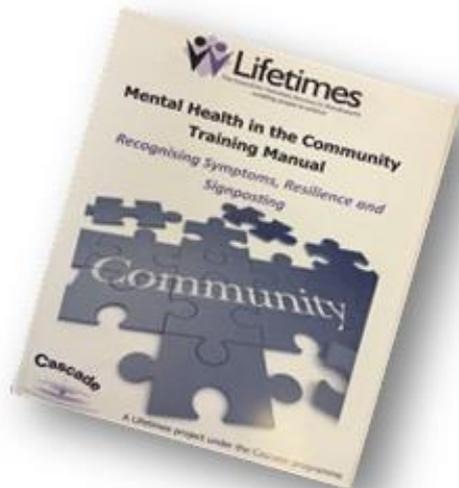




care4me

Your community directory



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Lifetimes Events and Training

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:

March	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

Venue

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 2nd floor 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

Ambitious about Autism's Inaugural Youth Lecture

Ambitious about Autism's Youth Patrons invite you to join us in asking "What is normal?"

As young people with autism we are reclaiming the word normal for World Autism Awareness Month. We want to remind people that everyone's normal is different and that those quirks and idiosyncrasies that everyone has are what makes them who they are. And that is the same for people with autism.



We can't do this alone, which is why we are inviting you to join us for our first ever Youth Lecture on 27th March 2017 .This is your opportunity to feedback on your experiences, to network with young people with autism, and as well as their friends, family members and the professionals who work alongside them. There will also be the chance to access our research and resources ahead of publication. The lecture will be fun. And it is free.

At the lecture Youth Patrons will:

- Present the findings of our joint research with the Institute of Education about young people with autism's experiences of mental health and wellbeing.
- Share our stories of what 'normal' means to us
- Present the resources we've developed to support young people with autism to tell people around them what 'normal' looks like to them.
- Offer you opportunities to ask questions of our expert panel

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

Responsible Business Week



It is part of this that we would like Charities and the businesses that support them with help to give presentations as to the good that both parties have experienced by the relationship.

We need good news stories from Charities, Local self-help groups and Voluntary organisations who have stories to tell about Pro Bono work that they have received or the needs that they have that could be met by the Local Businesses to step up and tell them. We need around 4 different stories from a diverse range of charities, Mental Health, Gang outreach, Elderly and living in isolation groups for instance to give a 10-15 min presentation to a group of between 60-100 Businesses at what will hopefully be a very unique venue.

For those charities that need help then there will be Networking opportunities both before and after the presentations to meet businesses and vice versa.

If this is something that your organisation would like to participate in please let us know the sector you work in and what it is that you would like to share by emailing Mark Wells , Mark.wells@bitconnect.org.

Faith, Community and Mental Health



A series of evening lectures sponsored by the Near Neighbours Programme from the Church Urban Fund looking at Faith, Community and Mental Health. The evenings will consist of a lecture from one of our esteemed guest speakers followed by a shared meal.

Tuesday 28th March 2017

Tuesday 18th April 2017

Tuesday 23rd May 2017

Tuesday 27th June 2017

All events will be held at Mushkill Aasaan from 6.30pm for a 7.00pm start.

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

Are you recovering from stroke?



using gardening to change lives

Thrive is the leading charity in the UK that uses gardening to bring positive changes in the lives of people living with ill health.

Gardening can help stroke survivors to:

- build up muscle strength and stamina
- relax your muscles
- improve balance, mobility & confidence
- stimulate cognitive development & memory

FREE PROGRAMME

When: Programme for Wandsworth residents— 21st March 2017, every Tuesday afternoon for 12 weeks. Carers welcome too!

Where: Holy Trinity Church, Tooting

How do I join: Contact Ellen Swygart: 020 7720 2212 or ellen.swygart@thrive.org.uk

Funds

MOPAC Victims Fund

Deadline: 5pm Friday 17th March 2017

The MOPAC Victims Fund is to benefit victims of crime across London. The aim of the Fund is to maximise the potential of voluntary, community and social enterprise (VCSE) organisations to help ensure the continued and improved provision of vital services to support victims of crime and help them cope and recover. A portion of the fund will be ring-fenced for both hate crime victims and victims of violent crime.

Grants of between £10,000 and £35,000 (with up to £5,000 of the grant award for capacity building such as in-house training, purchasing of software etc.) are available to individual organisations providing support to victims of crime to help them cope and recover from their experience. Partnerships of three or more organisations applying together can receive up to £100,000.

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

Youth Social Action



A definition of youth social action:

‘Young people taking practical action in the service of others in order to create positive social change that is of benefit to the wider community as well as to the young person themselves.’ **Young Foundation**

Youth Social Action includes volunteering, fundraising and campaigning.

INTRODUCTION

Youth social action has huge potential to create enjoyable opportunities and skills development for young people, benefitting local people and places.

The aim of this grant is to raise the level and quality of youth social action. The programme aim is to increase youth social action by 50% by 2020 taking the percentage of young people that volunteer from 40% to 60%.

Social action involves activities such as campaigning, fundraising and volunteering, all of which enable participants to make a positive difference to their communities.

Social action develops the skills and knowledge of young people that employers look for.

The definition of young people is between 10 and 20, and up to 25 for disabled young people.

Step Up To Serve, Big Lottery Fund and the government Office for Civil Society have invested £2million this year to fund groups delivering youth social action opportunities. Local fundraising is also a key part of the Youth Social Action programme.

The London Community Foundation is one of the delivery partners and will be delivering the programme across 29 London boroughs. We cannot accept applications from the following Boroughs: City of London, Hackney, Newham and Tower Hamlets.

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

The London
Community
Foundation **Peabody Community Fund**



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](#).

'PARTNERS FOR HEALTH' GRANTS PROGRAMME 2017



The deadline for applications is 5:00pm on Thursday 25th May 2017

London Catalyst and the Hospital Saturday Fund have come together to launch the 2017 'Partners for Health' grant programme. Grants of up to £10,000 will be considered for social action projects tackling the effects of poverty and health inequalities in London, where the organisation concerned will be working in partnership with a health expert or health provider. There is a particular interest in the areas of mental health and addiction.

FOR PROJECTS THAT CAN DEMONSTRATE:

- It will benefit people experiencing significant barriers to health
- A new approach or a thoughtful development of s

WHO CAN APPLY?

- Registered charities in London
- Working with people with long-term health conditions, mental ill-health or addictions
- Priority is given to groups with an annual income of < £250,000 and those not previously funded under this programme.

SUCCESSFUL PROJECTS WILL:

- Be clear about the purpose and the benefit of the proposed activities
- Be working with an expert health partner or resource
- Understand the sector and what could be achieved.

GRANT DETAILS:

- Grants of up to £10,000 (In 2016 the average award was £5,000)
- Grants are awarded for one year and projects must begin in 2017.

APPLICATION PROCESS:

[i] Apply online via [the London Catalyst website](#).

[ii] The deadline for applications is 5:00pm on Thursday 25th May 2017.
Submissions after this date will not be accepted

- Shortlisted applicants will be invited to present to an interview panel
- Applicants will be informed whether they have been shortlisted for interview by 6th June 2017

- Interviews will take place on Thursday 15th June 2017
- A final decision will be made after the interview
- Successful applicants will be required to provide a detailed monitoring report at the end of their project

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

Other News

Keeping your finances in check in 2017

Trustees have a legal duty to look after their charity's money and other assets. They need to understand and keep track of their charity's income and spending to spot any issues as early as possible to prevent them from affecting the charity's success. Here are some key tips from the Commission's wide ranging guidance on financial issues.

Charities should:

- be able to recognise at an early stage when the charity is no longer viable and plan for what will happen to beneficiaries, staff and assets
- develop a policy on reserves which establishes a level of reserves that is right for the charity and clearly explains to its stakeholders why holding these reserves is necessary
- recruit trustees with time and the right skills and experience to understand their finances and plan strategically for the future
- hold regular trustee meetings to keep track of income and spending
- put internal financial controls in place to make sure all spending is properly authorised
- review sources of income - are there any new opportunities?
- regularly review planned and proposed expenditure - can they do anything better or stop doing something altogether?
- regularly review their risk and risk management policy
- take professional advice before agreeing significant future financial commitments

the charity commission has [15 questions](#) document to help trustees check these critical areas and signposts other relevant information. We are also currently reviewing our financial guidance to ensure it is accessible and of most use to trustees.