



care4me

Lifetimes Events and Training

Lifetimes Courses

Lifetimes delivers Connecting with People, Suicide Awareness training- Now Sold Out

Spaces for Connecting with People, Suicide awareness training are no longer available as the course is now fully booked. Please keep an eye on our website- www.life-times.org.uk or on our Twitter [@LifetimesNews](https://twitter.com/LifetimesNews) for details of future sessions and courses.

We are holding a wait list of expressions of interest for this course, so please contact assistant@life-times.org.uk if you would like to be added to this list.

Book your free place on Lifetimes Healthy Communities Training

Promoting Healthy Lifestyles and Mental & Emotional Wellbeing



This **bespoke training programme** was originally written for Wandsworth Borough Council's workplace development; Lifetimes have negotiated for

voluntary sector groups in Wandsworth and Richmond to have the opportunity to take up free training spaces which will benefit and strengthen bids and contracts in the future.

Lifetimes Healthy Communities Training consists of **two different courses; Promoting Healthy Lifestyles** and **Mental & Emotional Wellbeing**.

These courses have several aims:

Promoting Healthy Lifestyles provides an overview of the different areas of **health** and **wellbeing**, **health inequalities** and **how to promote healthy living activities in the community**.

For more information, **course dates** and **times** please go to this link [Promoting Healthy Lifestyles](#)

Mental & Emotional Wellbeing offers an overview of the different aspects that **support good mental wellbeing** and **how to support individuals** to engage in health promoting activities and **access further support**.

For more information, **course dates** and **times** please go to this link [Mental and emotional Well-being](#)

The courses, so far, have been well attended by Wandsworth Council and voluntary and community sector groups.

We have had fantastic feedback from past delegates:

"I have enjoyed today's session and felt very informed about healthy lifestyles [...e]specially [the] scientific info [it] was brilliant."

"Very good overview training, [the]... group work [and] sharing [of] ideas [was] lots of fun. Slides, info and videos good. Thank you."

Booking is essential via Wandsworth Borough Council's **TPD online** although attendance is **free**, you can do so by [clicking here](#). Go to **Health** or **Voluntary & Community** portals and search each course in the bar on the right hand side.

Please note: Organisations are entitled to a maximum of 2 places per course.

If you have any further questions regarding bookings for these courses, please contact the course administrator - Agostinho De Jesus adejesus@wandsworth.gov.uk or Lifetimes at assistant@life-times.org.uk

New Capacity Building Training Courses delivered by Lifetimes



Experts in Evaluation Training- Tools to Measure your Volunteer Programme

What difference do your volunteers make to your group or organisation and to the people and communities you serve? How can you prove it, evidence it, and make a stronger case for funding your volunteer programme?

In a time of cuts, there are increasing pressures on organisations that involve volunteers to monitor and evaluate the contribution they make. This training will provide you with effective methods for evaluating your volunteering programme and proving its value and impact.

This includes:

- How volunteers help the organisation to achieve its mission and service its target communities
- How volunteers themselves benefit from that experience
- How this benefits the wider community

Please get in touch with expression of interest- assistant@life-times.org.uk and we will be sure to contact you with future dates and venues.

Understanding and using outcomes

Are you able to demonstrate the effects of your organisation's work?

Are your funders asking you to report on the changes in your beneficiaries' lives resulting from your projects? Would you like to learn how to measure and report on the effects of your work?

- What are outcomes?
- How to identify relevant outcomes for your work
- How to measure your outcomes
- The benefits of having an outcomes focus
- Methods for collecting information on your outcomes
- How to build a framework to monitor your outcomes
- How to report and use your outcomes information

Please get in touch with expression of interest- assistant@life-times.org.uk and we will be sure to contact you with future dates and venues.

More Upcoming Training

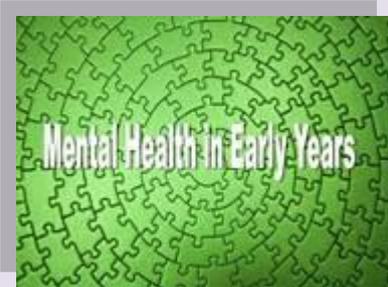
Mental Health in the Workplace Training



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 later on this year.

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