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Lifetimes Events and Training

Lifetimes Trains 370 People Since January 2019 in Mental Health First Aid and Suicide Awareness and Response Training

Congratulations to the **70 new Mental Health First Aider's** that have been trained by Lifetimes in the past two months, we are delighted to welcome you to the Mental Health First Aid community.

Connecting with People

As well as this, in the past three months we have delivered Connecting with People **Suicide Awareness and Response Training** to 300 individuals. We are proud to continue our work breaking down stigma and discrimination whilst raising awareness regarding mental health.

Lifetimes will be delivering further training in the near future and are accepting expressions of interest in specific sessions.

Fantastic Feedback from First Few 'Mental Health in the Workplace' Training

Lifetime's new training course '**Mental Health in the Workplace**' has received excellent feedback from those who have attended the course so far:

'Very informative and has given me lots of ideas to incorporate at work. Course was extremely useful with practical ideas on how to support staff with Mental ill health.'

'Fantastic, informative course!'

If you would like more information regarding this course or would like to express your interest in attending please email assistant@life-times.org.uk. You can also **subscribe to our mailing list** via email, to be kept up to date on all our upcoming training sessions.

Upcoming New Training for 2019

This year Lifetimes will be launching **Mental Health in Early Years**, 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 or subscribe to our mailing list to keep up to date with all our upcoming training.

Lifetimes News

Woman 2 Woman and Men Matter 2

Lifetimes continues to distribute much needed care packs to individuals experiencing homelessness as part of our two projects, **Woman 2 Woman and Men Matter 2**. These contain items that aim to end period and hygiene poverty for those in need in South London. We would like to thank everyone who has donated so far, you have helped us distribute over **760 care packs**.

If you are interested in either **receiving care packs** for your service users or would like **to host a donation box**, please get in touch on **0208 875 2849** or via our email assistant@life-times.org.uk.

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!

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

Other Events and Training

The 2nd Annual Wandsworth BME Children & Young People's Mental Health Conference

Date: 11th April 2019

Time: 1:30-8pm

Venue: South Thames College SW18 2PP

Over the last year we have worked with our statutory agencies and partners, including South West London and St Georges NHS Mental Health Trust (SWLSTG), NHS Wandsworth and Wandsworth Council, to apply a lens on how these inequalities can be addressed through the provision of young people led, community centred, targeted and culturally appropriate support and services.

This has included the development of a Black Minds Matter youth leadership programme, mentoring programme with SWLSTG, and a creative arts therapy programme with NHS Wandsworth. This is a small beginning, but begins to chart out the type of coproduced programmes that may be able to change the trajectories on BME inequalities.

The Conference this year will report back on these programmes and will include:

- Young people-led creative presentations,
- Workshops facilitated by young people on past, present and future lives.
- Introduction to Art, Drama and Music Therapies
- Yoga and Exercise Classes
- Expert speakers helping to inform context, needs and forward plans,
- A panel-led conversation featuring young people, youth leaders, parents and decision makers.

Who should attend:

The Conference is aimed specifically at those who are interested in addressing issues of Young People and Mental Health, viewed through a lens of race. We encourage those who are working in communities, youth centres, schools and frontline mental health & social services to attend, as we will be seeking to understand and demonstrate real and practical challenges and solutions to closing the local health gap. We particularly welcome participation from young people. We again anticipate a huge demand, so please only register if you are definitely going to attend.

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

Carers Event

Making life better together



South West London and
St George's Mental Health
NHS Trust

Carers Celebration Event & Launch of the Carers Charter



Join us - a carers event to
celebrate all that you do

Come and hear how carers engage with the trust.
Be a part of the official launch of the Carers Charter; meet
the Involvement team; listen to presentations on carer
projects and services and meet other carers from across
our trust.

Join us as we celebrate all the hard work that you do.

For more information and to register attendance please call
the Involvement Team on 020 3513 5775 or email:
involvement@swlstg.nhs.uk

Please note that this is not a paid opportunity.

Monday

11th March 2019

11.30am – 3.00pm

Everyday Church, 30
Queens Road, Wimbledon,
SW19 8LR

11.30am – Registration & lunch

12.30pm – Welcome, Carers Charter
Launch, presentation

2.30pm – Tea/Coffee, Meet the team

You are all invited to the upcoming Carers Event on **Monday 11 March 2019 at 11.30am – 3pm at the Everyday Church, 30 Queens Road, Wimbledon, SW19 8LR**. Come and hear how carers engage with the trust.

Be a part of the official launch of the Carers Charter; meet the Involvement team; listen to presentations on carer projects and services and meet other carers from across our trust. Join us as we celebrate all the hard work that you do.

We do hope you are able to make it and for more information and to register attendance please call the Involvement Team on 020 3513 5775 or email:

involvement@swlstg.nhs.uk

Autism in BAME community symposium 2019



AUTISM IN BAME COMMUNITY SYMPOSIUM 2019

Theme: Providing Comprehensive Care For Families And People With Autism

23rd April, 2019

London South Bank University, 103 Borough Road, SE1 0AA

London, United Kingdom

Book Now if you are interested in Speaking | Sponsorships |
Email: info@autismvoice.org.uk
autismvoice1@gmail.com
Call: 07460399290

Organisers

Autism Voice UK logo, Autism UK logo, and London South Bank University logo.

Autism Voice UK will hold the 2019 Autism in BAME symposium on Tuesday April 23. The theme for this year's symposium is 'Providing a Comprehensive Care for Families and People with Autism'

The symposium offers a timely opportunity for the autism community to brainstorm, identify and develop comprehensive care approaches that are multicultural sensitive to the needs of families and people with autism in the United Kingdom.

It will also reinforce the need for professionals to develop a family-centred approach in developing care and support mechanisms for persons with autism and related conditions.

The symposium will inform attendees about current research, tools and techniques used in identifying, supporting the autistic person and help families and people with autism have a healthy and happy lives.

It will also educate professionals, families and adults with autism about evidenced based comprehensive care approaches for families and people with autism.

The conference will create a platform for families and practitioners to meet commitments and address new and emerging care and support needs for the family of people with autism.

Participants will be informed about the rights and privileges available to people with autism and their families.

Funds

Lifetimes – Chances grant funding



New grant funding for a new year

Lifetimes Chances is pleased to announce its new grant funding stream from the Charity's self-generated funds.

Our latest partnership with Achieving for Children will be able to assist families with grants for services, necessitous items, one off experiences that would not be achievable in their present circumstances.

During 2019 we will be announcing our other partners under this exciting new funding stream.

Lifetimes Chief Executive, Tina Champion said "As an organisation, we have for decades assisted other funders. Government departments, statutory bodies and the local authority to cascade their information to the voluntary sector via newsletters, meet the Funders events, 1:1 funding meetings, capacity building training etc. and provided successful assistance to many voluntary organisations on obtaining funding. Lifetimes is well placed to be able to design and administer grant funding schemes and also to provide meaningful impact reports".

“Lifetimes is extremely proud that this grant funding comes from our own self-generated funds and as an independent Charity we continually strive to meet our group’s mission statement “**Enabling people to achieve**”.



AEB Funding

We have been allocated a pot of Government funding (Adult Education Budget) to provide to your sector, that we are hoping your staff, volunteers, bank staff, friends and family can utilise.

Save on your own limited training budget by taking advantage of the Nationally Accredited courses we have approved/accredited by NCFE & CACHE.

We already provide funding to many Schools, Colleges, Care Providers and Charities across the country and they are feeling a huge benefit, in maintaining a fantastic OFSTED/CQC report and would not like you to miss out.

We offer 38 courses such as:-

- Behaviour that Challenges
- Understanding Autism
- Understanding Children and Young People’s Mental Health.

Please contact [us](#) to discuss further.

Partners for Health grant programme from London Catalyst

Closing date for applications is 5pm on Thursday 23rd May

Registered charities in London can apply for:

- grants of up to £10,000
- for projects that will create positive outcomes for people facing significant barriers to health and wellbeing
- a new approach, or a thoughtful development of a service
- where the charity will be working in partnership with a health expert or health provider.

Find more information and the online application form, at [London Catalyst website](#)

Pro Bono Economics' call for applications for their London Charities Support Programme

Deadline to apply 15th March

Here's a chance to find out what your outcome data is telling you about your impact on society. This support programme is open to charities and social enterprises whose work focuses on the wellbeing of people in Greater London. They are interested to hear from charities that address mental health and loneliness, but also welcome applications addressing education, employment, poverty and complex needs.

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

Other News

Victoria Rodney of the Mercy Foundation has received an MBE

Victoria Rodney had an incredible start to the year with the news that she received an MBE for being a community champion in Battersea community.

“I feel truly honoured and humbled to be given this award and I’d like to thank Lifetimes Charity for all the support over the past ten years. You have been an amazing advocate of Mercy Foundation Centre and so supportive of the Catch Them Young homework club. “

The Mercy Foundation was established by Victoria Rodney, who re mortgaged her home so that she could help provide community support, engagement and outreach services to a disadvantaged community. Victoria runs and funds the centre, along with the help of some amazing volunteers (in some cases full time) to help the people in their community get online.

The centre provides a number of different services and activities, including skills training, a homework club for children, language classes, advice and support. Witnessing the work that Victoria and the volunteers are doing first hand and hearing the stories of the local residents was incredible

Hip Hop Lounge



~raising awareness of mental health~

Muddy Civilians
present

the
**Lyricists
Lounge**

~positive vibes~

Fridays
February 8th
March 8th
April 12th
7.30 p.m. - 9.30 p.m.

hip hop +
spoken word/
poetry

free
admission

*come along
and spit
some fire*

 **sound
minds**

the arts for mental health
charity reg 1079521

20-22 York Road
SW11 3QA

no alcohol or drugs!
early start + early finish!

OPEN MiC
ring to book
02072071786
with an
urban playlist

~All welcome~