

New General data protection regulations – 25th may 2018

Data laws are changing and require that you confirm whether you want to keep getting emails from us. You can always unsubscribe if you change your mind.

Benefits of subscribing

- Priority information and access to bookings for Lifetimes training – Lifetimes trains over 500 people each year and our training dates are normally full within 3 days of notice
- Free subscription to all Lifetimes email bulletins delivered directly to your inbox
- Up to date information affecting the Voluntary Sector in Wandsworth and London.
- Priority information and access to booking free training where applicable
- Information and links to other training accessible to groups and individuals
- Invitations to events in Wandsworth and surrounding boroughs that may be of interest to you

Please click [here](#) to confirm that you want to keep receiving emails from us.

Lifetimes Events and Training

Lifetimes New Mental Health Courses

Lifetimes delivers Connecting with People, Suicide Awareness training

At the end of March, 84 sculptures of men were unveiled standing on top of This Morning studios, as part of a campaign to raise awareness of male suicide. Suicide is the leading cause of death in men under 44 in the UK, with 84 men completing suicide each week. Lifetimes has long been highlighting the issues, attempting to end the stigma and opening the doors to discussions around mental health and suicide and this week, alongside Thamesreach, **Lifetimes delivered its first Connecting with People, Suicide Awareness training**. This course aims to increase empathy, reduce stigma and enhance participants' ability to compassionately respond to someone who has suicidal thoughts or following self-harm and has already received great feedback from participants.

If you would like to find out more information about the content and availability of this course or express interest in attending please get in touch via email, assistant@life-times.org.uk or on **0208 8752849**.

Mental Health in the Workplace Training

Lifetimes have designed and written a new training course, **Mental Health in the Workplace**, that will be available to book in the coming weeks.

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

Mental Health in Early Years Training

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

You will be able to book onto the course in early 2018.

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

Lifetimes Delivers Mental Health First Aid Training

Lifetimes would like to thank and congratulate all those who attended our recent six **Mental Health First Aid (MHFA) training** sessions. If you were not able to attend these sessions and would like to in the future, please send us an email expressing your interest at assistant@life-times.org.uk

Lifetimes News

#TamponTaxFund is going to help end period poverty!!!#FreePeriods

Lifetimes are delighted to hear that the tampon tax fund will go towards ending period poverty, for the first time ever and would like to celebrate the vital work that the recipients of the fund including Hestia Housing and Support, Brook Young People and Mind, to name a few, do supporting women.

However, Lifetimes believes that the fund does not address the issues of period poverty faced by women who are currently experiencing homelessness, as it does nothing to provide them with vital items such as sanitary towels or tampons directly. Homeless women continue not to have adequate access to the things they need for safe, clean, comfortable periods and are often forced to go without.

Lifetimes believes that every women affected by homelessness should not find themselves having to make a choice between something to eat or drink and sanitary items and must have access to free, feminine hygiene products. Our project Woman 2 Woman aims at achieving this and we have so far made up 90 care packs for women affected by homelessness, all of which are filled with items that address the issues of feminine hygiene, dignity and comfort.

We would really like to hear your thoughts and opinions on period poverty and homelessness, please get in touch to start a conversation, donate to this project, host a donation box or find out some more information. You can tweet us @LifetimesNews and use the #LifetimesWoman2Woman, email us at assistant@life-times.org.uk or call us on **0208 875 2849**.

Woman 2 Woman & Men Matter 2- Delivering Packs to Glass

Lifetimes is pleased to announce that **165 care packs**, containing items to address hygiene issues faced by individuals experiencing homelessness, were delivered to **Glass Door Homeless Charity and The Robes Project** as part of our two homeless projects, **Woman 2 Woman & Men Matter 2**.

Glass Door partners with churches to give shelter and support and is London's largest emergency winter night shelter. The Robes Projects is also a Winter Night Shelter project for homeless people in South London. It was a pleasure to for Lifetimes to work with such important and dedicated organisations, who do such valuable work and we look forward to further future exchanges.

We would really like to hear your thoughts and opinions on period poverty and homelessness, please get in touch to start a conversation, donate to this project, host a donation box or find out some more information.

You can tweet us [@LifetimesNews](https://twitter.com/LifetimesNews) email us at assistant@life-times.org.uk or call us on **0208 875 2849**

Thank You Morleys in Tooting

Lifetimes would like to thank **Morleys** in Tooting for their generous donations of Pillows and Duvets, as part of our two homeless projects **Woman 2 Woman** and **Men Matter 2**. These items were given to **Western Lodge**, a hostel for homeless men, who do vital work, supporting those affected by homelessness. The donations will help to make those in need a little more comfortable, a little warmer and help to relieve some of the issues faced by individuals experiencing homelessness.

If you would like to find out more about these projects, would like to **host a donation box** or **donate** items please get in touch via email or phone.

You can also follow us on twitter

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

[#LifetimesWoman2Woman](https://twitter.com/LifetimesWoman2Woman)

[#LifetimesMenMatter2](https://twitter.com/LifetimesMenMatter2)

[#ReHomeSocksAndPants](https://twitter.com/ReHomeSocksAndPants)

Lifetimes Celebrates International Women's Day by talking to an inspirational woman

In honour of International Women's Day, Lifetimes took the opportunity to celebrate inspirational women and took time to raise awareness about women and **homelessness**. Niamh Davis from Lifetimes spoke to **Denise Collins** a woman who has been affected by homelessness, to talk about her inspirational life. To view the full article please follow the link by [clicking here](#)

This year Lifetimes has trained over 500 women in **Mental Health First Aid, Mental Health in the Community** and **Healthy Communities** to reduce stigma and discrimination around mental health issues, to have the right conversations and to cascade information about professional and self-help support services available. Lifetimes has also provided over 100 care packs to women who are currently experiencing homelessness as part of our **Woman 2 Woman** project, which aims to tackle issues of hygiene and period poverty for homeless women.

Happy International Women's Day!

Other Events and Training

Young People's Legal Rights Conference

Date: Fri 11 May
2018

Time: 10:00 – 16:30 BST

Location: London South Bank
University

Keyworth Centre Lecture Room B

Keyworth Street

London

SE1 6NG

This exciting event is the first law conference on young people's legal rights. The conference is concerned with the rights of young people and children. It is aimed at solicitors, barristers, law students, young people, parents and organisations working with young people and children to update and inform you of the legal rights of young people and children under inter alia the Children Act, Children's and Families Act, Care Act, and Housing Act, how to access help and what remedies are available.

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

Autism In BAME Community 2018 symposium



Date : Tuesday 24 April 2018

Time : 14:00 – 19:00 BST

Location : London Southbank University, 103 Borough Road , London , SE1 0AA

The **Autism in Black, Asian and Minority Ethnic (BAME) Community** symposium organised by **Autism Voice United Kingdom** in partnership with the **Participatory Autism Research Collective (PARC)** and the **London Southbank University Critical Autism /Disability Studies Research Group** offers a timely opportunity for key stakeholders in the services of autism to renew commitment for raising awareness about autism, assess progress, identify gaps, address new and emerging autism challenges in the BAME community.

The two themes that will provide a focus of the symposium are: **Diverse Approaches to Autism: Culture, Religion and Ethnicity and Paving The Future for Autism in BAME.**

The symposium will be an effective means of raising awareness about autism and inclusion of people with special needs within the BAME community.

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

Funds

New approach to funding

Funding available in England:

- National Lottery Awards for All
- Reaching Communities

- Partnerships

We're changing the way we work in England

We've made changes to our funding so that it's easier to apply for National Lottery funding.

We have nearly tripled the number of staff we have across England, and they will be working more closely with communities that we support. This means you'll have the same local point of contact throughout your application.

We're also moving away from standardised application forms so that we can focus on supporting the best ideas, not the people who are best at filling in forms. You can now submit your ideas online, by phone or in person.

We offer three types of funding:

National Lottery Awards for All

Our National Lottery Awards for All scheme offers funding from £300 to £10,000 to support what matters to people and communities.

[Find out more about National Lottery Awards for All funding](#)

Reaching Communities

Reaching Communities offers grants of over £10,000 to support single organisations with great ideas that enable communities to thrive.

[Find out more about Reaching Communities funding](#)

Partnerships

Our Partnerships funding provides grants of over £10,000 for groups or organisations who have great ideas to do amazing things together.

[Find out more about Partnerships funding](#)

London Together

Closing Date: Midday, 16th May 2018

Comic Relief and the Mayor of London have partnered together to launch the London Together Fund. This initiative will invest in projects that use sport to improve social integration across London, bringing people together from different backgrounds and strengthen local communities. This is in line with The Mayor of London's ambition to make London the most active and socially integrated city in the world.

Sport is a powerful tool for social change, and can be used to address a range of issues facing communities. It can support the development of essential life skills, deliver powerful messages, develop confidence and improve self-esteem. It's a great way to bring people from different backgrounds together to strengthen community cohesion. Over the past 10 years Comic Relief has funded hundreds of projects that use sport in this way that have made a big difference to people and communities.

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

BBC Children in Need's Small Grants programme

The Small Grants programme is open to charities and not-for-profit organisations applying for any amount up to and including £10,000 per year for up to 3 years for projects working with children and young people of 18 years and under experiencing disadvantage through: illness, distress, abuse or neglect. Any kind of disability. Behavioural or psychological difficulties. Living in poverty or situations of deprivation.

For more information, click [here](#)

Win a chance to raise funds for your charity via Ebay

Give at Checkout is an [eBay for Charity](#) fundraising channel which lets eBay shoppers add a donation when they're completing a purchase. To mark Small Charity Week 2018, for the first time eBay for Charity and PayPal Giving Fund have reserved all *Give at Checkout* slots for small charities for two weeks to help each winning charity raise more. To be in with a chance of winning a slot and to see other resources being offered on this day, visit the [Small Charities website](#)

Other News

DISCOUNTS FOR VOLUNTEERS

ValueYou - Volunteer

Recognition Scheme

ValueYou is a charitable volunteer recognition scheme that has been set up to say thank you to volunteers. There are no catches, charges or fees!

If you have done 100 hours of volunteering for a registered charity in the past 12 months or less you can get a discount card and you will also be able to choose a gift voucher. You may include hours from a number of different charities.

Hundreds of small businesses take part. Butchers, florists, jewellers, key cutters, bakeries, cafes, restaurants, mechanics, sports shops, fruiterers, hair and beauty salons, opticians and many more giving discounts of 10% or more.

Gift vouchers include breakfasts, lunches, flowers, book tokens, dry cleaning and tea/coffee/cake.

Take a look and apply on our website www.valueyou.org

If you would like to know more email contactus@valueyou.org or call 07926 164 827.

Important CharityWorks Safeguarding Research Request

Dear Colleague

We have been asked to circulate the above request from Elena Rothwell to Charity Trustees and Board members.

Dear Sir/Madam,

I hope you are well. My name is Elena Rothwell, I am currently working at the NSPCC as a Safeguarding Quality Assurance Officer through the CharityWorks graduate scheme. I am undertaking a research project on safeguarding in the third sector, focusing on the role of trustees and/or board members across all organisations in ensuring their beneficiaries are protected.

The purpose of this research is to understand trustee safeguarding responsibilities and make recommendations on how to improve any current guidance, training and support available in this area. As the key people in the role, I would like to hear your perspective, and find out what would be helpful for you.

I would really appreciate it if you could fill in the following survey. It should take around 5-10 minutes to complete and results are completely anonymous. Results will go towards an anonymous report containing a series of recommendations for improving the support available in this area. Any personal/organisational details are optional to provide, and any provided will remain confidential. If you would prefer to answer questions on the phone, I would be more than happy to do this also.

[Please fill in the survey here](#)

Thank you for taking the time to read this. If you would like to discuss any aspect of this research, then please do contact me any time at elena.rothwell@nspcc.org.uk.

Kind regards

Elena Rothwell

If you would like to know more about SAFE's products and services please don't hesitate to contact us

The SAFE Team

01379-871091

youth legal

advice and representation

young people (aged 16 to 25 years)

are you homeless?

Project: **opening gates**

If you have nowhere to call home and the Council tell you they can't help because you are not in Priority Need, are Statutorily Homeless or don't live in the area we can provide you with **FREE**, independent and confidential legal advice to help **open the gates** to your housing rights.

020 3195 1906

Website: www.youthlegal.org.uk

Email: info@youthlegal.org.uk

Address: Ashburton Youth Centre, Westleigh Avenue,
Putney, SW15 6XD

Project funded by

