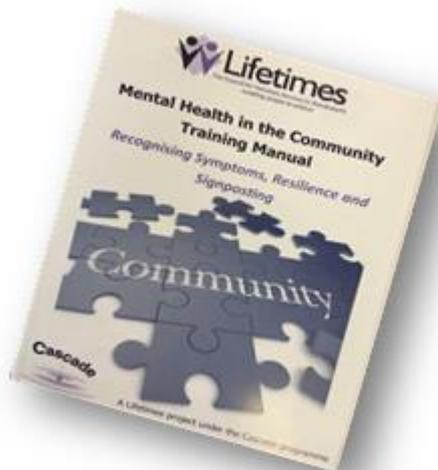




care4me

Your community directory



[Lifetimes Training and Events Funding](#)
[Community Events Calendar](#)
[Community Notice Board](#)
[Community Directory](#)

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:

May	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 <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.

Lifetimes' Healthy Communities training programme

Lifetimes are delighted to invite you to attend three exciting new courses this summer, part of Lifetimes' **Healthy Communities** training programme in partnership with Wandsworth Borough Council. This bespoke training programme was originally written for WBC's workplace development; Lifetimes have negotiated for voluntary sector groups in Wandsworth and Richmond to have the opportunity to take up free training spaces. Please note spaces are limited and will be allocated on a first-come-first-served basis, Organisations are entitled to a maximum of 2 places per course.

Commissioners at the council have strongly inferred a preference for voluntary sector staff and volunteers to attend; attendance will benefit and strengthen bids and contracts in the future. Please only book a space on the course if you will definitely be able to fill it as spaces are limited and we are required to report back in detail on any non-attendance. We are more than happy to accept substitutions as long as all booked places are filled.



Promoting Healthy Lifestyles

Tuesday 4 July 10.30am – 4.30pm Wandsworth Council, Room 145

Mental & Emotional Wellbeing

Tuesday 11 July 10.30am – 4.30pm Wandsworth Council, Room 145

Fire, Home & Personal Safety

Tuesday 18 July 10.30am – 4.30pm Conference Room 3A, Town Hall Extension 2

Organisations are entitled to a maximum of 2 places per course. Booking is essential via Wandsworth Borough Council's TPD online. Please see below for details.

1. Promoting Healthy Lifestyles Course Code - HCP-PHL

This session will provide an overview of the different areas of health and wellbeing, health inequalities and how to promote healthy living activities in the community. [Click here for the course outline.](#)



We will be joined on 4 July by special guests **Food for the Brain**, a charitable foundation working to inform organisations and empower individuals to change their diet and lifestyle and take greater control of their own mental health.

Their session will include:

- Nutrients for boosting brain health
- How your blood sugar levels can affect your mental health
- Dispelling the fat myth and what fats to eat for optimising brain and overall health
- The Gut-Brain relationship and how to improve it
- Lifestyle tips on optimising mental wellbeing
- Practical takeaways such as what the ideal plate should look like

2. Mental & Emotional Wellbeing Course Code - HCP-MEW

This session provides 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.

[Click here for the course outline.](#)

3. Fire, Home & Personal Safety Course Code – HCP-FHPS

This session will provide an overview on safety in the home and the risks and types of accidents which can occur as clients get older. We will also focus on crimes against older people and the effects of poor living conditions.

[Click here for the course outline.](#)

Booking is essential via Wandsworth Borough Council's TPD online voluntary.tpd.org.uk.

Please note: Organisations are entitled to a maximum of 2 places per course.

Please only book a space on the course if you will definitely be able to fill it as spaces are limited and we are required to report back to WBC in detail on any non-attendance. We are more than happy to accept substitutions as long as all booked places are filled.

How to book your place

1. Visit <http://voluntary.tpd.org.uk/courses/bookings/default.asp>
2. Enter the Course Code into the search bar:

Promoting Healthy Lifestyles

Course Code - HCP-PHL

**Mental & Emotional Wellbeing
Fire, Home & Personal Safety**

**Course Code - HCP-MEW
Course Code – HCP-FHPS**

3. Once your chosen course has come up in the search results, select **Request a Place**
4. You will be required to login to TPD online to book your place on the sessions. If you **do not** have a TPD online account, click to “Sign up for your FREE TPD Voluntary & Community online account today!”
Please refer to the TPD online user guide - <http://voluntary.tpd.org.uk/cpd/userguide.asp>
5. If your organisation is not listed on the TPD drop-down menu,
 - a. select the ‘my establishment is not listed’ checkbox and contact Karen Bliss on the details provided.
 - b. alternatively, to avoid any delay in securing your place on the course, select **Lifetimes Charity** from the drop-down menu.

If you have any further questions regarding bookings for these courses, please contact the course administrator - Agostinho De Jesus adejesus@wandsworth.gov.uk

Other Events and Training

Small Charity Week 2017

Small Charity Week (19th- 24th June) is the biggest event in the small charity calendar providing free initiatives, competitions and support over six days for charities or local community organisation with an annual turnover under £1.5 million. Events include:

I Love Small Charities Day: Three social media competitions to win funds for your charity.

Big Advice Day: Free advice on any charity topic of your choosing from experts across the sector and business leaders.

Policy Day: Local and national events will be held to support engagement between small charities and policy makers and influencers.

Fundraising Day: Take part in free competitions and initiatives to raise vital funds for your small charity and join events to improve your knowledge on fundraising topics.

Small Charity Big Impact Day: Showcase your small charity and the fantastic impact it makes by applying for the FSI’s Small Charity Big Impact Awards.

Celebration Day: Get involved and run an event to help raise awareness of and celebrate your amazing work.

Here are just two London events taking place:

- **June 19th** is the national **Big Advice Day event** in City Hall, Central London, offering free 1:1 advice on any charity topic of your choosing from experts

across the sector and business leaders.

Book your free advice sessions now: <http://smallcharityweek.com/big-advice-day/>

- **June 22nd is the FSI's annual Fundraising Conference**, offering delegates the opportunity to hear from expert speakers, sharing the best in fundraising practice. Book your places now: <http://smallcharityweek.com/fundraising-day/>

We are calling on all small charities to get involved and engage with the activities available. Check the website now as some deadlines are fast approaching.

See www.smallcharityweek.com for more information and follow @SCWeek2017 for breaking news

Faith, Community and Mental Health

Tuesday 27th June 2017



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.

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

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

Do the numbers add up? Understanding your data



Time: 10am - 2.30pm,

Date: Thursday 8 June

Venue: TBC

Do you really know what your data is telling you? Are you worried about making meaningful decisions and statements based on the data you have?

Data can show that what you are doing works, showing your supporters and beneficiaries how valuable your services are and even increasing your income.

However, it's not only about supporting your organisation with evidence of what works – it can help you discover how to be more effective and do more with the limited resources you have.

Following on from our popular Impact Aloud masterclass, Lindsay Hodgson returns with an interactive workshop to help you to decide how to capture the right data for your project, consider the things that could bias your results and learn what you can do about it.

You'll also recognise when to use different types of graphs to report your results and how to read between the lines to really understand what the numbers are saying.

Follow up support will also be provided.

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

Funds

Small project grants



Small project grants are for initiatives (including research) that would not otherwise be funded by the NHS. We use them to fund projects that:

- Will provide a better service for patients
- Can help you do your job more effectively
- Are new initiatives and not top-ups for existing projects

If you are an employee of Barts Health NHS Trust, Barts and the London School of Medicine and Dentistry at QMUL or the School of Health Sciences at City University, you can apply for a small project grant of up to £50,000.

The first step is to contact us with a short summary of your proposal. If we agree it is viable, then you will need to discuss your intention to submit an application with your endorsers, to ensure they're on board. Then you can [apply online](#).

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

BBC Children in Need's Small Grants programme



The Small Grants programme is open to charities and not-for-profit organisations applying for any amount up to and including £10,000 per year for up to 3 years for projects working with children and young people of 18 years and under experiencing disadvantage through: Illness, distress, abuse or neglect. Any kind of disability. Behavioural or psychological difficulties. Living in poverty or situations of deprivation.

For more information, click [here](#)

Improving Life for Londoners

Deadline: 1pm, 30 May 2017

In collaboration with Crowdfunder and The Social Innovation Partnership, Trust for London and City Bridge Trust have launched a new £100,000 fund available to organisations using crowdfunding to raise funds and deliver projects which will address inequality and lift people out of poverty in the capital. It is keen to support charitable work that: Provides practical solutions to support people on low incomes; Addresses local problems in creative ways; Is led by communities that will benefit from the work.

Eligibility: Projects to start within 3 months of reaching their fundraising target, and last a max of 1 year, should raise funding from a minimum of 5 individuals and use the 'All or nothing' funding option in Crowdfunder.

Value: The fund will provide up to 50% of the target (to a maximum of £10,000), with projects expected to raise at least the first 25% from crowdfunding.

Process: Follow the Crowdfunder link below. You'll need to register if you haven't already. Follow their instructions on how to produce your crowdfunding project page.

For more information, click [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

Small charities ‘pressured not to say anything too controversial’

A chief executive of a small service delivery charity has said that one of the things holding her organisation back from advocacy work is “pressure not to say anything too controversial”.

Sarah Mitchell, chief executive of Carers Network, a charity that supports voluntary carers in London, was speaking at the launch of Lloyds Bank Foundation report, *Facing the Forward*, yesterday.

In response to a question about the challenges small charities face when it comes to advocating on behalf of beneficiaries, she said that being heavily reliant on local authority contracts is a barrier.

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

South West London Recovery Cafes



The aim of the cafe is to support people to reduce their immediate crisis and anxiety, and to safety plan, drawing on strengths, resilience and coping mechanisms to reduce the need to use crisis services in future. They are an alternative for people who may present at A&E because of their mental health and are an out of hours service to support people when other services are closed.

Opening hours:

Both cafés will be open **365 days** per year

Monday to Friday: 6pm – 11pm

Saturday, Sunday and Bank Holidays: 12 noon – 11pm

Capacity

25 customers at any one time.

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