

## Lifetimes Events and Training

### 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](#)

**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 or email [assistant@life-times.org.uk](mailto:assistant@life-times.org.uk).

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

## Lifetimes Upcoming Training

### 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](mailto: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](mailto:assistant@life-times.org.uk)



## **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](mailto: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](mailto:assistant@life-times.org.uk) and we will be sure to contact you with future dates and venues.

## Lifetimes News

### Woman 2 Woman and Men Matter 2- Lifetimes Homeless Projects and Campaigns

As many of you are aware, Lifetimes has been running a homeless campaign to try raise awareness about homelessness hygiene poverty and funds for our homeless projects **Woman 2 Woman & Men Matter 2**.

**Woman 2 Woman** and **Men Matter 2** has so far handed out **602** care packs to people in need. We believe that no one should have to go without the most basic toiletries. Personal hygiene is an important part of our self-worth, confidence & well-being. Help us continue providing homeless individuals with items that **tackle hygiene and period poverty**.

So far we are so please to have raised **£597** and have received a number of generous donations of items to go in to the care packs. We would like the say a huge **thank you** to everyone who as donated so far, with this we will be able to provide **102** care packs to those experiencing homelessness, that contain socks, underwear, deodorant, tooth paste/brush and a razor or **feminine hygiene products**.

**Our aim is to reach £1000, but in order to do this we need your help!**

Please **donate** using the information below, **circulate** or **share** this update and **like** our **Facebook/Twitter** page, all details below.

Please visit our **fundraising pages** in the links below and donate to help us achieve this goal.

[Go Fund Me](#)

[Just Giving](#)

If you do not wish to donate via our **fundraising pages** then why not **host a donation box** at your work, school, place of worship or community hall?

You can also help Lifetimes Charity raise funds for FREE just by shopping online!

Now, 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!

Together we can **help restore some dignity, well-being and freedom** into the lives of those in need.

Join our campaign to keep the conversation going by following **#365SleeplessNights** [@LifetimesNews](#) or visit our Facebook [@W2WMM2](#) and help us raise awareness that **homelessness is still homelessness even in summer**.

## 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](http://Care4me.org.uk)

## Other Events and Training

### Healing Our Broken Village 10th Annual Black Mental Health Conference

**Date:** 25th October 2018

**Time:** 2:30pm-8:00pm

**Location:** New Testament Assembly Church, Tooting

At this, our 10th Anniversary event, we are pleased to be joined by **Professor Sashi P. Shasiranadan**, a leading academic and

researcher in the field of black mental health, who will provide an overview of what we, statutory health and care services, and communities, have been able to achieve in reducing mental health inequalities, or not, and the challenges that are yet to be faced. **David Bradley**, Chief Executive of South West London & St Georges Mental Health Trust, will provide a response to this challenge, and share some of the areas in which the Trust is actively seeking to coproduce new ways of thinking and working. The **#BlackMindsMatter BME Youth Network** will share stories of being young and black and the everyday challenges they experience, and **Renaissance One** will present their performance of 'The NHS and Me'.

You can find out more and register [here](#).

## **The future for charity fundraising: finance, data and priorities for the Fundraising Regulator**

**Date and Time:** Morning, Tuesday, 30th October 2018

**Location:** [Central London](#)

### **THIS EVENT IS CPD CERTIFIED**

This seminar will be an opportunity to consider key issues for charity fundraising, such as transparency, public trust and data protection.

Delegates will assess key elements from the Fundraising Regulator's three-year strategic plan - expected this summer - as well as the potential implications of the Regulator's [new complaints guidance](#) - which encourages charities to publicise their complaints procedures.

There will also be discussion on the initial impact of the implementation of [EU GDPR](#) and the [Data Protection Act](#) - looking at how charities are rethinking fundraising activities, issues they have faced in adapting to the new legislation, and how these might best be addressed going forward.

Following updates to the [Code of Fundraising Practice](#), which includes new transparency requirements for online fundraising platforms and updated [guidance](#) from the Fundraising Regulator to help fundraising platforms stick to this code, further sessions will focus on new ways to improve trust in the sector, ensure transparency and protect vulnerable groups.

The conference will also be an opportunity to consider issues in the [consultation](#) on the civil society strategy - with the Government expected to respond later this year - and implications for joined-up working, funding, campaigning and lobbying.

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

## Sound Minds

### Join our creative community....

#### Short Courses

Free to Wandsworth residents. Small classes. Qualified and experienced teachers.

Courses are 8-14 weeks, 2 hours per week.

RING FOR LATEST DETAILS!

Accredited at Level 2  
**Music Production (MIDI)**  
Learn what you need to make music with the powerful Propellerheads 'Reason' software. Tutor: Searahlaine St James.

Accredited at Level 2  
**Preparing for Ward Visiting**  
The course is essential if you would like to be involved in our highly regarded peer support service.

#### The Muddy Civilians

The hip hop duo run our *Lyricists Lounge* club nights at Sound Minds and also run sessions in lyric writing in hospitals and at Sound Minds



#### One-Two-One Learning

Learn at your own pace. Sound Minds provides tuition for Keyboards, Guitar, Drums, Bass and Singing. Our teachers are qualified professional musicians.

You can also work 1:1 with a producer on your own music. Our friendly and experienced staff will support you to achieve your musical vision

### Happy Wednesdays

Group activities at Sound Minds on Wednesdays are free to Wandsworth residents. This includes the ever popular Wednesday Jam session and the Art Studio - ring for details

### Enjoy playing music together!

With around 7 music groups rehearsing at Sound Minds weekly, there are great opportunities to play and learn with others.

Rehearsal costs are low and sessions are facilitated by experienced staff...and there are regular performance opportunities!

# 020 7207 1786

20-22 York Road LONDON SW11 3QA

[www.soundminds.co.uk](http://www.soundminds.co.uk)  
[staff@soundminds.co.uk](mailto:staff@soundminds.co.uk)  
[facebook/soundmindslondon](https://www.facebook.com/soundmindslondon)  
[twitter@soundmindsuk](https://twitter.com/soundmindsuk)

## Celebrating Migrant Women – UK

This event, organised by the participants of 'community leader training for migrant women' will take place on **Saturday 6th October 2:00 – 5:00pm.**

The event is a social celebration with arts and crafts, prizes, quizzes, motivational speakers, henna, face painting, a small exhibition and caterers who will prepare authentic and traditional meals and deserts. **Everyone is welcome, it is free to attend and all food and drinks are free.**

**We are seeking few stallholders and individuals who could help out on the day.**

Looking forward to seeing you there!

## Funds

### Wimbledon Foundation Community Fund now open for 18/19

**Deadline: 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](#).

## **The Health & Well-being Fund is Open**

The Wimbledon Foundation, the charity of The All England Lawn Tennis Club, is inviting applications to our Health & Wellbeing Fund. We are aiming to fund projects that will help local people to improve their health and wellbeing and meet social needs in the London boroughs of Merton and Wandsworth. Community organisations with experience working with local health issues and delivering effective, engaging and well-designed projects are encouraged to apply.

Grants of **£10,000 to £30,000** per annum are available for **three-year projects**. The total fund available to the scheme is £600,000 over three years. Local charities or community interest companies (CICs) based in Merton or Wandsworth, which have been established for at least two years, are eligible to apply online by 9 November 12pm.

Our Health & Wellbeing Fund objectives for Merton and Wandsworth are:

- Healthy minds –projects that support better mental health
- Healthy living –that will help people take better care of their health and raise awareness of health risks
  - Making connections –bring families and communities together, including people who are more at risk of isolation

The [Health & Wellbeing Fund Guidelines](#) and full details of the Fund are available from our website: [www.wimbledon.com/foundation/hwfund](http://www.wimbledon.com/foundation/hwfund)

For queries about the Fund, email Wai Chan, Grants & Community Officer at: [hwfund@aeltc.com](mailto:hwfund@aeltc.com)

## **Grant Opportunity for Young Londoners Fund Local Networks**

**The deadline is 5th November 2018 at 12-noon**

You will hopefully be aware of the Mayor's new £45m Young Londoners Fund to help children and young people to fulfil their potential, particularly those at risk of getting caught up in crime. It will support a wide range of education, sport, cultural and other activities for children and young people.

£30m is available for projects in local communities (over two rounds) and the remaining £15m will be invested to expand existing projects funded by City Hall that support young Londoners.

We are developing an 'Impact for Youth' programme to support fund-holders delivering activity through the Young Londoners Fund. This includes the **Young Londoners Fund Local Networks**. **Organisations can apply for funding to**



build on their existing networks to support new and prospective Young Londoners Fund fund-holders with advice, guidance and support.

For more information on this competitive grant process, including the 'Request for Proposals' and 'Funding Application Form', please click [here](#).

The deadline for submitting grant applications to [educationprogramme@london.gov.uk](mailto:educationprogramme@london.gov.uk) is **12-noon on 5 November 2018**.

## Other News

### Wandsworth Learning Disability Health Team Meet and Greet Event



**The Wandsworth Community Learning Disability Team (WLDHT) want to welcome you to our new location at Tooting Health Clinic**

#### September

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 5   | 6   | 7   | 8   |
| 2   | 3   | 4   | 12  | 13  | 14  | 15  |
| 9   | 10  | 11  | 19  | 20  | 21  | 22  |
| 16  | 17  | 18  | 26  | 27  | 28  | 29  |
| 23  | 24  | 25  |     |     |     |     |
| 30  |     |     |     |     |     |     |

Come say hello  
and meet the  
team!



3:00 pm



We can answer any questions you may have about our service!  
Come enjoy some tea, coffee, and biscuits with us.

| Mo | Tu | We | Th | Fr | Sa | Su |
|----|----|----|----|----|----|----|
| ✓  | ✓  | ✓  | ✓  | ✓  | ✗  | ✗  |



Telephone: 020 8812 7000  
Email: [cldtadmin@stgeorges.nhs.uk](mailto:cldtadmin@stgeorges.nhs.uk)

## **Become a member of our Board Of Trustees**

Autism Voice invite interested persons from the age of 18 to lend us their expertise and apply to volunteer as members of our board of trustees.

Our Board of Trustees oversees the work we do and ensures we meet our legal requirements as a charity and our overall goal as an organisation.

It is important that our board of trustees represent the people we serve. Therefore, we want to have a balance of people with direct current experience in Autism and disability (experts by experience) and people who have other skills related to their field of work or training (e.g in Accounting and finance, Fund raising, Research and advocacy). We are also particularly welcoming people with autism, other disabilities and from different ethnic backgrounds.

To read more please click [here](#)



a user led drop in  
for mental  
health support

Low cost lunch  
classes : activities : outings

Fridays 11.00 - 3.30

Katherine Low  
Settlement

108 Battersea High St  
SW11 3HP



access by referral or you  
can refer yourself

020 7207 1786

Wandsworth residents only- FREE

contact Sound Minds

020 7207 1786

## **Giving World Online**

We provide the opportunity for those in struggling circumstances to access goods donated by businesses and public sector organisations free of charge.

We are also looking for charities to partner with, to build on our existing relationships, combine resources and increase efficiency.

### **Vital resources available free of charge**

Charities and community groups can now benefit from receiving free resources, courtesy of businesses donating their surplus stocks.

The only requirement is that the charities and community groups register at [www.givingworldonline.com](http://www.givingworldonline.com), there is even an option to request certain products that would truly help the local community, completely free of charge.

Giving World receives goods from businesses all over the country, and advertises the items on the website for charities to request and pass on to their beneficiaries.

### **Partnership Opportunities**

Giving World wants to expand their reach by creating partnerships with charities to become accessible to more people in desperate need. By working together, we can minimise delivery costs and pool resources to ensure that people get the help they need.

- Do you demonstrate expertise and have a proven track record in working with disadvantaged communities?
- Do you have in-depth knowledge of local areas and already established links with other local community groups and charities?
- Do you display a similar ethos and values to Giving World, sharing the vision of realising people's potential and creating a fairer society?

If this sounds like you, then register an interest and arrange an informal discussion, by emailing [rama@givingworldonline.com](mailto:rama@givingworldonline.com). Please provide your name, contact number and organisation details.

### **Wandsworth Community Transport**

Wandsworth Community Transport (WCT) is a registered charity, and provides specialist transport services across the Borough of Wandsworth for Community Groups and individuals with mobility problems.

WCT has 25 minibuses available for non-profit making groups in Wandsworth, which range from Schools and Churches to Sheltered Housing and Disability Organisations.

#### **The services that WCT provides are:**

1. **Shopping Shuttle** - door-to-door accessible minibus going to Wandsworth Sainsbury's. Most people go regularly, make regular friends etc. Cost is £2.50 for the return trip.
2. **Shopmobility** - shoppers get a volunteer to help them round and a wheelchair or mobility scooter if needed - free of charge.
3. **Outings** - regular day trips to the coast, pub lunches, gardens and stately homes etc. An excellent opportunity for the isolated and lonely to get some clean air and make new friends.
4. **Shopmobility** - independent travellers can also use Shopmobility in the more traditional way. We also do long term hire of mobility scooters and wheelchairs, purchase, try before you buy and training.
5. **Health** - able to do regular transport for falls clinics, GP surgeries for those who cannot get there on their own, or any other potential need.
6. **Meetings/Consultation/Special Events** - able to provide transport when needed.
7. **Community Transport** - all the usual CT services for groups based in the Borough - minibus provision and help with driver training and support for groups running their own vehicles.

**For more information, please contact**

**Call:** 020 8675 7460 (Minicom available)

**Fax:** 020 8675 4047

**E-mail:** [w.c.t@btconnect.com](mailto:w.c.t@btconnect.com)

**Website:** <https://www.wctbus.co.uk/>