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We are pleased to announce that Last year (2014-15) Lifetimes, the Council for Voluntary Services in Wandsworth “enabled people to achieve” by

- **Self funded Communication** with our **regular 2000** subscribers via our e-bulletins which lists news, funding opportunities, events and much more.

- **Training and Networking 606 people** attended our training and networking workshops

- **Event managed & facilitated** other events attended by **327 people**

- **Self Funded grants** to other voluntary organisations in the amount of **£23,855** which supported a further **937 people** in the community

Our multi lingual Care4me directory giving a web presence to the Voluntary and Community sector and Healthcare professionals and a user-friendly directory for the Wandsworth citizen.

[Lifetimes Events and Trainings](#)

Self Help Groups - Discover how a Self Help Group might work for you

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

**Date: Thursday 28th May
Time: 10.30am - 1.30pm**

**Date: Wednesday 8th July
Time: 10.30am - 1.30pm**

**Date: Thursday 15th October
Time: 10.30am - 1.30pm**

Lifetimes' Self Help Wandsworth Programme invite you to this free event, for anyone interested in joining or setting up a self-help group.

Find out:

- What self-help groups are
- How to join a group
- About support available for you to start your own group and how to go about it

What is a self help group?

Self help groups are support groups that offer and provide mutual support or mutual aid. People often gain huge benefits from talking to others who have a shared experience, whether it be a diagnosis of a long term condition or having faced a similar life experience such as loss, recovery or survival.

Groups may be run in a variety of ways, such as:

- Peer-led self help groups with face to face meetings
- Professionally supported self help groups
- Organisationally hosted self help groups
- Social network and online self help groups

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

Self Help Wandsworth Support & Guidance Sessions

Lifetimes' Self Help Wandsworth Programme are delighted to offer monthly Support & Guidance sessions for existing, new and emerging Self Help groups.

Self Help Groups may be run in a variety of ways, such as:

- Peer led self help groups with face to face meetings
- Professionally supported self help groups
- Organisationally hosted self help groups
- Social network and online self help groups

Sessions will be an opportunity for groups to receive tailored 1:1 support, advice and guidance on various aspects of organising and facilitating Self Help groups, including:

- Training needs analysis
- Finding venues
- Advertising your group

45 minute bookable slots are available on the following dates – please note this is not a drop in service, booking is essential.

Friday 29th May

Monday 29th June

Tuesday 28th Ju-ly

Friday 28th August

Monday 28th September

Friday 30th October

Monday 30th November

Friday 29th January, 2016

Monday 29th February, 2016

If you would like to take advantage of this service for self help groups, please contact the **Self Help Programme Advisors** on **020 8875 2849** or selfhelpwandsworth@life-times.org.uk

Care4me - Getting Started

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.

What is Care4me?

Care4me is Lifetimes' free, online, community directory of local care and self-help services, used by both health professionals and the general public. Visit the site at www.care4me.org.uk

Whatever stage you are at, this workshop will show you how to raise the profile of your group or organisation on our community directory.

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

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

Date: Thursday 25th June

Time: 2.30pm - 4.30pm

Date: Thursday 16th July

Time: 11am - 1pm

Date: Wednesday 19th August

Time: 11am - 1pm

Date: Thursday 24th September

Time: 11am - 1pm

Date: Wednesday 18th November

Time: 2.30pm - 4.30pm

Date: Thursday 10 December

Time: 11am - 1pm

Date: Wednesday 27th January, 2016

Time: 11am - 1pm

Date: Friday 19th February, 2016

Time: 11am - 1pm

To book your place please click [here](#).

Wandsworth Self Help Groups Network Meetings

Self Help Wandsworth and Wandsworth Self Management Service invite you to attend four themed Self Help Network Meetings.

We welcome Self Help Groups, Healthcare Professionals, Voluntary Sector Groups and individuals with an interest in Self Help – all are welcome.

The meeting will offer the opportunity to find out more about self help and the support available for groups, meet likeminded individuals and experience a varied programme of speakers and activities.

Venue: Penfold Community Centre, Wandsworth

Date: Wednesday 17th June

Time: 1pm - 5pm

Date: Thursday 17th September
Time: 1pm - 5pm

Date: Thursday 12th November
Time: 1pm - 5pm

Date: Thursday 10th March, 2015
Time: 1pm - 5pm

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

Getting Started – How to get your Self Help Group Up and Running

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

Date: Wednesday 24th June
Time: 10.30am – 1.30pm

Date: Wednesday 16th September
Time: 10.30am - 1.30pm

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

What is a Self Help group?

Self help groups are support groups that offer and provide mutual support or mutual aid.

The members of the group share a common problem, issue, illness or addiction. People often gain huge benefits from talking to others who have a shared experience, whether it be a diagnosis of a long term condition or having faced a similar life experience such as loss, recovery or survival.

The mutual aim of the group is to give as well as to receive help, learn and share information and practical ways of managing and coping with their shared challenge and in doing so members inspire each other, gain more control and feel empowered to cope with their challenges and experiences.

If you are thinking about starting a self help group, have just started out or have had your first few sessions but feel you need some guidance, this workshop is for you.

This course will take you through:

- Identifying the need for your group
- Benefits of self help
- Key ingredients for self help groups
- Gaining members and momentum

To book your place please click [here](#).

Build a Website for Self Help Groups

Venue: Mercy Foundation Centre, Battersea

Date: Tuesday 7th July

Time: 10am - 1.30pm

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 please click [here](#).

Social Media Essentials for Self Help Groups

Venue: Mercy Foundation Centre, Battersea

Date: Thursday 13th August

Time: 10am - 1.30pm

Date: Thursday 18th February, 2016

Time: 10am - 1.30pm

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

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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 your place please click [here](#).

Using the Media – a workshop for Self Help Groups

Date: Thursday 22nd October

Time: 10.30am - 1.30pm

Lifetimes' Self Help Wandsworth Programme invite new and emerging self help groups in Wandsworth to extend their reach with this media training. Get the word out about your group, campaign about your issue and network with other organisations online, in print and on air.

Media Workshop

We'll share practical tips to get your article featured in the local media. Advising how you can effectively work with the media to maximise publicity for your group.

Social Media Surgery

Want to learn how to maximise your social media impact? Unsure which social media platform will best suit your group? Already social media savvy and can teach us a few tricks? Either way come along learn and share.

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To book your place please click [here](#)

Volunteer Opportunity

Love to Learn are currently recruiting for volunteer Learning Mentors living in or near WANDSWORTH, to give homework support to children from refugee backgrounds once a week in their home for 6 months. Must come to three evening training sessions on 16th, 23rd and 30th July to start in September for the new school year. Contact us for more information and to request an application form at kathryn@love-to-learn.org.uk.

All the best,

Regards

Zainab Sati
Information and Support

Lifetimes Charity - The Council for Voluntary services in Wandsworth
100 Wandsworth High Street
London
SW18 4DA
Tel: 020 8875 2846
Email: info@life-times.org.uk
My working days are Monday - Wednesday

We are on Twitter! Follow us [@LifetimesNews](https://twitter.com/LifetimesNews)

Last year we organised

395 people attended our training and network events

296 people attended other events

Distributed £27,500 of our funds to other voluntary organisations which supported over 937 people

To find out more about what we do, please visit www.life-times.org.uk