



Lifetimes
enabling people to achieve

Lifetimes' Upcoming Events for Mental Health Awareness Week

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

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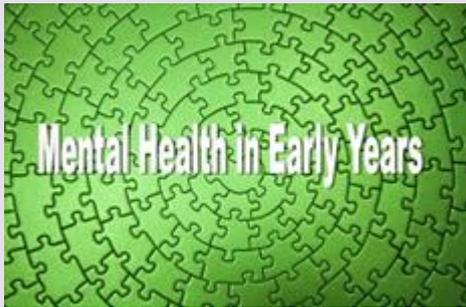
Lifetimes on Mind Your Head, Riverside Radio



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.