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Lifetimes Events and Training

Lifetimes Launches New Mental Health in the Workplace Training Course

In celebration of **World Mental Health Day 2018** Lifetimes is launching a brand, new, bespoke training course, **Mental Health in the Workplace**. This course will increase your understanding of signs and symptoms of common mental health problems. You will learn to recognise some stressors and triggers within the home and work environment, as well as specific work triggers and some solutions and you will increase your knowledge of available support services for yourself and others and be equipped to co-create well-being in the workplace.

We will be running **three courses** at the subsidised price of **£49**, and spaces are already beginning to fill up, book your place now:

November 29th 10.00am- 16.30pm: Fully booked

December 12th 10.00am-16.30pm: Fully booked

January 17th 10.00am- 16.30pm: [Click here](#) (few places remains).

For more information about this course please email assistant@life-times.org.uk or call us on **0208 8752849**

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. 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@life-times.org.uk

[New Capacity Building Training Courses delivered by Lifetimes](#)



Experts in Evaluation Training- Tools to Measure your Volunteer Programm

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@lifetimes.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.

Lifetimes News

Lifetimes Launches Winter Campaign- Not Everyone is Dreaming of a White Christmas

Help us raise money, donations and awareness this Christmas- [Find out more here.](#)

Winter is an especially treacherous time for people sleeping rough. The cold weather and darkness can be life threatening and in the past three months a **20 percent spike** has been reported in the number of rough sleepers currently in London.

Since October 2017, Lifetimes has provided **652** individuals experiencing homelessness with essential items as part of our two projects **Woman 2 Woman** and **Men Matter 2**. Our aim is to tackle **period and hygiene poverty** for men and women affected by homelessness and we do this by providing care packs containing socks, underwear, deodorant, wipes, a tooth brush, tooth paste and either feminine hygiene products or a razor.

There is a growing need for these items and we want to continue to provide them **365 days of the year** to continue to improve **dignity, well-being, self-worth and confidence**. Lifetimes also wants to raise awareness to ensure that the conversation around homelessness continues and invite you to join our campaign by putting pressure on your local council or MP, support our two projects, **Woman 2 Woman** and **Men Matter 2** and [share our campaign video](#).

This winter help us show that **someone cares** and support **Woman 2 Woman** and **Men Matter 2** by donating to our [Just Giving Page](#) or contact assistant@life-times to **host a donation box** at your office, community centre, school or faith group.

Since it is Christmas

You can now help us raise money for FREE, by shopping online! Every time you [shop online via Give as you Live](#) at 4,000+ top retailers including Amazon, eBay, John Lewis, Tesco and Expedia, a **FREE donation** will be made to us and it won't cost you a penny extra!

Not Everyone is Dreaming of a White Christmas.

For more details visit our website [here](#).

Other Events and Training

Learn how to handle personal data responsibly

Free, 3 week online course from Future Learn on GDPR, the General Data Protection Regulation (GDPR) The course is for anyone handling personal/customer data, whether you work with customers in person, over the phone, or through digital or paper correspondence. The course has started but you can still join.

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

Free masterclass in using Facebook & Instagram

DATE: Tue 4 December 2018

TIME: 14:00 – 17:30 GMT

LOCATION: Facebook
1 Rathbone Place
London
W1T 1FB

This session is for those new to Facebook or beginner level who want to

learn how to use Facebook tools and features to increase their digital impact. It's run by Media Trust in conjunction with Facebook.

After the session you will:

- Understand how to use Facebook tools to target your content accurately
- Know how to utilise Facebook to raise awareness of your cause, activate supporters and raise donations
- Have had a chance to get 1:1 feedback
- Know more about the tools available to you as a charity to help you advance your goals

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

Funds

Government announces £1 million funding to support programmes helping charities to improve their digital skills

Announced last week, the "[Digital Leadership Fund](#)" will give charity leaders' free access to training or heavily subsidised courses to boost their digital skills and develop a wider understanding of how technology can help their organisation's aims. For those organisations/individuals wanting to deliver the training, you can apply for the funding up until **December 7th**.

Your training programme should expand, improve or re-work an existing programme and you'll need to deliver it by 31st March 2019.

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

Greater London Fund for the Blind

One-off grants of up to £20,000 are available for registered charities, charitable incorporated organisations (CIOs), educational establishments and social enterprises who are working with blind and partially sighted people in London. **Next deadline 6th February 2019.**

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

Wimbledon Foundation Community Fund now open for 18/19

Deadlines

Wednesday 13th February 2019 @ 5pm (for projects from early May 2019 onwards). Decisions will be released by 18th April 2019.

The London Community Foundation is again delighted to manage the Wimbledon Foundation Community Fund in 2018/19. The purpose of the Fund is to benefit the community and provide support for local organisations to meet local needs in the boroughs of Merton and Wandsworth.

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)

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

Grant size

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

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

Other News

Apply for a free promotional video

Accountancy firm Kingston Smith is offering charities the chance to win a 30 second animated film, specifically created to promote their message. They estimate the production of the film to be worth around £150,000 and it will be suitable for any medium, including social media, online and TV. There's a specific category for charities with an annual income of less than £1 million. Find out more and apply by 3 December.

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