

Wellbeing Activities Assistant: Internship

We're looking for an intern to work with [The Venture](#) team in White City to support their activities to improve the health and wellbeing of young people in their local community.

The internship will also provide the opportunity to develop skills and learn more about leading participatory activities and other job roles to support your future career.

This internship is offered by Strike A Light and The Venture who work in close partnership together.

Primary Purpose

Working under the general direction of the Play Co-ordinator at The Venture to assist in the planning and delivery of after school, weekend and school holiday activities for children and young people with a particular focus on developing and delivering a regular programme of health and wellbeing activities and opportunities.

Specific Duties and Responsibilities

- Encouraging children and young people to be psychically active
- To support and eventually deliver activities that help children and young people to develop food preparation and cooking skills
- Promoting and supporting positive mental health and wellbeing messages
- Supporting children and young people to gain an understanding of the importance of nutrition, a balanced diet and exercise
- To assist with the packing and delivery of activity packs for the local community
- To support relevant activities by partner organisations including [GL4](#).
- To assist with specific projects, to be agreed, to support the interns interests and skills they would like to develop

General

- To work within Strike A Light and The Venture's policies, including Health & Safety and Child Protection
- To participate in organisation meetings and events as required
- To attend relevant training as and when required
- Any other duties appropriate to the post and organisations

Person Specification

This is an internship position and so you do not have to have lots of experience or have worked in this kind of job before. The aim of the internship is to provide an opportunity to develop your skills and help you in your future career, whilst supporting the work of The Venture.

We are looking for someone who:

- Is enthusiastic about this opportunity
- Has a keen interest in sports or physical activities
- Has a keen interest in cooking and nutrition
- Is confident interacting with people, especially children and young people

If you do have voluntary or paid experience doing any of the tasks listed in the job description above, even better. Let us know about this in your application.

<https://strikealight.org.uk/wellbeing-assistant-internship-2022/>