



Lifetimes

The Council for Voluntary Services in Wandsworth
enabling people to achieve

care4me

Your community directory



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Men Matter 2



We Care
A Lifetimes Project

Woman 2 Woman



We Care

A Lifetimes Project

Lifetimes Events and Training

Lifetimes New Mental Health Courses

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

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

Lifetimes Delivers Mental Health First Aid Training



Lifetimes upcoming **Mental Health First Aid (MHFA) training** is now fully booked, due to the popularity of the course 90 places were filled within 7 hours. We are currently

compiling a waiting list for those who missed out on a space. If you would like to be included in this then please email us: assistant@life-times.org.uk

Lifetimes News

Volunteers



We would like to thank the volunteers from The Charter School Feminist Society, for their help making care packages for our homeless project Woman 2 Woman and for their excellent work fundraising and collecting feminine hygiene products. Together we made over 80 care packs, which will help to relieve the effects of period poverty for women experiencing homelessness.



Donations

We would like to thank Russell Cooke, White Stuff, Be Enriched, Wandsworth CCG, Dimson Lodge, The Penfold Centre and Dr Nicola Jones as well as everyone else who donated to Woman 2 Woman and Men Matter 2, We have been so touched by the generosity. We are however in need of more donations so we are able to continue providing individuals who are experiencing homelessness with basic provisions such as socks, underwear and feminine hygiene products. If you would be interested in hosting a donation box or would like to donate yourself please email assistant@life-times.org.uk or call us on **0208 875 2849**.

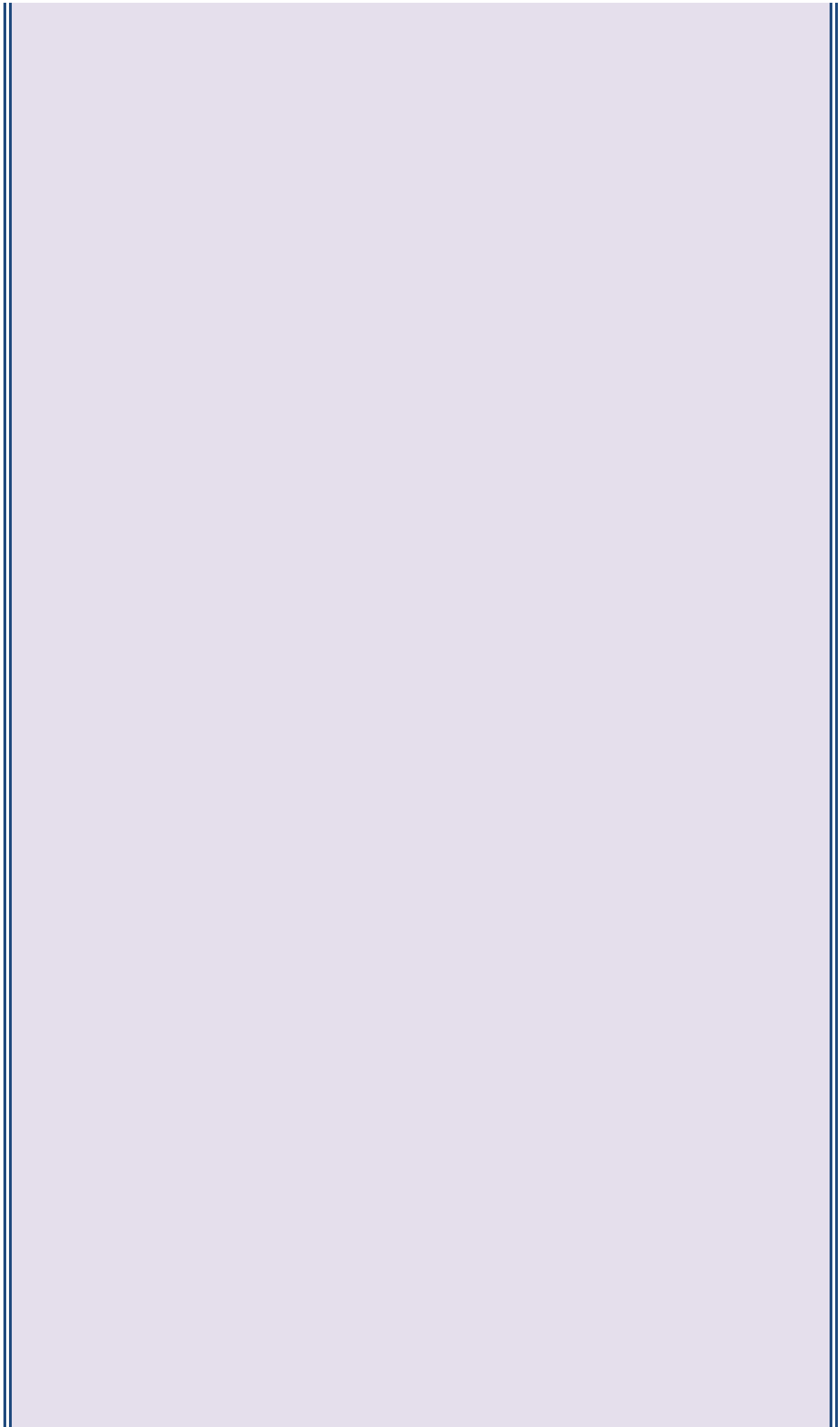
Lifetimes Visits Spires as Part of Woman 2 Woman



We would like to say a big thank you to **Spires** for inviting us to their women's space Christmas party to hand out our **Woman 2 Woman** care packs. It really is a pleasure to work with such an important and committed organisation and we look forward to further exchanges in the future.

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.

Delivering Care Packages to Southcroft Church as part of our Men Matter 2 project



Lifetimes has delivered 50 care packs for men effected by homelessness to Southcroft Church. Southcroft Church is an organisation that does valuable work supporting those experiencing homelessness through their community table. It is a great pleasure for Lifetimes to work with such dedicated organisations in our joint effort to help homeless men and women.

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 and each project at #LifetimesMenMatter2 #LifetimesWoman2Woman or #ReHomeSocksAndPants

[Two Volunteer Opportunities Available Here at Lifetimes](#)

Lifetimes is currently looking for a **Volunteer Admin Assistant** to help us with

our projects.

This would include, but would not be limited to, helping us with **Woman 2 Woman** and **Men Matter 2** our two homeless projects, by contacting organisations and charities, making up care packages for the homeless and helping organise donations. We are looking for reliable, organised and personable individuals who are available five hours each week. We are a friendly, supportive charity and are flexible in terms of days an individual would like to work.

We are also looking for a **Database Administrator** to assist staff with our unique online community directory Care4me.

Updating information and liaising with groups you will have the opportunity to showcase your skills.

If you are well organised, reliable with good IT, literacy and communication skills and able to commit to 7 hours per week. We are flexible in terms of days and look forward to welcoming you into our small friendly team.

If you possess the skills outlined above and are interested in either of these roles, please email us on assistant@life-times.org.uk.

Other Events and Training

Active Involvement in Research Day 2018

When: Saturday 17 March 2018

Where: Franklin Wilkins Building, King's College London, Stamford Street, London SE1 9NH (very close to Waterloo station)

Timing: 10:00-16:00

Cost: FREE

Are you keen to improve health services and to be actively involved in health research? Service users, carers and members of the public are invited to join researchers to help shape new research projects, which are being developed in the context of the Collaboration for Leadership in Applied Health Research and Care (CLAHRC) South London. This is a health research network, which investigates the best way to put results into practice in order to improve treatments and ways of working.

The event is free and lunch will be provided. Places are limited so you may wish to book now to avoid disappointment.

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

Financial capability – Train the trainer - London

Train 2 day course – London

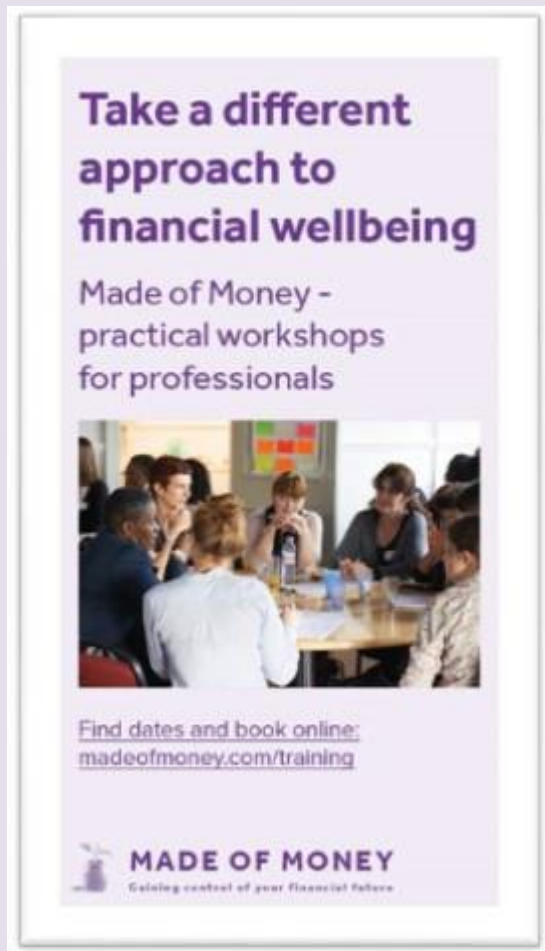
Date: Monday, March 19, 2018 09:15 to Tuesday, March 20, 2018 16:00

Location: St Mary's Crypt

Upper Street

Islington

N1 2TX



Gain the financial capability skills and knowledge to better support your clients, with this interactive, practical and fun training.

If you support clients on a low income, this practical course will enable you to run our award winning financial capability course, as well as gain the skills and knowledge to incorporate financial education into your existing work.

Is this for you?

This training course is for anyone looking to better support clients with financial education and money management. It is suitable for those with a little to moderate experience in this area, while offering new approaches for experienced money advisers.

What is covered:

- Delivery of all the adult sessions covered by the Made of Money course including budgeting, debt and credit;
- Delivery of family learning session and teaching children about money;
- Facilitation and troubleshooting skills;
- Evaluation and impact guidance.

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

Share Plant Sale and Health Living Community Day 2018



Date: 2nd June, 2018 10:00 AM till 4:00 PM

Location: Share Garden

In the grounds of Springfield University Hospital

Next to Building 15

London, SW17 7DJ

United Kingdom

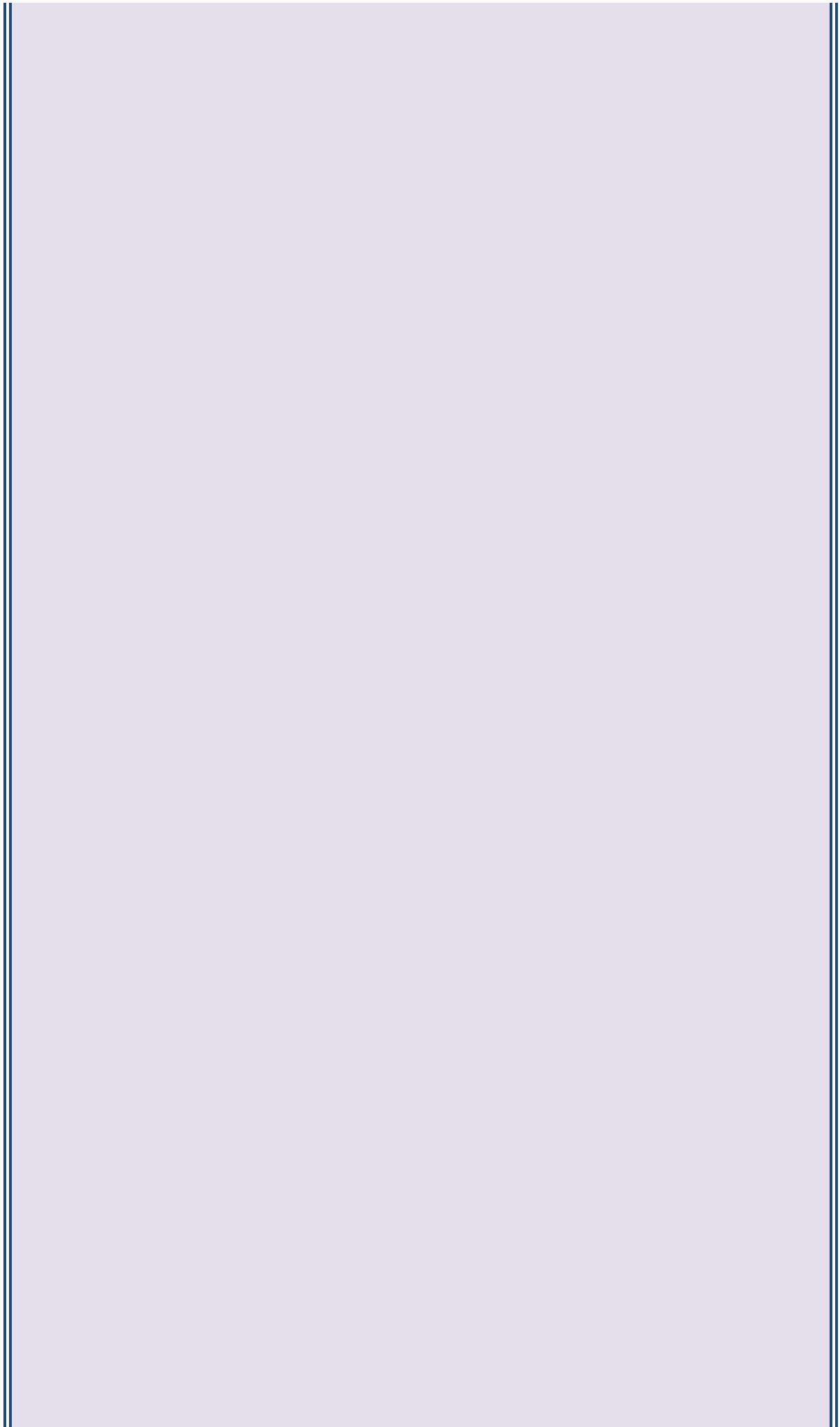
The date is now set for Share's Plant Sale and Healthy Living Community Day. We're in the middle of planning a great day for all the community, with lots of plants for sale, free healthy activities, and a pop-up cafe serving delicious foodie treats. Watch this space for more information...coming soon!

[Register Now](#)

Funds

Wimbledon Foundation Community Fund

Deadline : Friday 2nd March 2018 by 5pm



The purpose of this fund is to benefit the community and provide support for local organisations to meet local needs in the boroughs of Merton and Wandsworth.

Eligibility

Groups based in Merton and Wandsworth are eligible to apply. Although there is no income threshold imposed for the applicant organisation, the fund may give priority to smaller, locally-based organisations within the two boroughs.

In addition, priority will be given to organisations supporting the following beneficiary groups:

- Disability groups
- Young people
- BAME groups
- Older people
- Unemployed, those claiming out of work benefits

Themes

Organisations will be able to apply for funding towards work that focuses on meeting local needs through addressing one or more of the following themes:

- Projects which improve mental and physical health and wellbeing
- Projects which address education, training and employability needs
- Projects which address poverty, disadvantage and isolation
- Projects which encourage community cohesion and improve inter-community relationships (including inter-generational activities)

Grant size

Organisations can apply for a grant between £500 and £5,000.

How to apply

To apply to this fund, please look at the fund guidelines and application form guidance by clicking [here](#).

Deadline

Friday 2nd March 2018 by 5pm (you will hear the outcome in the week ending 12th May)

**WIMBLEDON FOUNDATION GET SET, GET ACTIVE FUND NOW
OPEN**

Deadline: 16 March, 12pm



The Get Set, Get Active Fund aims to help people of all ages and abilities to take part in physical or sports activities in their community.

Local groups and clubs active

in the boroughs of Merton and Wandsworth can apply for grants ranging from £500 up to £2,500 towards the costs of direct sports or physical activity provision including equipment and kits, coaching fees and venue hire.

Applications are encouraged from groups, which tackle social problems and help people facing disadvantages to improve their quality of life.

For more information visit please click [here](#).



Peabody Community Fund

Deadline: Wednesday 21st March 2018 by

12 noon

The Peabody Community Grants programme exists to support projects and activities designed to improve the quality of life of Peabody residents. Grants of between £500 to £5,000 are available to support local activities that:

- Are responding to identified community need
- Bring communities together
- Promote wellbeing

Eligibility

The fund is able to support activities benefitting residents of all ages and priority will be given to:

- Organisations/projects addressing the needs of the most disadvantaged members of the community
- Peabody resident-led projects. If an applicant organisation is not resident-led, they will need to demonstrate strong connections with local residents, strong partnership working in the locality, a commitment to the locality after the proposed project is complete, and a clear understanding of community needs

- Youth-led projects up to the age of 24
- In 2017/18 organisations can apply for funding benefitting residents from any Peabody estates in London. However, we would particularly like to encourage applications for projects located in the following boroughs: Haringey, Hillingdon, Redbridge and Wandsworth
- There will also be restricted funds for projects supporting Peabody residents living in Waltham Forest and Thamesmead

Note: Activities must demonstrate that the beneficiaries will be Peabody residents. To find out where Peabody estates are near you, please refer to the Peabody website.

Applicants must have an annual income of less than £100,000. However, organisations with an annual income of under £500,000 are eligible to apply if they have a proven track record of working with Peabody residents.

Grant size

Grants of between £500 and £5,000 are available.

How to apply

To apply to this fund, please take a look at the fund guidelines and application form guidance by [here](#).

Deadline

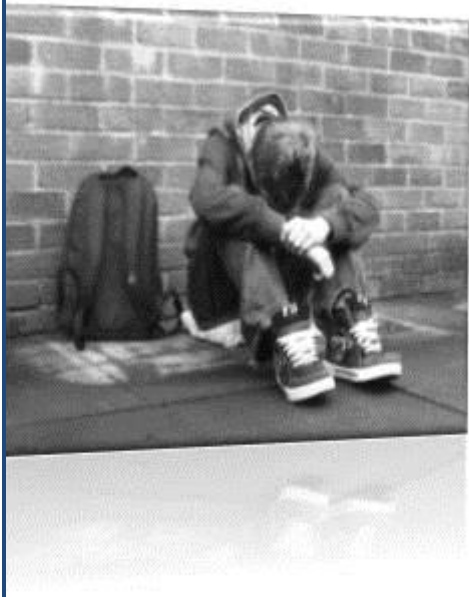
Wednesday 21st March 2018 by 12 noon (you will hear the outcome by the start of June 2018)

Other News

youth legal

& resource centre

legal advice and **representation**
For 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 Intentionally Homeless or don't live in the area we can help 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



Get involved in Wandsworth Adults Social Services

The Council wants to ensure that local users of adult social services and their carers have a voice in local service delivery and help shape specific projects the department is working on. We are setting up a co-production group of users and carers who will:

- Be involved in and contribute to relevant adult social care commissioning and procurement activities to ensure the voice of local people using services and their carers is represented.
- Act as a reading group for adult social care public information in a range of formats.
- Be referred to and provide feedback on a range of local strategies and policies.
- Be engaged in any other relevant health and social care projects as required.

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

Kitchen Social Quality Assurance Mark



Kitchen social has been developed to tackle the growing challenge of child poverty that has been on the increase over the last few decades. The programme aims to impact on child poverty by tackling social isolation, food insecurity and educational disparity, which are issues that are increased during school holidays. We believe to achieve this successfully and to ensure safeguarding of all participants that all Kitchen Social hubs must adhere to a set of minimum standards, which are outlined in this [document](#).

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

We are recruiting new members for our Youth Council!

The deadline is Monday 5th March at 5pm

Our Youth Council is a group of 16-25 year olds, with autism, who meet at least four times a year to discuss and plan campaigns, events and consultations. Our Youth Council make sure that all the work we do at Ambitious about Autism reflects the views and needs of children and young people with autism.

To be a member of Youth Council you must be:

- aged 16-25 years old and living in the UK.
- diagnosed with autism.
- able to attend meetings in London and events across the country (We will pay reasonable travel expenses, provide lunch and practical support so that you can take part and contribute).

You do not need any experience to apply for this role!

We would also like to note that we want our Youth Council to represent the range and diversity of the whole autism spectrum. This means that we are particularly keen to hear from people with autism who use assistive communication methods,

those who also have a learning disability or have never been involved with Ambitious about Autism before.

For more information about this opportunity download our Youth Council Fact File and apply using the Opportunity Form please click [here](#).

If you need support with your application or have any questions please contact:

participation@ambitiousaboutautism.org.uk

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

Training and network events attended by 606 people

Other events attended by 327 people

Distributed **our own funds** through grants of £23,855 which supported 937 people

Visit our multi lingual community directory www.care4me.org.uk to search for services and everyday information

To find out more of what we do visit www.life-times.org.uk