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We are pleased to announce that Last year (2014-15) Lifetimes, the Council for Voluntary Services in Wandsworth “enabled people to achieve” by

- **Self funded Communication** with our **regular 2000** subscribers via our e-bulletins which lists news, funding opportunities, events and much more.

- **Training and Networking 606 people** attended our training and networking workshops

- **Event managed & facilitated** other events attended by **327 people**

- **Self Funded grants** to other voluntary organisations in the amount of **£23,855** which supported a further **937 people** in the community

**Our multi lingual Care4me directory** giving a web presence to the Voluntary and Community sector and Healthcare professionals and a user-friendly directory for the Wandsworth citizen.

# Lifetimes Events and Training

## Mental Health First Aid (MHFA) Training

Lifetimes' will be delivering **FREE Mental Health First Aid (MHFA) Training** in July and October. **If you would like to come along, 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 a series of 3 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.

**Booking is essential via eventbrite – please see below for dates and booking information.**

### **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 & Booking

Please select the link below your chosen course dates to book via eventbrite. Please ensure that you are available to attend all 3 sessions.

<b>Mental Health First Aid (MHFA) Training</b>	<b>Date:</b> Tuesday 21 <sup>st</sup> , Wednesday, 22 <sup>nd</sup> & Thursday 23 <sup>rd</sup> July, 2015 <b>Time:</b> 10am – 2pm, each day <b>All 3 sessions must be attended</b>	<b>Venue:</b> Carey Gardens Sheltered Housing, 234 Carey Gardens, Battersea, SW8 4HW
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Booking is essential via eventbrite: <https://mhfa21-22-23july.eventbrite.co.uk>

<b>Mental Health First Aid (MHFA) Training</b>	<b>Date:</b> Tuesday 6 <sup>th</sup> , Wednesday 7 <sup>th</sup> & Thursday 8 <sup>th</sup> October, 2015 <b>Time:</b> 10am – 2pm, each day <b>All 3 sessions must be attended</b>	<b>Venue:</b> Carey Gardens Sheltered Housing, 234 Carey Gardens, Battersea, SW8 4HW
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Booking is essential via eventbrite: <https://mhfa6-7-8october.eventbrite.co.uk>

## Lifetimes' Self Help Group Events and Training

### Build a Website for Self Help Groups

**Venue:** Mercy Foundation Centre, Battersea

**Date:** Tuesday 7th July

**Time:** 10am - 1.30pm

This training session is intended for existing, new and emerging self help groups in Wandsworth.

#### **What is a Self Help Group?**

Self Help groups are support groups based around a condition, challenge or situation shared by all members of the group, who meet regularly to provide mutual support and discuss issues related to that condition. Self Help groups are usually free to join and the job of running, facilitating and maintaining the group is shared by its members.

#### **With this course you will:**

- Build a free simple website for your group using WIX
- Add text, images and links
- Create a custom menu
- Create a bespoke contact page and map to your venue.

No experience necessary. Our team will guide you through each step and show you creating a website is easier than you think!

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

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## **Care4me - Getting Started**

**Lifetimes invites existing, new and emerging Self Help groups and Voluntary Organisations in Wandsworth to this free workshop - supporting you to make the most of your presence on Care4me.**

### **What is Care4me?**

Care4me is Lifetimes' free, online, community directory of local care and self-help services, used by both health professionals and the general public. Visit the site at [www.care4me.org.uk](http://www.care4me.org.uk)

Whatever stage you are at, this workshop will show you how to raise the profile of your group or organisation on our community directory.

### **This course will enable you to:**

- Get started with your free listing on Care4me
- Gain practical tips to make your group stand out on the site
- Increase the profile of your group or organisation
- Raise your profile with GPs, carers, and members of the public

**Venue: Lifetimes' Office, 100 Wandsworth High Street, SW18 4LA**

**Date: Thursday 16th July**

**Time: 11am - 1pm**

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

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## **Self Help Wandsworth Support & Guidance Sessions**

**Lifetimes' Self Help Wandsworth Programme are delighted to offer monthly Support & Guidance sessions for existing, new and emerging Self Help groups.**

Self Help Groups may be run in a variety of ways, such as:

- Peer led self help groups with face to face meetings
- Professionally supported self help groups

- Organisationally hosted self help groups
- Social network and online self help groups

Sessions will be an opportunity for groups to receive tailored 1:1 support, advice and guidance on various aspects of organising and facilitating Self Help groups, including:

- Training needs analysis
- Finding venues
- Advertising your group

45 minute bookable slots are available on the following dates – please note this is not a drop in service, booking is essential.

### **Tuesday 28<sup>th</sup> July**

If you would like to take advantage of this service for self help groups, please contact the **Self Help Programme Advisors** on **020 8875 2849** or [selfhelpwandsworth@life-times.org.uk](mailto:selfhelpwandsworth@life-times.org.uk)

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## **Social Media Essentials for Self Help Groups**

**Venue: Mercy Foundation Centre, Battersea**

**Date: Thursday 13th August**

**Time: 10am - 1.30pm**

This training session is intended for existing, new and emerging self help groups in Wandsworth.

### **What is a Self Help group?**

Self Help groups are support groups based around a condition, challenge or situation shared by all members of the group, who meet regularly to provide mutual support and discuss issues related to that condition. Self Help groups are usually free to join and the job of running, facilitating and maintaining the group is shared by its members.

### **With this course you will:**

- Discover the benefits of social media and why it matters
- Decide whether social media is right for you
- Set up a Facebook page that reflects your group's aims and mission
- Set up a Facebook group which can be used by your self help community

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

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## Other events

### WANDSWORTH CCG BOARD ROAD SHOW

Thursday 2<sup>nd</sup> July



This event will be on all things Battersea, including an update from the CCG Board, information about healthcare and commissioning related matters in Battersea, a Question & Answer session, and the chance to look around market stalls hosted by local organisations.

If you would like to book a place, please contact Sabrina Tobias on:  
[sabrina.tobias@wandsworthccg.nhs.uk](mailto:sabrina.tobias@wandsworthccg.nhs.uk) or call 020 8812 6686

### Youth Advice Network and Website Launch

**Date:** Thursday, 2 July 2015

**Time:** 18:00 to 21:00

**Venue:** Youth Legal & Resource Centre  
Ashburton Youth Centre  
Westleigh Avenue  
SW15 6XD Putney

To register please click [here](#).

### Older People's Manifesto for London Mayoral Elections 2016 Consultation Event

Age UK London will be publishing an Older People's Manifesto ahead of the 2015 London Mayoral Elections and we want to know what you think should be included.

We want to hear about the issues that concern you and you will get the opportunity, through table discussions, to input into the age UK London Mayoral Election 2015 Manifesto.

The Manifesto will only cover issues that are under Mayoral authority.

**Date:** Thursday 16<sup>th</sup> July

**Time:** 14.00pm-16.30pm

**Venue:** Bloomsbury Central Baptist Church, 235 Shaftesbury Avenue, London, WC2H 8EP (entrance on the A400 between Bucknall Street and Shaftesbury Avenue)

Tea and biscuits will be provided

**Entry to this event is free, but you must register online at:**

<http://mayor2016manifesto.eventbrite.co.uk>

For more information or to register offline contact **Danny Elliott:**

**Email:** delliott@ageuklondon.org.uk, **Tel:** 020 7820 6778

### **NCS Wandsworth 2015**

National Citizen Service (NCS) offers participants aged 15-17 the opportunity to support local charities & other not-for-profit organisations in Wandsworth by fundraising, campaigning and volunteering. This year will see 500 young people complete the borough's programme in teams & we are always looking to engage new partners. For a clearer idea of how it works, please take a look at this [video](#) and get in touch with [Suzie.Alavi@the-challenge.org](mailto:Suzie.Alavi@the-challenge.org) for more details.

All the best,

Regards

Zainab Sati  
Information and Support

Lifetimes Charity - The Council for Voluntary services in Wandsworth  
100 Wandsworth High Street  
London  
SW18 4DA  
Tel: 020 8875 2846  
Email: [info@life-times.org.uk](mailto:info@life-times.org.uk)  
My working days are Monday - Wednesday

We are on Twitter! Follow us [@LifetimesNews](#)

#### **Last year we organised**

395 people attended our training and network events

296 people attended other events

Distributed £27,500 of our funds to other voluntary organisations which supported over 937 people