



# Lifetimes

The Council for Voluntary Services in Wandsworth  
*enabling people to achieve*



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## **Lifetimes Events and Training**

### **Mental Health First Aid (MHFA) Training**

Lifetimes will be delivering **FREE Mental Health First Aid (MHFA) Training** in November and December. **If you would like to come along, please see below for dates and booking information – booking is essential via Eventbrite.**

Please note that priority for these training sessions will be given to Battersea residents (November) and parents with children under 5 (December). Other bookings are not excluded.

#### **What is MHFA?**

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.

MHFA training is an intensive 12 hour course delivered over a series of 2 sessions. The course is aimed at those without specialist mental health training who might encounter mental health issues in the course of their work, volunteering or within their family and friends network.

**Booking is essential via eventbrite – please see below for dates and booking information.**

#### **What will I learn on an MHFA course?**

The MHFA course will teach you to:

- Spot the early warning signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse

- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

**Booking is essential via eventbrite – please see below for dates and booking information.**

### Dates & Booking

Please select the link below your chosen course dates to book via eventbrite. Please ensure that you are available to attend both session dates.

<b>Mental Health First Aid (MHFA) Training</b>  <b>Priority: Battersea Residents</b>	<b>Date:</b> Monday 9 <sup>th</sup> November & Wednesday 11 <sup>th</sup> November, 2015 <b>Time:</b> 9.30am – 4pm, each day  <b><u>Both sessions must be attended</u></b>	<b>Venue:</b> The Penfold Centre 1 Neville Gill Close SW18 4TJ
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Booking is essential via eventbrite:  
<https://lifetimesmhfanovember.eventbrite.co.uk>

<b>Mental Health First Aid (MHFA) Training</b>  <b>Priority: Parents with Children under 5</b>	<b>Date:</b> Monday 7 <sup>th</sup> December & Wednesday 9 <sup>th</sup> December, 2015 <b>Time:</b> 9.30am – 4pm, each day  <b><u>Both sessions must be attended</u></b>	<b>Venue:</b> The Penfold Centre 1 Neville Gill Close SW18 4TJ
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Booking is essential via eventbrite:  
<https://lifetimesmhfadecember.eventbrite.co.uk>

## Self Help Wandsworth



**Self Help Wandsworth** is a new programme of support for self help groups in the borough, delivered by Lifetimes Charity.

**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.

**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

Lifetimes offer a programme of support and guidance for groups, through 1:1 meetings, training workshops, networking opportunities and events. See below for more details on what we have coming up.

**Contact the Self Help Wandsworth Programme Advisors**

E: [selfhelpwandsworth@life-times.org.uk](mailto:selfhelpwandsworth@life-times.org.uk) T: 020 8875 2849 W: [www.life-times.org.uk](http://www.life-times.org.uk)

**Support & Guidance Sessions for Self Help Groups**

Lifetimes' Self Help Wandsworth Programme are delighted to offer monthly Support & Guidance sessions for existing, new and emerging 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 in August & September:

- Friday 28th August
- Monday 28th September

Please note this is not a drop in service, booking is essential.

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](mailto:selfhelpwandsworth@life-times.org.uk)

## Self Help Group Training and Events in August & September

### Social Media Essentials for Self Help Groups

**Date:** Thursday 13th August

**Time:** 10am - 1.30pm

**Venue:** Mercy Foundation Centre, Battersea

**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 and to read more please click [here](#)

### Care4me - Getting Started



**Date:** Wednesday 19th August

**Time:** 11am - 1pm

**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](http://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](#)

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

**Date:** Wednesday 16th September

**Time:** 10.30am - 1.30pm

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

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

### **Wandsworth Self Help Groups Network Meetings**

**Date:** Thursday 17th September

**Time:** 1pm - 5pm

**Venue:** Penfold Community Centre, Wandsworth

**Lifetimes' Self Help Wandsworth and Wandsworth Self Management Service invite you to attend our next themed Self Help Network Meeting.**

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

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

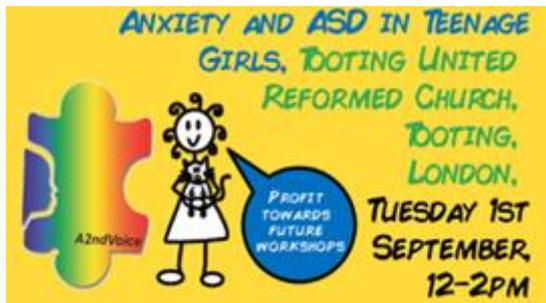
**For a full list of upcoming Training and events for Self Help Groups, visit [lifetimes.org.uk/training](https://lifetimes.org.uk/training)**

## Other events

### ASD Girls/Women Workshops

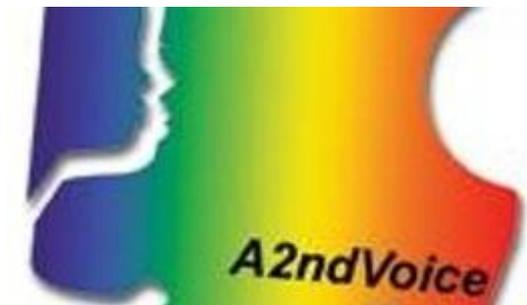
A2ndvoice are holding two workshops on Tuesday 1st September focusing on Girls and Women on the Spectrum around Social Safety Awareness.

#### Anxiety & ASD in Teenager Girls (Secondary Schools)



Alis Rowe - Diagnosed in her 20's will facilitate workshop around anxiety and strategies how to help your daughter or pupil in a mainstream setting.

#### Social Safety Awareness Girls/Women with ASD



Lynne Moxon - 30 years of experience in ASD - Chartered Psychologist and Trainer in providing specialist consultancy to Educate and Support People with Autism. This workshop will be around ASD females, due to the amount of requests from parents and carers.

There will be a book stall to purchase the relevant books from recommendable service providers.

## Putney Wellbeing Friends



Volunteers induction meeting  
Wed 23 September at 11.30am  
At Wandsworth Your Way  
Heathbridge surgery 125 Upper Richmond Rd, SW15 2TL

### **Request for Volunteers**

Come along on Wednesday 23rd September to **Your Way** to find out more about this new community led project funded by Wandsworth Public Health. Internationally accredited mental health first aid training will be provided by Lifetimes in November. We are building a team of 15 volunteers to work on a rota once or twice a month at Putney library on a Wednesday evening 6pm to 8pm from December 2015. The team will provide information and signposting based on the 5-ways of wellbeing as well as other self-help strategies



## Other News

RUSSELL-COOKE SOLUTIONS

### **Charity Law Update**

**Charity Commission publishes revised trustee guidance.**

The Charity Commission has recently published a revised version of its trustee guidance - The Essential Trustee (CC3). This comes after a public consultation on the

draft guidance, and aims to make it clearer and more concise, to ensure that all trustees are aware of their duties and what is expected of them.

To read the full summary, click [here](#).

Visit our [website](#) - for past legal updates and details on our seminars.

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](mailto:info@life-times.org.uk)  
My working days are Monday - Wednesday

We are on Twitter! Follow us [@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](http://www.life-times.org.uk)