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Lifetime 's team wishing you a Merry Christmas and a Happy New Year .Hope you will find our December E-bulletin helpful.

### **Lifetimes to deliver accredited Mental Health First Aid (MHFA) throughout Wandsworth**

Lifetimes is delighted to be commissioned by Wandsworth Borough Council and Public Health to deliver MHFA training to a large number of statutory and voluntary sector staff, volunteers, carers and members of the public throughout the borough.

Mental Health First Aid ( MHFA) is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial warning signs of mental ill health.

Courses will run throughout 2015 and details will be advertised through our website and other media. Expressions of interest for attending this course and a firm commitment to attend will be required prior to acceptance of bookings.

For more information please email Kirstie Sheehy, Specialist Projects Manager at Lifetimes.  
E: [specialist@life-times.org.uk](mailto:specialist@life-times.org.uk)

To read more please click [here](#)



## Lifetime's event

### Self Management: Helping you to Live Well and Manage your Health



**Date:** Thursday 15th January, 2015  
**Time:** 10am - 4pm  
**Venue:** Wandsworth Civic Suite, Town Hall

A day with the Wandsworth Self Management Service, Lifetimes and Self Help Wandsworth - Helping you to live well and manage your health.

*"Learn, share, grow and act to take control of your long term condition"*

**Free but booking essential. [Click here](#) to visit eventbrite for more information and to book.**

## Lifetime's Training

### Getting your Self Help Group on Care4me

**When:**  
Thursday 5th February 2015  
**Time:**  
10.30am – 12.30pm  
**Where:**  
Mercy Foundation Centre, 64 Falcon Road, Wandsworth SW11 2LR

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

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.

Whatever stage you are at with your self help group, this workshop will show you how to raise the profile of your group on our community directory, [www.care4me.org.uk](http://www.care4me.org.uk).

**This course will enable you to:**

- Get your free listing on our community directory
- Increase the profile of your group
- Join the wider network of self help groups in Wandsworth
- Raise your profile with GPs, carers, and members of the public

For further information and for expression of interest, please [click here](#).

## **Challenges and Conflicts in Self Help Groups**

**When:**

Thursday 19th February 2015

**Time:**

12pm – 3pm

**Where:**

Penfold Community Centre, 1 Neville Gill Close, London, SW18 4BZ

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

Conflict can arise in all groups and is not necessarily a bad thing if dealt with well. If you are thinking about starting a self help group, have just started out or have been running a self help group for a while, this workshop is for you.

**This course will take you through:**

- Identifying group types
- Recognising conflict and challenge
- Turning a negative into a positive
- Championing change

For further information and for expression of interest, please [click here](#).

## Funds

### The MOPAC Victims Fund

**Closing dates The deadline for applications is Monday 26th January 2015, 5pm**

The London Community Foundation is delighted to launch [The MOPAC Victims Fund](#) to benefit victims of crime across London. The aim of the Fund is to build the capacity and maximise the potential of voluntary, community and social enterprise (VCSE) organisations to help ensure the continued and improved provision of vital services to support victims of crime and help them cope and recover. The Fund is managed by The London Community Foundation on behalf of MOPAC (The Mayor's Office for Policing And Crime) and is open to proposals for work taking place in London only.

Grants of between £10,000 and £20,000 are available to organisations providing support to victims of crime to help them cope and recover. Partnerships of three or more organisations applying together can receive up to £80,000.

Grants are available to cover any costs relating to work which builds the capacity and maximises the potential of organisations working to support victims of crime. This could include, but is not limited to:

- improving management -assistance with fundraising
- recruiting and training volunteers -increasing technical skills through training
- changing operating procedures
- restructuring within an organisation, thereby making it more effective and sustainable

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

## Survey



The big advice survey

We're going through a big period of change in the UK. From welfare reform to the payday lending market, the cost of housing to rising energy bills, life is getting increasingly complicated. This means it's even more important that you can access relevant, impartial advice and get help when you need it to make the complex decisions in your life



Please help us spread the word, support free advice and [take the Big Advice Survey](#)

The Big Advice Survey will run until the end of March 2015

## CCG Latest News:

### Public Consultation about the future location for mental health inpatient facilities in south west London

Five south west London CCGs, along with NHS England, have launched a public consultation about changes to the way mental health inpatient services are to be provided and the future location of these facilities for people in Kingston, Merton, Richmond, Sutton and Wandsworth, as well as the future location of a range of specialist mental health inpatient services serving a wider catchment area.

The public consultation on these proposals begins on Monday 29 September and runs for 12 weeks. The consultation is being led by the five CCGs and NHS England, with support from South West London and St George's Mental Health NHS Trust.

Mental health services in south west London have already changed to provide more care closer to home, and to provide more alternatives to hospital admission. This trend is set to continue. So in future fewer people will need to come into hospital, and those who do will stay for less time.

However, inpatient mental health services have not kept pace. With a few exceptions many of these services in south west London are in unsuitable buildings which were not designed for modern mental health care, and which do not offer the right levels of privacy and dignity. Some of them date back to Victorian times; several are empty and unusable. To read more please click [here](#).

## Wandsworth advice training

These courses are part of the Wandsworth Advice training programme, working to improve the skills of staff and volunteers working within the non-profit advice sector in Wandsworth

### Finance for non-Finance Managers

**Date:** Tuesday 27 January 2015, 9.45am – 4.30pm

Demystify the monthly accounts; improve your financial understanding and reporting. Find out the differences between financial statements, management accounts, budgets, cash, profits, liabilities and more. If you have to deal with financial information but get a headache at the sight of a spreadsheet, then this course will help to demystify the monthly accounts



and give you confidence with your financial understanding and reporting. To read more please click [here](#).

## **Crowd Funding for Charities**

**Date:** Tuesday 10 February 2015, 9.45am – 1.15pm

This is a workshop for anyone who is looking at ways of getting funding and support for charitable projects.

Crowd funding is a growing phenomenon and is being used as an additional source of funding by many organisations.

Though it is a powerful method for raising finance and increasing stakeholder engagement it requires very careful planning and involves a lot of resources that need to be carefully deployed. This workshop will explore the appropriate strategies and the tools and techniques to harness this new fundraising tool.

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

## **Duties of a Trustee**

**Date:** Tuesday 17 February 2015, 9.45am – 1.15pm

This course for trustees and staff who want a good understanding of what it means to be a trustee. Covers charity law and the board, duties and liabilities, interaction with staff, recruitment and training of trustees. To book your place please click [here](#).

## **Making the Most of the Media**

**Date:** Thursday 19 February 2015, 9.45am – 4.30pm

Increase your organisation's print, broadcast and electronic media and impact your message. How to write press releases and pitches to editors and journalists that will be read and developed

**Aims:** to provide the tools and techniques necessary to get your stories across

### **Learning Outcomes**

- Carry out media work with confidence
- Increase coverage of your organisation's work in print, broadcast and electronic media

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



## Other Training

### Mytime Health Free volunteer/staff training

We are a social enterprise with a growing reputation for delivering quality services that compare favorably with the best in the country in terms of customer satisfaction, community participation and financial performance.

Our holistic services are based on sound evidence, national guidance and good practice and are specifically bespoke for the needs of local communities, addressing many aspects of lifestyle behavior and poor health. They are delivered by multidisciplinary healthcare practitioners, including nurses, dietitians, physical activity and behaviour change specialists, all with expertise and a real desire to target and tackle health inequalities, particularly focusing on areas of deprivation.

Our services include: Child and Adult Weight Management, Health Trainer Services, Volunteer Health Champions, CVD Health Checks, Stop Smoking Services, Healthy Cooking and Shop Tour Programs, Exercise Referral, Cardiac and Pulmonary Rehabilitation and Long Term Conditions.

We have been commissioned by the NHS in various boroughs across the country to provide FREE healthy lifestyle initiatives to promote physical activity and healthy lifestyles to children, young people and new mums.

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

All the best,