaning)
- Filing and invoice processing

From a placement with Rainbow productions Ltd, you will gain an in-depth understanding of fabrics and the specifications required for our costumes. You will also gain valuable office and organisational skills, confidence in phone etiquette and working with suppliers.

This would be a great opportunity for someone who has an interest in textiles and costumes. The candidate should also be observant, organised, pro-active, alert and ready to respond in busy and urgent situations.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

### Moss & Co.

Mr Jonathan Moss  
42 Wimbledon Hill Road  
Wimbledon  
SW19 7PA

**Tel:** 07943 404 216

**Email:** Jon@mosswimbledonhill.co.uk

**Website:** www.mosswimbledonhill.co.uk

Moss & Co. is a highly reputable estate agents based in Wimbledon. The company works with clients who wish to buy, sell, rent or manage properties, and is renowned for its use of technology to provide excellent customer service.

#### Placement

- 24 weeks
- Full time
- Able to drive, preferable but not essential

Moss & Co are looking for a polite, mature, presentable and enthusiastic candidate, to work alongside two negotiators and accompany them on viewings. As part of the job the successful candidate will engage in contacting new clients, arranging viewings, sales duties and general administrative office work.

This placement is a fantastic opportunity to learn how the property market works, particularly how to bring a new property onto the market and negotiating deals.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Handelsbanken**

Mr Barry Sexton  
2nd Floor Admel House  
24 High Street  
Wimbledon  
London  
SW19 5DX

**Tel:** 020 8946 0412

**Email:** base01@handelsbanken.co.uk

**Website:** www.handelsbanken.co.uk/  
wimbledon

Handelsbanken is a banking service which serves both corporate and personal customers.

**Placement**

- Up to 12 weeks
- Full Time

This placement will be as part of a small team based in Handelsbanken's newly established branch in Wimbledon. As the customer base in this branch is being built the successful candidate will be offered a training plan to cover the core support needs of the office. As part of this placement there may be opportunities to join the account managers at customer meetings.

This position will require the successful candidate to be enthusiastic, keen to learn and able to work well as part of a team in a small customer-focused environment. Ideally the candidate would be educated to A-level standard and have good IT, English and Numeracy skills. This placement would be a great opportunity for anyone who has an interest in a banking career.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Adam's Fish Bar**

Mr Zac Zacharia  
31 Kingston Road  
London  
SW19 1JX

**Tel:** 020 8540 7688

Adam's Fish Bar is a restaurant offering takeaway and eat in.

**Placement:**

- Part time (2-3 evenings a week)
- 3-12 week placements
- Start ASAP

On this placement you will gain experience in taking orders from customers, cleaning tables and kitchenware. You will be providing general kitchen/restaurant assistance as required.

Candidates are required to be presentable; uniform consists of black shirt/blouse and matching black trousers/skirt and clean black shoes. You must have a good level of English (in reading and writing) as well as being well mannered and with common sense.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Premier Foods**

Ms Zoe Turner  
Hovis Sebon  
15 Ellis Road  
Mitcham  
Surrey  
CR4 4HX

**Tel:** 020 8254 5610

**Email:** zoe.turner@premierfoods.co.uk

**Website:** www.premierfoods.co.uk

Premier Foods is the UK's largest food producer; more than 99% of all UK households bought a premier foods brand last year. They supply some of Britain's best loved brands, including Bisto, Mr Kipling cakes and OXO cubes. Their factory in Mitcham mainly produces breads and morning goods for Marks and Spencer, Sainsbury's, Waitrose, Lidl and Hovis.

**Placement 1- Bakery Operative**

- 12 weeks
- Full or part time

As part of this placement you will be working within the operations team, learning a variety of bakery skills including dough making, wrapping, despatching and dispensing raw materials.

This opportunity would be perfect for somebody who has an interest in the food industry. They are looking for someone who is a team player with a basic level of literacy and numeracy, and food hygiene experience is preferable but not essential.

**Placement 2- Quality Assessor**

- 12 weeks
- Full or part time

This role will involve the evaluation of Premier Foods products, making sure that they are of the highest quality, and that they comply with technical food safety requirements.

This placement will provide the successful candidate with health and safety, hygiene and food safety skills. This position will require the candidate be computer literate, with a basic level of literacy and numeracy.

**Placement 3- Office Administration**

- 12 Weeks
- Full or part time

This position will be within the small friendly team of office staff on site learning skills in data logging on spread sheets, using the telephones, handling post, filing and archiving.

This placement would be a great opportunity to experience working in the office environment. This position will require the candidate be computer literate, with a basic level of literacy and numeracy.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**Cannizaro House Hotel**

Mr Jeff Ward  
General Manager  
West Side  
Wimbledon Common  
London  
SW19 4UE

**Tel:** 0208 970 2764

**Email:** jward@cannizarohouse.com

**Website:** www.cannizarohouse.com

Cannizaro House is a four star deluxe hotel with 46 bedrooms, located on Wimbledon common. The hotel also boasts a 2 Rosette restaurant, six event function rooms, a cocktail bar and terrace overlooking 34 acres of Cannizaro Park.

**Placement**

- 12 Weeks plus
- Full time
- Applicants must be 18 or over

The successful candidate will get the opportunity to work as part of a diverse and friendly team, to experience and receive an insight into the food, beverage and housekeeping departments of the hotel industry.

This placement will give candidates a diverse and exciting experience, and therefore a 'can-do' attitude is a must. Previous experience is an advantage, but not necessary, as long as the candidate has a willingness to learn and good attention detail.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Chak 89**

Mr Frank Khalid  
105 Bond Road  
Mitcham  
Surrey CR4 3HG

**Tel:** 0208 646 6502

**Email:** fkhalid@elbrookcc.co.uk

**Website:** www.elbrookcashandcarry.com

Chak 89 is an award winning restaurant in Mitcham which can cater for a wide range of cuisines. It also has wedding and banqueting facilities for up to 600 people and has outdoor catering facilities as well.

**Placement 1- Waiting Staff**

- Permanent
- Full Time

As part of this placement you will be working in the front of house; providing waiting and catering services. The successful candidate must have knowledge or be willing to learn about Indian cuisine. The candidate will need to be presentable, well mannered and friendly.

**Placement 2- Bar Staff**

- Full time
- Permanent
- 18 or over

The successful candidate will be working behind the bar, making a variety of drinks for customers. This position will require the candidate to work well as a team in a busy environment. The successful candidate will be hardworking, punctual and willing to learn about the hospitality industry.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**Dalchini Restaurant**

Veronica Sarkhel  
147 Arthur Road  
Wimbledon  
London

**Tel:** 07947 118 818

**Email:** veronicasarkhel@yahoo.co.uk

**Website:** www.dalchini.co.uk

Dalchini, London's pioneering restaurant serving Hakka Chinese cuisine, is simple yet smart. The Hakka restaurant cuisine is a wonderful marriage of oriental techniques with Indian ingredients. Dalchini also does takeaways and home delivery, party and outdoor catering.

**Placement 1: Waiter/Waitress**

- 1 Position for a full time Waiter/waitress, 2 positions for part time.
- 12 weeks
- 18 years or over

This placement in Dalchini's thriving restaurant would give you hospitality skills and improve your confidence through working in the restaurant environment.

The applicant should have a pleasant disposition with good communication skills, fluent in English and attentive to a customer's needs.

**Placement 2: Kitchen assistant**

- 1 Position for a full time Waiter/waitress, 2 positions for part time.
- 12 weeks

This position will require you to assist the kitchen staff by washing dishes and preparing the kitchen for service including handling food. A food hygiene certificate would be preferable but not essential. The applicant should have a pleasant disposition with good communication skills and fluent in English, with a clean and tidy nature.

**Placement 3: Part time delivery Bike Rider**

- 12 weeks
- Part Time Evenings only
- Must have a CBT license
- Over 21 years of age with a clean license.

As part of this position you will be required to provide delivery assistance to the Dalchini restaurant as well as working in the restaurant. The applicant should have a pleasant disposition with good communication skills and fluent in English.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**AmicusHorizon**

Mr William Miller  
Grosvenor House  
125 High Street  
Croydon  
CRO 9XP

**Tel:** 020 8726 8630

**Email:** william.miller@amicushorizon.org.uk

**Website:** www.amicushorizon.org.uk

AmicusHorizon is a housing association with 28,000 homes across the South East of England. They work to improve the lives of residents through innovative programmes and training schemes.

**Placement - Community Development Team**

- From 2 to 25 weeks
- Minimum 16 hours per week, but flexible to meet needs.

This is a fantastic opportunity for someone who is interested in Community or Youth work or has an interest in the social housing sector. The candidate will be working with the community development team supporting the planning, delivery and evaluation of AmicusHorizon's community projects. The successful candidate will be punctual, confident with good people skills, solution focused, and good ICT skills. Most importantly, they are looking for someone who is willing to go the extra mile to help people.

The position would be based in their Croydon offices with some travel to the community projects they run in South London.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Family Mosaic Housing Association**

Employment Team  
Albion House  
20 Queen Elizabeth Street  
London  
SE1 2RJ

**Tel:** 020 7089 1345

**Email:** employmentteam@familymosaic.co.uk

**Website:** www.familymosaic.co.uk

Family Mosaic is an award winning housing association which provides good quality, affordable homes to rent and buy, as well as care and support services to thousands of people who need extra support.

**Placement - Business Administration**

- 12 Weeks
- Full time or part time, can be flexible
- Central London

This position will give the successful candidate first-hand experience in a busy, vibrant and professional office environment providing administrative support across a variety of business functions from the Housing Management teams to the organisations very own Employment Team. By the end of the placement the individual should be able to demonstrate how to be dedicated, courageous, confident and smart when working.

They are looking for someone who is enthusiastic, well presented, able to communicate well with the ability to multi task and prioritise with a 'We can' attitude. Must be competent in Microsoft Word and Excel, Outlook and be willing to learn additional in-house database systems.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Vision Housing Services**

Ms Nicola Wilson  
195 Middleton Road,  
Carshalton  
SM5 1HE

**Tel:** 020 8648 0402

**Email:** info@visionhousing.org.uk

**Website:** www.visionhousing.org.uk

Vision Housing provides housing and support for vulnerable people.

All of their clients are either homeless, released from prison or in poor quality accommodation with a high risk of reoffending.

**Placement - Resettlement worker**

- Minimum of 6 months.
- Can be full or part- time dependent on how much time the individual can commit.

You will be assisting the resettlement team in a number of ways including:

- Identifying accommodation across London and arranging accommodation viewings.
- Maintaining databases of landlords.
- Assisting the Resettlement Team with the housing process
- Assisting clients with their benefits
- Updating client information packs
- Contacting and promoting Vision Housing to landlords.

Vision Housing are looking for someone with good administrative skills, polite telephone manner and IT literate in programs such as Outlook, Word, Excel and the internet.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**CIPD**

Ms Rachel Lloyd  
151 The Broadway  
Wimbledon  
SW19 1JQ

**Tel:** 020 8612 6512

**Email:** r.lloyd@cipd.co.uk

**Website:** www.cipd.co.uk

The Chartered Institute of Personnel and Development is the professional body for HR and people development. Our purpose is to champion better work and working lives by improving practices in people and organisation development for the benefit of individuals, businesses, economies and society.

**Placement 1 - Policy Campaigns**

- 8-12 Weeks
- Full Time

The Policy Campaigns department is running a high profile campaign to tackle youth unemployment. You will gain experience in events organisation, provide administrative support and help out with media monitoring. In addition to carrying out specific tasks, you will also have the opportunity to learn what it is like to work on a recognised campaign, and gain insight into how the media and government works.

In the Policy Campaigns team you will provide support to the organisation on a series of high-profile events across the UK, to mark the expansion of a mentoring programme for people aged 18-24. You will also have the chance to assist members of the team by collating media bulletins, liaising with members of the public and helping produce campaign and events materials. In addition, you will also be able to shadow every member of the Policy Campaigns team for a day.

**Placement 2 - Corporate Services**

- 8-12 Weeks
- Full Time

The second placement will be structured so that you will gain experience in a range of central departments and activities including office services and legal.

With the generalist role you will primarily be assisting with corporate services – building up knowledge of how a business is supported by its central departments. You will learn how we plan our board meetings, use lawyers, and work with volunteers amongst other administrative and office functions requiring discretion and tact. Also you will gain a good grounding in dealing with a range of customers, organisational working and prioritising deadlines.

CIPD are looking for two enthusiastic and proactive people with a particular interest in events management or office administration. With a 'can-do' attitude and an enjoyment of team working, successful candidates will be comfortable communicators both over the phone and by email. A good working knowledge of Microsoft Office, particularly Excel would be helpful as would an aptitude for learning new skills and attention to detail.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**HK Solicitors**

Mr H Khan  
111 London Road  
Morden  
Surrey  
SM4 5HP

**Tel:** 020 8646 7485

**Email:** info@hksolicitors.co.uk

**Website:** www.hksolicitors.co.uk

HK Solicitors is a specialist law firm based in the heart of Morden town centre. HK Solicitors specialises in many areas of law with emphasis on personal injury, immigration, family law, civil litigation, criminal law and consumer affairs.

**Placement**

- 4-6 Months
- Full time or part time
- Law graduates

HK Solicitors are looking for a law student, to work in their Morden Office on a voluntary basis. This opportunity would be good for someone who wishes to gain practical legal experience following a law degree.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**South West London Law Centre**

Mr Alasdair Stewart  
112 London Road  
Morden  
Surrey SM4 5AX

**Tel:** 020 8772 7052

**Email:** info@swllc.org

**Website:** www.swllc.org

South West London Law Centres (SWLLC) is a charity that exists to reduce poverty and promote education in Merton, Wandsworth, Croydon, Sutton, Kingston and Richmond.

**Placement**

- 4-12 weeks
- Full or part time

A young person on a work experience placement with SWLLC would gain experience working with members of the public and in a range of administration and reception duties, from one or more of our offices. The position would include assisting with the maintenance and filing of records, archival of files and resources, collecting and delivering post, dealing with telephone calls and in-person callers at reception, and assisting with the production of publicity material.

SWLLC are looking for someone who is confident, committed and willing to learn. As we deal with legal matters, discretion and an understanding of the need for confidentiality is key.

SWLLC has in the past offered Business and Administration Apprenticeships. Dependent on the timing of their placement, candidates who are interested, impress and excel may have the opportunity to apply.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Springfield Advice and Law Centre Ltd**

Office Manager  
Springfield University Hospital  
Building 7  
61 Glenburnie Road  
London  
SW17 7DJ

**Tel:** 020 8767 6884

**Email:** info@springfieldlawcentre.org.uk

Springfield Law Centre offers independent legal advice to service users of South West London & St. George's Mental Health Trust and their carers.

**Placement**

- 4-12 Weeks
- Full or Part-time
- 18 or over

As part of this placement you will assist the law centre by answering the telephone, reception and general administrative duties like: typing, photocopying, filing and taking documents to court. No qualifications necessary but applicants need to be aged 18 or over, be able to use a computer and have an interest in, or aptitude for legal or community work. Applicants must also adhere to confidentiality requirements. Based at the main office in Springfield Hospital.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Merton Council Mayor's Office**

Ms Julia Regan  
Merton Council  
Civic Centre  
London Road  
Morden  
SM4 5DX

**Tel:** 0208 545 3864

Email: [Julia.regan@merton.gov.uk](mailto:Julia.regan@merton.gov.uk)

Website: [www.merton.gov.uk/mayor](http://www.merton.gov.uk/mayor)

**Placement**

- 12 Weeks
- Full Time

This placement opportunity in the Mayor's office will involve assisting with event planning including the Mayor's Ball and general office duties.

The successful candidate would work under the direction of the Mayor's personal assistant to take an active part in the day to day running of the office. As well as organising charity events, the successful candidate will be asked to use outlook, publish website information, get event costings, produce posters, undertake mailshots and work alongside the Mayor. This position will give you valuable experience in project management and diary planning.

The ideal candidate would be polite, helpful and enthusiastic. They would have a good level of literacy and be able to talk confidently to a wide range of people, including the Mayor, senior managers, businesses and local residents.

The opportunity would be perfect for somebody who has an interest in event management.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Elective Orthopaedic Centre**

Ms Grace Beer  
Epsom General Hospital  
Dorking Road  
Epsom  
KT18 7EG

**Tel:** 01372 735425

**Email:** [grace.beer@eoc.nhs.uk](mailto:grace.beer@eoc.nhs.uk)

**Website:** [www.eoc.nhs.uk](http://www.eoc.nhs.uk)

The Elective Orthopaedic Centre is a leading centre in joint replacements in South West London, focusing on research development and patient outcomes from their operations.

**Placement - Research administration role**

- 12 weeks
- Full time

You will be assisting the team with research administration, which would entail collecting and entering data, sending out letters, assisting the research nurse, getting information from patients and general administrative duties within the office.

As part of this placement you will learn how research projects work, gain insight into working for a large organisation and knowledge of working in administration.

We are looking for an enthusiastic person, who is happy working in an office environment, with some computer knowledge.

A CRB check would be helpful, as you will be working with patient information.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Wimbledon and Putney Commons Conservators**

Ms Paula Graystone  
Manor Cottage  
Windmill Road  
London  
SW18 5NR

**Tel:** 020 8788 7655

**Email:** [paula@wpcc.org.uk](mailto:paula@wpcc.org.uk)

**Website:** [www.wpcc.org.uk](http://www.wpcc.org.uk)

The Commons comprise about 1,140 acres of countryside, with Putney Lower Common separated by about one and a half miles. They consist of woodland, scrubland, heathland and mown recreation areas – and have nine ponds. Within the Commons is Richardson Evans Memorial Playing Fields covering 48 acres, providing football, rugby and other field sports facilities. The Commons are administered by a Board of Conservators who are charged under their own 1871 Act of Parliament to keep the Commons open, unenclosed, un-built on and in their natural aspect preserved for exercise and recreation.

**Placement 1 - Commons Maintenance Operator**

- Full time – working hours 8am – 4.30pm (Mon – Fri)
- 8 week placement
- Start ASAP

This placement will involve all areas of maintenance work. A large part of the maintenance department's work includes litter clearance. This is an on-going and sometimes thankless task but, none the less a very important part of the day to day routine of the maintenance team. Other duties are grass and hedge cutting, ditch and path restoration and other conservation or maintenance work.

**Placement 2: Playing Fields Grounds Person**

- Full time – working hours 8am – 4.30pm (Mon – Fri)
- 8 week placement
- Start ASAP

This placement will cover all aspects of the maintenance of the playing fields including marking out and sports turf preparation, grass cutting, cleaning of dressing rooms, litter clearance, drainage and other maintenance work.

Both these positions are ideally suited to someone who enjoys working outside in all weathers. The applicants will gain experience in all aspects of land maintenance and a variety of machinery.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*



**Leader of Merton Council Office**

Councillor Stephen Alambritis  
Merton Council  
Civic Centre  
London Road  
Morden  
SM4 5DX

**Tel:** 020 8545 3424

**Email:** carolyn.ives@merton.gov.uk

**Website:** www.merton.gov.uk

Councillor Stephen Alambritis is the Labour Leader of Merton Council. He is in charge of all the council's services, including parks, leisure centres, education, day centres for old people and rubbish collection.

**Placement**

- Full time or part time
- 4 week placement

The candidate will gain an understanding of how a public sector organisation works and how services need to be run in a quality and value for money way. They will learn how the needs of lots of different people need to be balanced against the amount of money there is to spend. You will shadow the Leader of the Council as he meets council officers, politicians and residents to talk about anything from planning permission to building new schools to improving our parks and playgrounds.

The candidate needs to be presentable and enthusiastic. Discretion and confidentiality is also a requirement for this role as the Leader has many confidential meetings.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Siobhain McDonagh MP**

Labour Member of Parliament  
1 Crown Road  
Morden  
SM4 5DD

**Tel:** 020 8542 4835

**Email:** mcdonaghs@parliament.uk

**Website:** www.siobhainmcdonagh.org.uk

Siobhain McDonagh is the Member of Parliament for Mitcham and Morden. She has been an MP for sixteen years and has offices in Westminster and Morden.

**Placement**

- 12 weeks
- Part time

The candidate will split their time between the constituency office in Morden and the Parliamentary office in Westminster. The role will be of an administrative nature supporting permanent staff in both offices.

This placement is an ideal opportunity for anybody interested in politics or an office based job.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**The Social Enterprise Press**

Mr Roy Court  
Unit 3  
Batsworth Road  
Mitcham  
CR4 3BX

**Tel:** 020 8640 6015

**Email:** roy@sepress.org

**Website:** www.sepress.org

Social Enterprise Press is a digital printing and direct mail fulfilment company providing training and employment for ex-service personnel and people with mild learning difficulties.

**Placement 1- Media Sales**

- 8 Weeks
- Full Time, 9.30-4.30pm

This placement will offer both theoretical and practical training in media sales, both in the office and out in the field. The successful candidate would be confident and articulate, with good writing ability and basic computer skills. If successful, this placement could lead to a permanent position in a new publishing venture being undertaken by Social Enterprise Press.

**Placement 2 - Design and Layout**

- 8 Weeks
- Full Time, 9.30-4.30pm
- 16-18 years old

This placement will offer training in design and layout for publishing, as well as an introduction to printing and print finishing. The training will be overseen by our design director, and given the right attitude this could lead to the person being offered an apprenticeship in design and pre-press.

The successful candidate must have very good computer skills.

**Placements 3 & 4- Painting**

- 8 Weeks
- Full Time, 9.30-4.30pm

This placement will offer a course overseen by a professional painter. It will teach the tools of the trade, preparation for painting and application, as well as valuable knowledge of health and safety and good working practice.

The ideal candidates for this would be someone with very good practical skills, but the work will be based both in practical and theory.

This opportunity would be perfect for someone who has a passion for art and design, if successful; Social Enterprise Press will consider setting up a company to take on the two people, providing a free base to work with professional insurance and advertising via their new magazines.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

**Dalchini Ltd.**

56 Haslemere Avenue  
Wimbledon  
London  
SW18 4RP

**Tel:** 07947118818

**Email:** veronicasarkhel@yahoo.co.uk

As well as running the Dalchini Restaurant, Dalchini Ltd's owner also has a property portfolio and is in charge of their own property management.

Placement- Property Management Assistant

- 12 weeks
- Full time

This placement will give you an insight into property management and enhance your administrative skills. The applicant should have a pleasant disposition with good communication skills and fluent in English. Must be computer literate, with a good telephone manner and have a passion for admin duties.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Capital Training Group**

Ms Shirley Woodcock  
Worple House  
22-24 Worple Road  
Wimbledon  
SW19 4DD

**Tel:** 020 8605 2828

**Email:** swoodcock@capitaltraininggroup.co.uk

**Website:** www.capitaltraininggroup.co.uk

Capital Training Group is a recruitment and training company based in Wimbledon. They deliver apprenticeships and adult skills training and provide recruitment to the transport, aviation, security and construction sectors.

**Placement**

- 4 weeks
- Full time

This position with Capital Training Group will be working in a busy office environment and the administrative duties will include: filing, photocopying, typing, helping with telephone enquiries and general office duties.

This placement will provide the successful candidate with highly valuable organisational skills. It offers an insight into workplace ethics and will give the candidate the confidence to use their initiative in future office environments.

Capital training group are looking for a motivated, reliable and enthusiastic young person to join their team. Ideally the candidate will have Maths and English grade C and above. Also competency with MS office would be highly beneficial.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Rhodium Consulting Ltd.**

Ms Julie Rose  
Suite 11  
The Generator Business Centre  
95 Miles Road  
Mitcham  
Surrey  
CR4 3FH

**Tel:** 0845 269 4502

**Email:** Julie@rhodium45.co.uk

**Website:** www.rhodium45.co.uk

Rhodium Consulting provides specialist recruitment services in the construction supplies industry. With over seventeen years of experience in recruitment, Rhodium Consulting recruit candidates for National and Independent Builders Merchants, Electrical Wholesalers and Luxury Kitchen and Bathroom showrooms.

**Placement - Trainee Recruitment Consultant**

- 12 weeks
- Full time

Rhodium Consulting are looking for an ambitious, outgoing and friendly person to join their team. As part of this placement, you will be assisting the team with the recruitment process, working in an office and admin environment.

The ideal candidate would be hard-working, driven and have GCSEs in Maths and English, with good written and verbal communication. This is an excellent opportunity, for someone who wants to know more about business and recruitment, and if successful it could potentially lead on to a permanent position at the end of the placement.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**B&Q New Malden**

Ms Kellie Howard  
HR manager  
175 Burlington Road  
New Malden  
Surrey  
KT3 4PT

**Tel:** 020 8336 8609

**Email:** nmn306.personnel@b-and-q.co.uk

B&Q is the largest home improvement and garden centre retailer in the UK and Europe and the third largest in the world. B&Q strives to offer everything customers need to successfully achieve their home improvement and DIY projects.

**Placement - Customer Advisor**

- 12 Weeks
- Part time

B&Q are looking for a helpful, friendly and energetic person to join their team for 12 weeks in the New Malden Warehouse.

From this placement you will gain valuable experience in customer service, stock management, and till training. During this placement you will be asked to support customer projects and it will provide an environment to meet different people. This placement would be perfect for someone with a passion for DIY or interior design!

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**The Co-op Mitcham**

Mr Jaresh Suppiah  
180-184 Streatham Road  
Mitcham  
Surrey  
CR4 2AF

**Tel:** 020 8687 5847

Co-operative retail food stores, operate within the Co-operative Group which is the UK's largest mutual business, owned by over seven million consumer members. The Co-op is renowned for its ethical practices in what they sell, and their management.

**Placement**

- 12 weeks
- Part Time

This placement will provide the successful candidate with the experience of working in the retail food environment. They are looking for someone who is friendly and hard-working, with good people skills to work in the hot food area. They will provide full training on the job.

This opportunity would be perfect for someone who would like to gain experience in retail, particularly working with food, but also enjoys meeting new people.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Rolex Boutique by  
The Watch Gallery**

Mr Said Chaarawi  
Business Development Manager  
One Hyde Park  
100 Knightsbridge  
London  
SW1X 7LJ

**Tel:** 020 7292 0345

**Email:** scharawi@thewatchgallery.co.uk

**Website:** www.thewatchgallery.com

Rolex is the largest single luxury watch brand, producing about 2,000 watches per day. The Rolex Boutique in Knightsbridge has the largest selection of Rolex watches available within Europe.

**Placements - Sales Associates**

- 3 Positions on Offer
- 2 Weeks
- Full Time
- Will provide an oyster card for transport

As part of the position you will be working with high value luxury items and the placement will give you a wealth of experience working in luxury retail. As a sales associate you will be asked to speak with and help customers. As part of this placement you will also learn all about the Rolex brand. The successful candidate will be presentable, motivated and friendly, with good communication skills.

These placements are a fantastic opportunity to work for the most famous watch company in the world. It would be particularly of interest to someone with an interest in retail, particularly watches and jewellery.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Sainsbury's**

Ms Claire Russell  
1 Merton High Street  
London  
SW19 1DD

**Tel:** 020 8254 3800

**Email:** Claire.Russell@sainsburys.co.uk

The well-known British company Sainsbury's has over a thousand supermarkets across the country. The large store in Merton sells all the major brands and has various meat and fish counters and a bakery. It also stocks their well-known clothing range as well.

**Placement**

- 2-8 Weeks
- Part time or full time

This position will give the successful candidate valuable communication skills in a fast-paced customer service environment. The role will include interacting with and helping customers and replenishing stock.

They are looking for an enthusiastic, engaging and hard-working individual who is flexible and keen to acquire different skills across a spectrum of different departments.

This opportunity to work in one of Britain's largest retail company will provide the successful candidate with valuable and transferrable skills in customer service and communication. It is an excellent placement for someone who is friendly and likes to meet new people.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

**Fyne Dezynes Ltd**

Dr James Stevens-Turner  
Vestry Hall  
London Road  
Mitcham  
Surrey  
CR4 3UD

**Tel:** 020 7096 0855

**Email:** james@fynedezynes.co.uk

**Website:** www.fynedezynes.co.uk

Fyne Dezynes is a company limited by guarantee; it is also a Social Enterprise. Any money raised from the activities goes into the work of helping ex-offenders to start up their own businesses.

**Placement 1- Office support**

- 12 weeks
- Full time or part time
- To Start ASAP

The placement will entail general office duties, answering phones and taking messages, assisting in sending out information to prisons and prisoners.

**Placement 2- Fundraiser**

- 12 weeks
- Full time or part time
- To Start ASAP

We need someone to help raise the funds required to keep us going. All the money raised by Fyne Dezynes is used in the work of Fyne Dezynes; it does not go into the pockets of any shareholders. Fyne Dezynes is run on a shoe string, but we still need the input of funding. You will seek out partners, funders for the different range of activities.

Both placements will give a broad understanding of the world of business and the operation of a small business. Successful candidates will need to be well presented, able

to communicate confidently – both face to face, over the telephone and in writing. Applicants should have at least a basic level of education in Maths and English. Also a good command of the English language is essential due to the fact that there are often complicated regulations to understand. If you are looking for a career in working with ex-offenders or in the criminal justice system this would be ideal for you.

This would be a great opportunity for anybody interested in marketing and sales.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

### Elbrook Cash and Carry LTD

Mr Frank Khalid  
105 Bond Road  
Mitcham  
Surrey  
CR4 3HG

Tel: 020 8646 6502  
Email: fkhalid@elbrookcc.co.uk  
Website: www.elbrookcashandcarry.com

Elbrook Cash and Carry LTD provides well-known retail products at wholesale prices to large bars, restaurants and catering companies.

#### Placement 1- Wholesale Assistant

- Permanent
- Full Time

As part of this position you will gain an excellent experience of customer service and merchandising. You will be asked to provide assistance on the till, filling shelves and helping customers. Elbrook Cash and Carry are looking for an enthusiastic, trustworthy and hardworking individual to join their team.

This would be a perfect opportunity for anyone who is hard-working and willing to learn more about merchandising.

#### Placement 2- Reach truck driver

- Permanent
- Full Time
- Must have experience

This position will require you to have experience in using a forklift. As part of this placement you will be working in their warehouse, assisting the team and customers by moving and replenishing stock.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

### UPTOWN UK LTD

Ms Joan Simms  
High Path Community Resource Centre  
63 High Path  
South Wimbledon, SW19 2JY

**Tel:** 07957112260  
**Email:** simmsjm@aol.com  
**Website:** www.uptownuk.com

UPTOWN UK provides a range of general youth clubs, learning centres and Dance Academy. Our service is for young people age 10 – 19 and up to 25 if an able young person has a disability. Our services are based in South Wimbledon and Mitcham. UPTOWN works in partnership with a variety of agencies such as Wimbledon Theatre, Fulham Football Foundation, Merton Priory Homes, Health and is supported by London Borough of Merton.

They aim to provide good quality youth work for young people. Providing a safe environment, where young people can come together, make new friends, learn and share new skills and have support with Education Employment and Training.

#### Placement 1

- 3 Positions available
- Part time (Wed-Sat Evenings)
- 8-12 weeks
- To start ASAP

This placement will be three hour sessions working in UPTOWN's Youth Club.

#### Placement 2

- 7 Positions available
- 20 weeks
- 3 hour session a week (paid) with volunteering session per week
- 16-19 years old

If you are 16 -19 not in education and employment, and interested in youth work,

there is an opportunity for a 'casual youth do youth' programme via uptown, which offers 20 weeks paid 3 hour session a week with 1 volunteering session per week.

Both placements will offer the young person an insight into youth work practice

UPTOWN are looking for an enthusiastic, motivated individual who are looking for an opportunity to work with and for young people.

This would be a great position for anyone who has interests in dancing, drama, sports, music studio, djing, Computer skills, film making, arts and craft, cooking, enjoy debates and talking with young people or general office administration such as data input, ordering, faxing, customer service.

*Before applying for these positions please contact Sarah on 020 8542 4835 for your reference number.*

### **AFC Wimbledon Community Football Scheme**

The Cherry Red Records Stadium  
Jack Goodchild Way  
422a Kingston Road  
Kingston upon Thames  
Surrey  
KT1 3PB

**Tel:** 020 8974 5712

**Email:** communityfootball@afcwimbledon.  
co.uk

AFC Wimbledon are working in partnership with Street League, a national charity, in an attempt to improve the lives of local people by running free street football sessions for anybody aged 16 to 25.

Successful participants are recruited from the Street Football sessions to join a free eight week academy programme where you will receive two hour classroom sessions each day followed by football coaching for the same amount of time.

On completing the course you will receive a Community Sports Leaders Award and a National Open College Network qualification in Employability Skills. As part of the training experience participants will also work on CV writing and mock interviews.

The next free football session will begin in January 2014 with the academy programme beginning in February 2014.

*Before applying for this position please contact Sarah on 020 8542 4835 for your reference number.*

#### **1. Who can apply for a Work Experience placement?**

Any local unemployed person can apply for a work experience placement. We are aiming to give experience to those aged 16-24 years old, however any age group can apply for the positions in this booklet unless stated otherwise by the employer in the adverts.

#### **2. Will I be paid?**

Work Experience placements are generally not paid. It is a way for someone who is unemployed and looking for work to gain experience. It will also mean that you will receive a reference at the end of the placement which you can use when seeking future work.

#### **3. Will it affect my ability to claim Jobseekers Allowance?**

If you are claiming Jobseekers Allowance you are able to do a work experience placement for between 2-8 weeks for 25-30 hours week and still receive your payments. Please discuss longer placements with your Job Centre Advisor. Whilst you are on the placement you must still attend interviews that are required of you, the employers will make time for you to do this as long as you let them know. Please also speak to your advisor regarding travel expenses.

#### **4. How can I apply for a work experience placement?**

If you are interested in any of the Work Experience Placements advertised in this booklet then you will need to contact Sarah in my office who will give you a personalised reference number, which you will have to provide to the employer. Once you have received this then you should write or email the employers directly with a CV and cover letter.

#### **5. How will I know if I have been accepted on to a work experience placement?**

After you have applied directly to employers for a placement advertised in this booklet, the employers will then contact you directly if they wish to consider you for the place. You may be asked to attend an interview.

#### **6. Do I need to pay for a DBS check?**

It is best to discuss with each individual employer during the interview stage to see if they are willing to pay towards the cost of the DBS as some have already expressed a willingness to assist financially.

#### **7. Do I need to sign a contract?**

You do not need to sign a contract, but it is best to discuss/agree with your employer, what experience you will gain during the placement. Any work experience placement is an informal agreement that can be broken with 24 hours' notice by either you or the employer.

#### **8. What will I have to show for my work once I have completed the placement?**

Your employer will write you a reference that you can use seeking future work and for all those involved in the Work Experience placements will be invited to training events and will be presented with a certificate at the work experience Awards Ceremony which I will be holding at the Houses of parliament. Your employer will attend and friends and family are all invited!

If you are interested in any of the placements in this booklet but you are unsure of how to apply or write an application letter, then please feel free to contact Sarah in my office or Liz Sherwood. They can help with any questions you might have and she can provide advice and support during the application process. Their contact details are as follows:

**Sarah Troke**

1 Crown Road, Morden, SM4 5DD  
T: 020 8542 4835  
E: troke.s@outlook.com

**Liz Sherwood,  
Young Person Mentor**

1 Crown Road, Morden, SM4 5DD  
T: 07891 889389  
E: liz.sherwood@talktalk.net

**Siobhain McDonagh MP**

House of Commons, London, SW1A 0AA  
T: 020 8542 4835  
E: mcdonaghs@parliament.uk

If you have any further problems during your placements then please do not hesitate to contact Sarah, Liz or Siobhain. If Siobhain is unavailable then please speak with Sarah.

For those of you claiming Jobseekers Allowance, please discuss any benefit concerns you might have with your Jobcentre Advisor. They can also provide you with advice about travel, lunch and childcare costs. For general advice or guidance if you are claiming benefits you can contact Gary Dunmore at Mitcham Jobcentre:

**Gary Dunmore,  
Mitcham Job Centre**

Boundary House, 317-321 London Road,  
CR4 4YF

**T:** 0208 687 3079

**E:** gary.dunmore@dwp.gsi.gov.uk

**Template application letter**

Here is an example for a letter you can use if you are applying for any of the placements in this booklet. Use the cover letter to show why you want the placement and tell the employer a little bit about how your personality and experience would be relevant to the placement.

**(Your name) e.g. Sarah Smith**  
**(Your address)**  
**(Your telephone/ mobile number)**  
**(Your email address)**

Dear (Employer)

**Re: Middy Supervisor - Education placement**

My name is ..... and I would like to apply for your Work Experience placement which I have seen in Siobhain McDonagh's Work Experience booklet.

I attended Raynes Park High School which I left school last year and I didn't get any qualifications, but I did excell in sports and I still play every week for my local five a side football team.

I also often babysit for my neighbour who has a three year old child and I would really like to gain more experience working with children. I get on very well with children and I feel confident looking after and interacting with them.

I am an outgoing, mature individual and I think that I would be able to work very well in a school environment.

Therefore, I would like to apply for your Middy Supervisor Work Experience placement.

I look forward to hearing from you about this position.

Yours sincerely,

**(Your name)**

**Your Name**

[Your email address] [Telephone Number]  
[Your Address]

**Personal Statement**

Open the CV with a short statement about yourself, summarising your positive qualities and why you should be considered for the position.

Remember the CV should be able to fit onto 2 pages.

**Education**

2010-2013 **E.g. South Thames College**

- Courses you did, (what grade you received)
- E.g. English Literature (B)

2005-2010 E.g. Raynes Park High School

- GCSE's completed
- E.g. Maths (C)

**Employment**

Job Title

Company Name

Location

Dates of Employment

Give a brief introduction about what the company does and explain what the role entailed and any skills you gained.

Key Achievements:

- Provide a list of key achievements whilst you were working there. E.g. Meeting sales targets.

**Additional Skills**

- Any other skills you may have gained.
- E.g. Computer skills (Word, Excel, Emails), a driving licence, people skills.

**Interests and Hobbies**

- Your hobbies are just as important as your previous work experience, so make sure you list your interests and the skills you have gained from them.
- E.g. Captain of my local football team, gained leadership qualities and teamwork skills.

**References**

Any references from previous employers. Or write 'References available on request'

Adam's Fish Bar .....	22	Merton Chamber of Commerce .....	6
AFC Wimbledon Community Football Scheme ...	40	Merton Council Mayor's Office .....	30
All Saints Community Resource Centre .....	8	Merton Mencap .....	12
AmicusHorizon .....	26	Moss & Co. ....	21
Aptiga Ltd .....	7	Paul Strank Roofing .....	17
B&Q New Malden .....	35	Rainbow Productions Ltd .....	21
Barchester Healthcare .....	8	Rhodium Consulting Ltd. ....	35
Barons Lodge Care Home .....	9	Rolex Boutique by The Watch Gallery .....	36
Bridging the Gap .....	10	Sainsbury's .....	37
Cannizaro House Hotel.....	24	Siobhain McDonagh MP .....	32
Capital Training Group.....	34	South Mitcham Community Association .....	16
Caremark Merton .....	9	South Thames College .....	19
Chak 89.....	24	South West London Law Centre .....	29
CIPD .....	27	South Wimbledon Community Association .....	16
Colliers Wood Village Day Nursery .....	14	Springfield Advice and Law Centre Ltd.....	29
Commonside Trust.....	11	St Thomas of Canterbury R.C. Primary School...19	
CS Architects.....	6	Sunrise Day Care Services .....	10
Dalchini Restaurant.....	25	The Co-op Mitcham.....	36
Dalchini Ltd.....	34	The Colour House Theatre.....	20
Early Years Day Nursery .....	14	The Priory C of E Primary School.....	18
Elbrook Cash and Carry LTD.....	24	The Social Enterprise Press.....	33
Elective Orthopaedic Centre .....	30	The Vine Project .....	13
Family Mosaic Housing Association .....	26	UPTOWN UK LTD .....	39
Fyne Dezynes Ltd .....	37	Utility Warehouse Authorised Distributors .....	20
Handelsbanken.....	22	Victim Support.....	12
Harris Academy Morden.....	17	Wimbledon and Putney Commons Conservators.....	31
Hertz Rent a Car (Aptiga Ltd) .....	7		
HK Solicitors.....	28		
Leader of Merton Council Office .....	32		
Merton Adult Education College.....	18		
Merton and Morden Guild of Social Service.....	15		
Merton Centre for Independent Living.....	15		







Printed and promoted by Lisa Whitehead, on behalf of Siobhain McDonagh,  
both at 1 Crown Road, Morden, Surrey SM4 5DD.