

**Jo Lucas**  
**Kastanja Consulting**

74 Eastwood Rd  
London E18 1BU  
[Kastanja@btinternet.com](mailto:Kastanja@btinternet.com)  
07590 107455

**Specialisms.**

Service user empowerment	Management support	Evaluation
Facilitation of groups meetings and events	Consultancy	Research and report writing
Team development	Change management	Project design
Action learning	Strategic planning	Writing tenders and proposals
Supervision and mentoring	Capacity Building	Project management
Training	Organisational development	
	Personalisation	

**Recent contracts.**

Evaluation, teaching and training, social work education, research, project development and management

**Geographical area covered.**

I am happy to work anywhere in the UK.

I also have substantial experience of working in the EU and in countries of Central and Eastern Europe.

**Work experience.**

I have over 20 years experience in the voluntary sector. For the last 6 years I have been a consultant in and to the sector working for local national and international organisations. Previously I was the Chief Exec of a small voluntary organisation for 6 years, doubling the turnover and staffing and widening the scope of activity in that time. I have also worked for local, regional and national voluntary organisations in project development and capacity building roles at senior management level.

Organisations I have worked with include;

*Changing Minds*

*EveryChild*

*BEARR Trust*

*Health Prom*

*Peter Bedford Housing Association*

*Centre for Mental Health*

*Mental Health Europe*

*European Patients Forum*

*Action for Blind People*

*Centre For Excellence in*

*Interdisciplinary Mental Health*

*University of Birmingham*

*Centre for Health and Social Care*

*Research*

*Sheffield Hallam University*

*British Council*

*Mind*

**Qualifications.**

BSc Hons Psychology and Sociology      MSc Social Work and Social Policy  
CQSW    Research Diploma in Social Policy. Fellow School for Social Entrepreneurs  
Introduction to Integrative Psychotherapy 3 years of 5 yr MSc progr  
Numerous short courses on Training for trainers, Facilitation, Management development, Counselling skills, Supervision , Assertiveness, Action Learning.