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Lifetimes Events and Training

Certitude in Partnership with Lifetimes, will be running 'Learning Disability and Autism Awareness Training'

Certitude in partnership with Lifetimes will be running a **half day training session** incorporating all of Certitudes training modules as part of **Mental Health Awareness week** on Tuesday 14th of May 13.30pm- 16.30pm.

These will include information on 'Health Action Plans and Passports', the 'Mental Capacity Act and DoLs in Healthcare', 'Effective Health Advocacy', 'Reasonable Adjustments, Legislation and Case Studies', Health Inequality and the Confidential Enquiry' and 'An in Depth Learning Disability and Autism Awareness'.

[More information on these modules can be found here.](#)

There is **limited space** available and we will only be accepting **one person per organisation**.

If this is something you would be interested in, then please send us your **expression of interest** at assistant@life-times.org.uk.

Treat Me Right! is a Certitude Campaign with three key objectives:

- To **empower** people with learning disabilities and/or autism to gain access to important services
- To **train** key staff working in these services to be more aware of the needs of people with learning disabilities and/or autism
- To **advise** organisations on how to make reasonable adjustments to improve the experience of people with learning disabilities and/or autism using their services

We achieve these objectives by:

- Ensuring everything we do is **co-produced** with people with lived experience of learning disabilities and/or autism
- Creating **bespoke** tools to help people communicate their needs more effectively
- Running **training** courses tailored to the needs of the organisation or service
- Working in **partnership** with organisations to help them improve their services for people with learning disabilities and/or autism

treat me right!

To find out how Treat Me Right! can help **you**, please visit our page on the Certitude website

www.certitude.org.uk

or call

020 3397 3041/07734 300 697

or email:

treatmeright@certitude.org.uk

Twitter

[@TMRCertitude](https://twitter.com/TMRCertitude)

Facebook

[Facebook.com/tmr.certitude](https://facebook.com/tmr.certitude)

The logo for Certitude, featuring the word "certitude" in a lowercase, teal, sans-serif font. A small orange circle is positioned above the letter 'i'.

Lifetimes on Mind Your Head, Riverside Radio

As part of Mental Health Awareness Week, Lifetimes in collaboration with **Sound Minds, Youth Legal, Browning Hypnosis** and **Thrive**, will be discussing mental health and upcoming mental health projects on **Mind Your Head**, Riverside Radio.

[Join us on Tuesday the 14th of May at 9:00pm here to listen in.](#)

New for 2019 Lifetimes New Mental Health in Early Years Training

Mental Health in Early Years is a short mental health awareness course, written and delivered by Lifetimes.

- Develop an understanding of **Adverse Childhood Experiences**(ACE's)
- Explore how ACEs can impact on the developing child
- The importance and impact of **attachment**
- Understand the importance of **relationships and resilience** building
- **Resources and strategies** to support parents and carers and ways to develop coping strategies for children and those that support them.

The course covers key developmental stages in the early years from **0-11**, issues that can effect mental health and well-being at key stages, resources and strategies to support parents and carers and ways to develop coping strategies for children and those that support them.

If you would like to express interest in this course, then please email us: assistant@lifetimes.org.uk

Upcoming 'Meet the Funder event- The Place Maker Fund' to be held by Lifetimes

Lifetimes will be hosting a '**Meet the Funder- The Place Maker Fund**' event for voluntary sector groups, as part of **Mental Health Awareness Week** on the **15th of May 10.30am- 12.30am**.

The fund will award grants to local groups, organisations and charities that share a passion and commitment to changing lives and enhancing communities.

Check to see if you could be eligible here

The event will include a **presentation**, a **Q & A** and an **informal meet and greet** with tea and cake.

There is **limited space** available and we will only be accepting **one person per organisation**.

If this is something you would be interested in, then please send us your **expression of interest** along with attendee's details, a bit about your organisation and the projects that you are currently delivering, to be pre-sent to the funders.

Other Events and Training

Wandsworth Community Transport Conference/Workshop/Seminar

Date: Thursday 23rd May

Time: 2 pm.

Venue: Rear entrance from the car cark of Sainsbury's Supermarket on Garratt Lane, SW18 4AD.

We are very keen to encourage small Self Help groups of individuals to come together and organise their own outings using our minibuses. Nevertheless, we realise it can be a bit daunting, so we are organising a conference/workshop/seminar to talk through the issues and find out how we can make it easier. Here are some of the headline ideas.

1. Appoint a transport champion from amongst your members to liaise with us, come to the conference, and find out more.
2. Get advice on our favourite destinations, where to drop off and how long it will take.
3. Get a fixed price on a trip so you know exactly where you stand and how much it will cost.

4. Work on a fixed price per head (with a minimum occupancy agreement) to be paid direct to the driver, and cut out all the hard work.

5. Use our existing programmes of trips and arrange for the bus to make a detour to pick up at your members.

6. Volunteer drivers and how we can recruit more.

7. See what Shopmobility has to offer whilst you are there and meet the staff – Maybe run a fixed shopping trip from your scheme once a week.

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

To read our leaflet please click [here](#).

Supports Food Growing Around the City

The Capital Growth scheme listing courses - which promotes and supports food growing around the city. Learn about urban food growing and community gardening through our hands-on sessions across London .Anyone wishing to take one of the courses can get 10% off if they use our discount code: Christchurch2019.

For more details and bookings:

www.capitalgrowth.org/training.

Contact capitalgrowth@sustainweb.org

Free event on the Rights of the Child

Date: Thursday May 23rd

Time: 9am-4pm.

Venue: St Martin-in-the-Fields, Trafalgar Square, London, WC2N 4JH,

As the [United Nations Convention on the Rights of the Child](#) turns 30, this all day event in London will focus on how children's rights could bring local government and **their partners** together to help communities meet their obligations to their youngest

residents. Hear experts from the children's rights sector, local government, academia, the arts, and inspirational young speakers, to explore what is meant by a child rights-based approach. Hosted by the [Unicef UK Child Friendly Cities & Communities programme](#)

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

Free Training on strategic communications

Venue: Tavis House, 1-6 Tavistock Square, London WC1H 9NA

Equally Ours (previously the Equality and Diversity Forum) is a charity that works on equality, human rights and social justice. They're running [free training in strategic communications](#) theory and techniques. This training is aimed at communicators and campaigners working on inequality or poverty, and those with lived experience of these are particularly encouraged to apply. There are 3 dates offered, in May, June and September. There are 20 places available for each date, and priority will be given to staff and volunteers of small, London based organisations working on poverty or inequality. [Read more and book](#).

Small charities: transform your fundraising & governance training

14 - 16 May, 9:45am to 4:30pm, Amnesty International, EC2A 3EA

The FSI's popular small charity training programme is back in London this 14th – 16th May!

Choose from 16 different courses covering topics such as corporate relationships, trusts and foundations, fundraising strategy, charity leader responsibilities, demonstrating your impact and many more.

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

Funds

The Wimbledon Foundation Homelessness Fund

Application deadline Friday 3 May

The Wimbledon Foundation Homelessness Fund is a special grants initiative, which marks the completion of No. 1 Court roof in 2019 by supporting homelessness charities that help people to access services and safe shelter in the locality of Merton and

Wandsworth.

The London Community Foundation are managing the Fund on behalf of the Wimbledon Foundation, which opened at the beginning of April. For more information on the flexible multi-year core funding available please click [here](#)

Interested charities are encouraged to get in touch with Rich Horsnell at The London Community Foundation for a friendly initial conversation and support with application: richard.horsnell@londoncf.org.uk / 020 7582 5117

Nominate a charity to win a £1000 award

Nominations close on Friday May 17th

Ecclesiatical, a specialist insurance and financial services company, have this week opened their Movement for Good awards. Anyone can nominate an eligible charity registered in the UK - these could range from smaller volunteer-run groups to larger, well-known organisations. Awards of £1000 will be given to 500 charities for projects focusing on the advancement of education and skills; citizenship or community development; arts, culture or heritage. Winners will be drawn at random from the pot of nominations.

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

Summer Sports Activities Fund

Deadline: Monday 20 May - 9:00am

Grants of £5,000 to £10,000 are available for projects that use sport over the school summer holidays to engage young people who are at risk of getting involved in crime. Projects should be completed within six weeks and must be completed within the school summer holidays.

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

Spring Application Round Opens For Transform Foundation

Small Charities Funded Website Programme

The Spring round of the The Transform Foundation's 2019 Small Charities Funded Website Programme is now open. This programme is designed to provide funding for small charities with incomes below £350k to allow them to redevelop their websites to have the same kind of best practice functionality and designs as larger charities.

To find out more details on this programme and how you can apply please click [here](#).

AEB Funding

We have been allocated a pot of Government funding (Adult Education Budget) to provide to your sector, that we are hoping your staff, volunteers, bank staff, friends and family can utilise.

Save on your own limited training budget by taking advantage of the Nationally Accredited courses we have approved/accredited by NCFE & CACHE.

We already provide funding to many Schools, Colleges, Care Providers and Charities across the country and they are feeling a huge benefit, in maintaining a fantastic OFSTED/CQC report and would not like you to miss out.

We offer 38 courses such as:-

- Behaviour that Challenges
- Understanding Autism
- Understanding Children and Young People's Mental Health.

Please contact [us](#) to discuss further.

Partners for Health grant programme from London Catalyst

Closing date for applications is 5pm on Thursday 23rd May

Registered charities in London can apply for:

- grants of up to £10,000
- for projects that will create positive outcomes for people facing significant barriers to health and wellbeing
- a new approach, or a thoughtful development of a service
- where the charity will be working in partnership with a health expert or health provider.

Find more information and the online application form, at [London Catalyst website](#)

Lloyds Bank Foundation - Criminal Justice Programme

Deadline: Friday 31 May - 5pm

Grants of between £30,000 and £300,000 are available for charities with clear plans and ability to influence positive change in policy and practice under the Foundation's programme objectives. The funding is for work that is focused on people aged 17 years and older.

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

Other News

Autism Voice starts Monthly Support for Wellbeing

Autism Voice UK is pleased to inform the public that we have renamed our Monthly Group Counselling service to Monthly Support for Wellbeing.

This change is in line with our clients' demand. Over 80% of respondents to our recent evaluation said they would like more support to enhance their wellbeing. We believe the name change will enhance a better connection between this service and the autistic public, especially people who share same feeling as our respondents.



MONTHLY SUPPORT FOR WELLBEING



LAMBETH GROUP MEET – EVERY LAST THURSDAY OF THE MONTH – 161-167 CLAPHAM MANOR STREET. SW4 6BD
SOUTHWARK GROUP MEET – EVERY LAST TUESDAY OF THE MONTH – DULWICH GROVE UNITED REFORM CHURCH. SE22 8RH
TIME – 11AM-1PM

ATTENDANCE: PARENTS/CARERS OF AUTISTIC PEOPLE AND PROFESSIONALS WORKING WITH AUTISTIC PEOPLE.
COME AND LET'S SHARE EXPERIENCE, GAIN KNOWLEDGE & EMPOWERMENT THROUGH MULTICULTURAL



OUR SPONSORS

The overall goal of this service is to enhance the mental and emotional wellbeing and positive outcomes for our clients.

The support for wellbeing session provides a unique means for autistic people, parents/carers and professionals to connect with each other through shared experience, enhanced knowledge and multicultural connectivity. It also provides a respite for parents who struggle with the daily challenges of caring for an autistic child or children.

This service has benefited dozens of people and we hope to improve on that achievements by involving more. It has also enhanced the knowledge and understanding of autism of many parents in Lambeth and Southwark.

In February, we started our monthly session in Southwark which has continued.

We invite interested people in autism community to attend our sessions on every last Thursday of the month for our Lambeth group and every last Tuesday of the month for our Southwark group.

If you would like to unsubscribe from our mailing list please click [here](#)