



Lifetimes

The Council for Voluntary Services in Wandsworth
enabling people to achieve





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All the staff and Trustees of Lifetimes would like to wish our newsletter subscribers a Merry Christmas and Happy New Year for 2016.

As the year ends we would like to share our successes with you.

Lifetimes as a CVS has enabled people to achieve by:



Delivering accredited Mental Health First Aid training to **243** individuals from **68** Voluntary & Community Sector unique groups, **21** different organisations from

Statutory services and members of the general public living in the Borough of Wandsworth

Lifetimes has trained staff and volunteers from **168** unique Voluntary and community groups.



Donated funding to Voluntary and Community Sector reached **£120,000** assisting **2,500** residents in the Borough of Wandsworth with

Chances - Lifetimes own unique self funded scheme.



Usage of Lifetimes unique multi lingual community directory increased by **274%**.

There has been an increase in the use of the multilingual translation facility on Care4me of **107%** with French remaining the most popular language after English.

We have **Enlarged** the population of the site by **53%** adding new organisations groups and local services.
And increased the number of **Voluntary and Community** groups using Care4me to deliver their own signposting services.
Lifetimes assisted **Volunteering** brokerage in the borough via Care4me with **160** opportunities and **87** volunteers registering with us in 2015.
Lifetimes self –funds this volunteering brokerage in the absence of local authority funding.

Provided **196 hours of office space free of charge** for voluntary and community groups in the borough to meet, network, run their training courses and hot desk.

We look forward to working with you in 2016
Our offices will be closed from 5pm 18th December until 10am 4th January 2016.

Tina Champion

CEO, Lifetimes Charity

Self Help Wandsworth



Lifetime's **Self Help Wandsworth** team are delighted to present our New Year's issue of the **Spotlight on Self Help** newsletter, our quarterly update on all things Self Help in the borough.

As part of this special edition we are delighted to introduce and update you on many of the Self Help groups we have been working with in 2015. You can read about our most recent Self Help Groups Network Meeting, which featured some inspirational guest speakers and workshops focusing on Gaining Members and Momentum for your group and engaging with the public through the use of local and social media. Also find out about the support available for Self Help groups whether you're already up and running or just starting out with a new idea.

[Click here for the Spotlight on Self Help New Year Edition, 2015](#)

Many thanks to all of the groups and individuals who have contributed to this and previous issues of Spotlight, those of you who have joined us for training, met with

us for 1:1 support and all of you who have attended the Wandsworth Self Help Network meetings throughout the year. **We look forward to seeing you again in 2016.**

Self Help Group Training and Events

Build a Website for Self Help Groups

Venue: Mercy Foundation Centre, Battersea

Date: Thursday 14th January, 2016

Time: 10am - 1.30pm

This training session is intended for existing, new and emerging self help groups in Wandsworth.

What is a Self Help Group?

Self Help groups are support groups based around a condition, challenge or situation shared by all members of the group, who meet regularly to provide mutual support and discuss issues related to that condition. Self Help groups are usually free to join and the job of running, facilitating and maintaining the group is shared by its members.

With this course you will:

- Build a free simple website for your group using WIX
- Add text, images and links
- Create a custom menu
- Create a bespoke contact page and map to your venue.

No experience necessary. Our team will guide you through each step and show you creating a website is easier than you think!

To book your place and to read more please click [here](#).

Care4me - Getting Started



Date: Wednesday 27th January 2016

Time: 11am - 1 pm

Venue: Lifetimes' Office, 100 Wandsworth High Street, SW18 4LA

Lifetimes invites existing, new and emerging Self Help groups and Voluntary Organisations in Wandsworth to this free workshop - supporting you to make the most of your presence on Care4me. Whatever stage you are at, this workshop will show you how to raise the profile of your group or organisation on our community directory. www.care4me.org.uk

This course will enable you to:

- Get started with your free listing on Care4me
- Gain practical tips to make your group stand out on the site
- Increase the profile of your group or organisation
- Raise your profile with GPs, carers, and members of the public

To book you place and to read more please click [here](#)

Social Media Essentials for Self Help Groups

Date: Thursday 18th February, 2016

Time: 10am - 1.30pm

Venue: Mercy Foundation Centre, Battersea

This training session is intended for existing, new and emerging self help groups in Wandsworth.

What is a Self Help group?

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With this course you will:

- Discover the benefits of social media and why it matters
- Decide whether social media is right for you
- Set up a Facebook page that reflects your group's aims and mission
- Set up a Facebook group which can be used by your self help community

To book you place and to read more please click [here](#).

Other events and Training

Developing Partnerships in the Arts and Cultural Sectors

Date: 24th February 2016

Time: 10 am- 4.15 pm

Venue: Cockpit Arts, London

The course:

Looking at the benefits of where, when and how to find the right partner, this course will offer a simple structure for developing and working in partnerships.

Full of practical techniques for working together with other organisations and individuals, the day will leave you equipped to successfully deliver youth arts projects and events through partnerships. The training will use an interactive approach to explore issues such as defining roles and setting realistic targets, along with troubleshooting for problem areas - including when and how to bow out gracefully if partnerships aren't working!

Ideal if:

You are looking to work in partnership with other organisations to deliver youth arts projects

You will gain:

- Tips for identifying and approaching suitable partners
- Information on how to develop partnerships and partnership agreements
- Techniques for evaluating the effectiveness of your partnerships

Cost:

The fee for this course is £130, limited bursary places are available. 25% early bird discount for bookings made before the 24th December 2015.

Book your place at www.artswork.org.uk/event or contact Rachel Hall via rachelhall@artswork.org.uk / 02380 332491 for further advice and information.

Other News

New Free Service for People in Wandsworth Caring for a Person

with Dementia



Family and friends of people with dementia living in the London Borough of Wandsworth can get free training and coaching to support them in their caring role. Coping with Caring from MindCare Dementia Support, provides training and coaching to individuals and groups in their own homes or outside of the home.

The service offers:

- home based, personalised coaching sessions for individuals or family groups
- a series of three group workshops with other carers to learn together and share

experiences

- small group coaching sessions for support groups such as dementia cafés.

Workshops will commence in January 2016.

Receiving support from Coping with Caring, carers will:

- learn what it is like to have dementia
- appreciate that everyone's experience of dementia is different
- understand what a person with dementia is really communicating with what they say and do.

To read more please click [here](#).

Healthy Hearts Programme



Thrive is the leading charity in the UK that uses gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable. This therapy is known as social and therapeutic horticulture.

Our Healthy Heart programme will help those at risk of a cardiac event or in rehabilitation following a cardiac event through:

- Increased level of exercise through gardening,
- Learning about healthy eating
- Improved psychological health

Programme starts—28th

October for Wandsworth residents

Where: Battersea Park

How do I join? Contact Ellen Swygart on — 020 7720 2212 or ellen.swygart@thrive.org.uk

To read more please click [here](#).

All the best,