



Lifetimes

The Council for Voluntary Services in Wandsworth
enabling people to achieve



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Lifetimes Events and Training



Dear all,

I am writing to let you know about **Lifetimes'** free **Mental Health First Aid (MHFA) Training** coming up in **March, 2017**. Spaces are very limited so please book now to avoid disappointment. **If you, your staff and/or volunteers would like to attend, please see below for dates and booking information – booking is essential via Eventbrite.**

What is MHFA?

Mental Health First Aid (MHFA) is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial warning signs of mental ill health.

MHFA training is an intensive **12 hour course delivered over 2 sessions**. The course is aimed at those without specialist mental health training who might encounter mental health issues in the course of their work, volunteering or within their family and friends network.

What will I learn on an MHFA course?

The MHFA course will teach you to:

- Spot the early warning signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

Dates and booking

Please note - each course is across 2 days please ensure that you are available to attend both. Both sessions must be attended to complete the MHFA course.

When	Where	Booking
Wed 1 and Thu 2 March 10.30am – 5pm	Room 180, Town Hall Wandsworth SW18 2PU	https://mhfa12mar2017.eventbrite.co.uk
Wed 8 and Thu 9 March 10.30am – 5pm	VENUE TBC Central Wandsworth Town SW18	https://mhfa89mar2017.eventbrite.co.uk
Wed 15 and Thu 16 March 10.30am – 5pm	Room 180, Town Hall Wandsworth SW18 2PU	https://mhfa1516mar17.eventbrite.co.uk
Tue 28 and Wed 29 March 10.30am – 5pm	Committee Room 123 Town Hall Wandsworth SW18 2PU	https://mhfa2829mar2017.eventbrite.co.uk

Lunch will not be provided, we will have a 45 minute break which will allow plenty of time for attendees to reach a range nearby of shops and cafés.

We look forward to seeing many of you at the session. Please feel free to pass this email on to colleagues, volunteers and your wider networks.

Mental Health in the Community

Recognising Symptoms, Resilience and Signposting

- **Mental health awareness** training for staff and volunteers delivering services in the community
- Trainees will cover mental health issues such as **depression, suicide** and **anxiety**
- Sessions include important topics: **self-care, resilience** and **signposting** to other support and resources
- **3 ½ hour** session, written and delivered by Lifetimes Charity
- **£25 per person** – includes certificate and bespoke training manual

When can you come? Book your space using the links below:

Marc h	Tuesday 7 March 10.30am – 2pm mhitc-7mar17.eventbrite.co.uk	Thursday 16 March 10.30am – 2pm mhitc-16mar17.eventbrite.co.uk	Wednesday 29 March 10.30am – 2pm mhitc-29mar17.eventbrite.co.uk
April	Tuesday 4 April 10.30am – 2pm mhitc-4apr17.eventbrite.co.uk	Thursday 13 April 10.30am – 2pm mhitc-13apr17.eventbrite.co.uk	Thursday 27 April 10.30am – 2pm mhitc-27apr17.eventbrite.co.uk
May	Thursday 4 May 10.30am – 2pm mhitc-4may17.eventbrite.co.uk	Thursday 18 May 10.30am – 2pm mhitc-18may17.eventbrite.co.uk	Tuesday 30 May 10.30am – 2pm mhitc-30may17.eventbrite.co.uk
Venu e	Training on all of the dates above will be held at Lifetimes office: 100 Wandsworth High Street Please note: This training venue is on the <u>2nd floor</u> with no lift access.		

Past attendees

Mental health in the Community has been well attended by voluntary and community sector groups in Wandsworth and further afield, including Thrive, Citizens Advice Wandsworth, Rethink, Share Community and staff from the borough's leisure centres - Enable Leisure and Culture.

We have had fantastic feedback from past delegates:

“The content of this training has greatly improved my knowledge around mental health and how to engage with it as an issue in the community”

“A really useful and informative course which everyone should be encouraged to attend”

Please feel free to share these details with your colleagues and wider networks. You can find the [online flyer for these sessions here](#).



'Mental Health in the Community' Training is one of a number of new initiatives being delivered under the Cascade Project. Cascade is an innovative project which aims to instil confidence and skills, communication and direct empowerment to our community.

Other Events and Training

FSI Skills Conference



Taking place in Central London on 9th March 2017, [The Foundation for Social Improvement's](#) (FSI) annual [Skills Conference](#) will provide 200 small charity delegates the chance to access a range of expert speakers to build essential back office skills.

Small charities and community groups are encouraged to select their skills gaps and the FSI will match them to workshops taking place throughout the day. Delegates will take away relevant and practical skills from four out of 20 interactive workshops including: HR, Law, IT, Finance, Governance, Policy and Marketing.

To find out what topics are on offer, and to book on to the conference click [here](#).

Venue: Resource for London, 356 Holloway Rd, London N7 6PA

Date: Thursday 9th March

Time: 9.30am-4.30pm (registration from 9.00am)

Cost: The FSI Skills Conference has an average market value of £295 but is delivered to our members for £15. To secure a place you will be required to pay a £50 deposit but on attendance and after completing the full day of the conference £35 will be refunded to you. Retained fees contribute to booking, administration and material costs.

[Big Local SW11 Falcon Road Festival](#)



The Falcon Road Festival which is being held on the **1st July 2017**. This year's theme is **Health and Well Being**.

The Festival is sponsored by Big Local SW11 which focuses primarily on the Latchmere Ward of Wandsworth but works in partnership across Battersea; for more information please click [here](#).

The theme has been chosen because the evidence suggests that Health in general and mental health in particular may be a major barrier that prevents people from active participation in community life, in gaining secure employment and/or accessing training and support services.

We plan to use the Festival to provide a means by which people in SW11 are able gain access to and a better understanding of the issues and the services that may be on offer.

All charities and voluntary community based organisation that work in the field of Health and Well Being have the opportunity to become involved in the Festival.

Destroying The Box



Men taking ownership of their lives and in turn taking ownership of their position as fathers, brothers, partners and contributing to their respective communities.

The Family Action Wandsworth WellFamily pilot is an early mental health intervention model which has been operating from local GP's surgeries for over three years. Based on a solution focused approach it seeks to tackle some of the everyday issues which hinder people from fulfilling their potential and which in turn have a detrimental effect on the lives of their families and communities.

Our WellFamily staff team can help a person identify those everyday issues which can have a significant impact on the individual's mental health and well-being and provide helpful solutions to prevent deterioration, encourage recovery and aim towards positive outcomes.

Although the service is not primarily psychotherapy, it is, nevertheless, staffed by qualified Psychotherapist/Counsellors who have taken a Solution Focused Approach in helping individuals whilst working closely with the local Improving Access to Psychological Therapy (IAPT) service.

It became evident during the last three years whilst running the pilot within the GP surgeries that there was a significant number of men identified in the Joint Strategy Needs Assessment 2014 (JSNA-2014) as being in 'Intensive need'. Most of these men had past convictions and were presenting with complex issues. They were isolated, lacked support and had no direction to achieve their personal goals i.e. 'well-being'. In the report it was highlighted that...



“1000 people on the probation caseload, with direct health impacts for the offender, and indirect impact on the offender’s family and friends” and...

“A key vulnerable group of up to 5,000 people claiming Job Seekers Allowance. The local emphasis is on building skills to find work, and linking opportunities to the regeneration plans in Wandsworth”

“People directly affected by crime and lessons learnt from the two Domestic Homicide Reviews in 2013, and people’s fear of crime with the 67% of residents feeling safe in 2014”.

The next group starts on **February 21st 2017**. It runs for two hours from **7pm to 9pm**

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

Funds

The London Community Foundation Wimbledon Foundation Community Fund



The Wimbledon Foundation is the charity of the All England Lawn Tennis Club and The Championships. The Foundation builds on the success of an extensive programme of community and charitable activities over a number of years.

The London Community Foundation is delighted to again be working with the Wimbledon Foundation in 2016/17, to manage the Wimbledon Foundation Community Fund. The Fund has been set up to benefit the community and provide support for local organisations to meet local needs in the boroughs of Merton and Wandsworth.

Fund 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 well-being
- 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)

In addition, priority will be given to organisations supporting the following beneficiary groups:

- Disability groups
- Young people
- BAME groups
- Older people
- Lone parent families
- Unemployed, those claiming out of work benefits

Who may apply?

Charities, community groups, voluntary organisations, Community Interest Companies and Social Enterprises may 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.

Grant Size

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

Closing Dates for Applications

Please return your application form and all supporting documents by the deadlines listed below, no later than 5pm, Friday 3rd March 2017 (you will hear the outcome in the week commencing 8th May 2017)

To read apply, please click [here](#).



The **Peabody Community Fund** awards grants of between £500 and £5,000 for activities which improve the quality of life of Peabody residents by supporting local activities that:

- Are responding to identified community need
- Bring communities together
- Promote wellbeing

The **second and final 2016/17 closing date for the Peabody Community Fund is Friday 24th March** (for projects from June 2017 onwards).

The Fund is able to support activities benefitting residents of all ages and **priority will be given to:**

- Organisations/projects addressing the needs of the most disadvantaged members of the community
- **Peabody resident-led projects.** If an applicant organisation is not resident-led, they will need to demonstrate strong connections with local residents, strong partnership working in the locality, a commitment to the locality after the proposed project is complete, and a clear understanding of community needs
- In 2016/17 up to 50% of the funding will be available for projects located in the following boroughs: **Haringey, Hillingdon, Redbridge** and **Wandsworth**
- Youth led projects up to the age of 24.

Activities must demonstrate the beneficiaries will be Peabody residents. *Please therefore note that projects with no clear plan for how to benefit Peabody residents cannot be funded.*

The Peabody Community Investment team will also be available to help Peabody resident groups or organisations wanting to work on a Peabody estate, which need support with any new ideas and/or to discuss a project. For support from Peabody please contact the Community Investment Team on: **020 3828 4317** or email community.projects@peabody.org.uk

If you are unsure whether your organisation is operating in a Peabody area, please contact the Peabody Community Investment Team or click on to 'Find a neighbourhood' at <http://www.peabody.org.uk/home>

Examples of projects that might be funded include; however this list is not exhaustive:

- Literacy and numeracy projects for children and young people
- After-school clubs provision
- Employment and training opportunities
- Advice and support for those who are vulnerable or marginalised
- Projects that promote community cohesion
- Activities that promote health and well-being for older people, i.e. exercise classes or befriending services
- Food banks, or projects that help to reduce poverty
- Projects which promote involvement in the local community, i.e. volunteering

The full PCF guidelines and the application form can be found [here](#).

Sport England Active Ageing Fund



Nationwide search begins for brilliant ideas to support inactive older people. Sport England will be investing up to £10 million into projects that help inactive older people get active through our Active Ageing Fund. Anticipated size of bids will be between £50,000 - £500,000.

Deadline: Midday 13 February 2017

For more information click [here](#)