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Lifetimes Events and Training

Lifetimes Launches New Mental Health in the Workplace Training Course- Book your place

In celebration of World Mental Health Day 2018 Lifetimes has launched 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: [Click here](#)

December 12th 10.00am-16.30pm: [Click here](#)

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

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

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

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.

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 .

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](#)

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, 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

Lifetimes News

Woman 2 Woman and Men Matter 2

Happy 1st Birthday to Woman 2 Woman, enter our raffle for your chance to win an excellent prize!

Last week we celebrated Woman 2 Woman's 1st birthday, a Lifetimes Project that tackles period and hygiene poverty for women experiencing homelessness in the South London Area.

We are so proud to have so far provided **200 women** with essential items that we believe allow women to regain some freedom, self-worth and well-being.

With the number of rough sleepers on the rise for the seventh year running in England and a 169% increase overall since 2010, there are more women experiencing homelessness and facing the indignity of **period poverty** than ever before in recent history.

In honour of Woman 2 Woman's first birthday we are having a **fundraising raffle**. To enter you will need to donate a minimum of **£3** on our **Just Giving page by the 2nd of November** and **include your name** when donating else we will not be able to include you in the raffle. The prize will be **two free day entry passes to Kew gardens/Wakehurst Place**, kindly donated by Kew gardens.

We will announce the winner on **Friday on the Just giving page and via our mailing list** so make sure you check to see if you are the lucky one and you can then email us your details.

[Enter here.](#)

Don't forget to spread the word, good luck!

Care4me

Don't forget **Care4me** is the **Community Directory** for the London borough of Wandsworth, Richmond upon Thames and Kingston upon Thames developed and managed by Lifetimes Charity.

Search for healthcare, community services, GPs, dentists, pharmacies and more in the borough and surrounding area or add yours today for free.

- **Need Support?**
- **Looking for care services?**
- **Find advice centres nearby**
- **Join a self-help group**

Care4me is also home to a **volunteer brokerage platform**, listing **139 volunteer opportunities** currently. Add your opportunity, register online to be part of the volunteer bank and get involved with your community.

Care4me is multi lingual search facility, available in **106 languages!**

Visit Care4me.org.uk

Other Events and Training

Tackling Domestic Abuse Forum

Forum details:

Wednesday 7th November 2018

08:30 – 13:00

Central London

The Government has set out a clear commitment to tackle domestic violence with the drafting of the Domestic Abuse Bill 2018 and almost £19 million of funding already pledged to expand support for survivors of domestic abuse services.

With keynote addresses from **Women's Aid** and **College of Policing**, explore the latest legislation and get an understanding on how to promote awareness of domestic violence and to identify, protect and support victims. Join expert panellists to discover effective responses to perpetrators from initial contact through to conviction and rehabilitation.

[Book your place](#) | [View the agenda](#)

Improving Older People's Services

Conference Details:

Tuesday 20th November 2018 | 09:20 – 15:40

Central London

The demand for older people's services is growing rapidly with an ever increasing ageing population. Predictions suggest that there will be over 2.2 million more over 65's in 2027 than in 2017. With services already overburdened, long-term sustainable solutions need to be discovered.

Join our expert panellists to discuss the practical implications of the Government's proposals for a sustainable solution to funding. Hear from Skills for Care about workforce requirements to support future needs and from the Care Quality Commission (CQC) about how regulation of services can help drive quality and improvement. Including case studies of what is already working well in housing, hospital admissions and patient flow, whole-person integrated care, supporting carers and enabling older people to live in their own homes for longer.

[Book Now](#) | [View the agenda](#)

Media Training London

Date: Tuesday 4th December 2018 10:00 -16:00

Location: St. Luke's Community Centre, 90 Central St, EC1V 8AJ

Full Details:

www.talkaction.org

Bookings:

0207 324 4775

Email:

training@talkaction.org



A truly inspiring day of training to give you the tools to promote the work you do and your organisation.

Learn how to improve your communication and journalism skills to create positive media interest (national, local, specialist and social media) and gain public support.

'Informative, thought provoking and confidence building.'

Catriona Hay, Hampshire County Council

'Training on messaging and communication was spot on. I now have a tool for life for future communications plans.'

Anna Birney, Forum for the Future

'A greater understanding of working with the media. Very informative.'

Esther Barlow, 10:10

Photo: Grant Collins

Upcoming Training:

- Advanced Facilitation Training
- Social Media Training
- Volunteer Management Training
- Facilitation Training

Wednesday 23rd January 2019, London

Tuesday 12th February 2019, London

Thursday 14th March 2019, London

Tuesday 2nd April 2019, London

TALK ACTION
Equality - Opportunity - Diversity



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Funds

WHSmith Trust Community Grants

Deadline 31st March 2019

WHSmith Trust has grants of up to £500 for voluntary organisations and schools from the proceeds of the compulsory carrier bag levies. There are two application rounds each year for charities, schools and community groups of any size, provided they support the community.

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

Big Lottery Digital Fund

There are two strands of digital funding available:

- Strand 1 has grants of up to £500,000 plus a tailored support package. The aim is to help established charities use digital to take a major leap forward
- Strand 2 has grants of up to £500,000 for newer, already highly digital organisations.

They expect grants to last from 1 to 4 years. Apply from 22nd October until **5pm on 3rd December** 2018. There will be further funding rounds in 2019.

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

If you would like to unsubscribe from our mailing list please click [here](#)