



# Lifetimes

The Council for Voluntary Services in Wandsworth  
*enabling people to achieve*



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## Lifetimes Training

### **Mental Health in the Community**

#### **Recognising Symptoms, Resilience and Signposting**

**After several sold-out sessions in 2016, we are delighted to announce that Lifetimes' popular new mental health training course for the Voluntary and Community Sector is back with course dates available until May 2017.** We will also be offering a one-off men-only session on 23 February, see below for details.

**Mental health in the Community** is a short mental health awareness course for staff and volunteers delivering services in the community, written and delivered by Lifetimes Charity. The 3.5 hour course will cover mental health issues such as depression, suicide and anxiety but importantly includes the topics of self-care, resilience and signposting to local and national support and resources. This bespoke training course is accompanied by a certificate and a training manual for trainees to use as a reference guide.

**£25 per person. If you would like to attend, please see below for dates and booking information.**

The course, so far, 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"***

#### **Course Dates**

**If you would like to attend, please use the links below to book your space.**

Thursday 2 February                      10.30am – 2pm

Thursday 16 March	10.30am – 2pm	<a href="http://mhitc-16mar17.eventbrite.co.uk">mhitc-16mar17.eventbrite.co.uk</a>
Wednesday 29 March	10.30am – 2pm	<a href="http://mhitc-29mar17.eventbrite.co.uk">mhitc-29mar17.eventbrite.co.uk</a>
Tuesday 4 April	10.30am – 2pm	<a href="http://mhitc-4apr17.eventbrite.co.uk">mhitc-4apr17.eventbrite.co.uk</a>
Thursday 13 April	10.30am – 2pm	<a href="http://mhitc-13apr17.eventbrite.co.uk">mhitc-13apr17.eventbrite.co.uk</a>
Thursday 27 April	10.30am – 2pm	<a href="http://mhitc-27apr17.eventbrite.co.uk">mhitc-27apr17.eventbrite.co.uk</a>
Thursday 4 May	10.30am – 2pm	<a href="http://mhitc-4may17.eventbrite.co.uk">mhitc-4may17.eventbrite.co.uk</a>
Thursday 18 May	10.30am – 2pm	<a href="http://mhitc-18may17.eventbrite.co.uk">mhitc-18may17.eventbrite.co.uk</a>
Tuesday 30 May	10.30am – 2pm	<a href="http://mhitc-30may17.eventbrite.co.uk">mhitc-30may17.eventbrite.co.uk</a>

Join Lifetimes for a one-off **MEN ONLY** session of our popular new training course for the Voluntary and Community Sector:

## Mental Health in the Community

Recognising Symptoms, Resilience and Signposting

Thurs **23 Feb** '17

10:30 — 14:00

Lifetimes

100 Wandsworth High Street

### Why men only?

- 12.5% of men in the UK are diagnosed with a common mental health disorder
- Over 3 in 4 suicides (76%) are completed by men
- Men are less likely to access psychological therapies and social support.

**We have also found that less men attend Mental Health awareness training!**

In order to raise awareness of Mental health amongst men we are offering the opportunity to attend Lifetimes' Mental Health in the Community training course in a male-only space.

**£25 /man** book now: [mhitc-menonly.eventbrite.co.uk](http://mhitc-menonly.eventbrite.co.uk)

## Cost

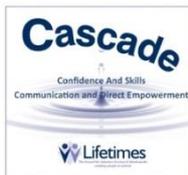
Spaces will be charged at **£25 per person**; ticket prices are highly subsidised by Lifetimes Charity and are the same for both staff and volunteers.

## 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.

'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

### Directory of Social Change Fundraising Fair

**An inspiring and informative two-day event to help you get the funding you need to help others**

In its seventh year, Fundraising Fair has skills training for fundraisers at all levels. Whether you are new to fundraising, an experienced professional or working at a senior level in fundraising, this event has a wide range of workshops designed for you.

43 workshops from £35. [Click here](#) to find out more.

A purple rectangular graphic with white and orange text. At the top, it says 'Can't make it to Fundraising Fair?'. Below that, in orange, it says 'Watch it on demand when you want from your computer, tablet or phone'. The dates '22 &amp; 23 Nov 2016' are in white. A green circle contains the price '£49' with 'introductory price normally £79' written below it. Below the price is a row of four small photos of people. Under the first photo, it says '8 hours of fundraising knowledge'. Under the last two photos, it says '2 leading Keynote speakers'. At the bottom, there are two logos: 'dsc directory of social change' and 'bif beinspired FILMS'.

We know it's difficult for some to attend Fundraising Fair. That's why we've partnered with Be Inspired Films to bring it to you. We are going to live stream the key workshops and speakers live.

It's very easy, you can purchase it from here and get access to the workshop room as if you were there. And if you can't make it at the time, don't worry, you can watch it later. Find out more [here](#).

Special 20% discount for Lifetimes' members with the discount code **CVS20**.

## Get out Get Active



Do you want to get more active but don't feel confident doing this alone?  
Could you become a mentor to support other disabled people to become more

Get out Get Active (GOGA) is a new scheme to get more disabled and non-disabled people into fun, physical activity and sport in their local area.

We're looking for people who might lack confidence or find it difficult to take up physical activity or sport. We're also looking for people to act as mentors to work one to one to support someone to get more active.

We're running a workshop to tell you more about this and how you can get involved. Come and tell us your thoughts! This is open to people of all ages and abilities.  
Lunch, travel costs and refreshments provided.

**When: Thursday 24<sup>th</sup> November 2016 at 10-30-2pm**

**Where: Mosaic Clubhouse, 65 Effra Road, Brixton, SW2 1BZ (Map on back)**

Questions? Or to book a place contact: Kate Pieroudis- Peer Support Lead at Disability Rights UK:  
0207 250 8111 e-mail: [kate.pieroudis@disabilityrightsuk.org](mailto:kate.pieroudis@disabilityrightsuk.org)

active?



- All bookings and payment should be made to SRF, Room 3, 250 York Road Battersea SW!! 3SJ, email [serefo.info@gmail.org](mailto:serefo.info@gmail.org), by **Monday 21<sup>st</sup> November 2016**.
- To exhibit at our conference, or include a leaflet with the conference pack, please contact Admin at SRF (Above address). Donations for this opportunity will be welcome.
- Any queries please email the SRF office on: [serefo.info@gmail.com](mailto:serefo.info@gmail.com) or call 020 7801 0135.

## Time & Space With The HOPE Course

# TIME & SPACE WITH THE HOPE COURSE

For people who care for someone who has cancer

HOPE (Helping Overcome Problems Effectively) is a self-management course designed to help carers improve their physical and emotional well-being.

SUPPORT

HEALTH

HAPPINESS

WELL-BEING

ACHIEVING GOALS



OPTIMISM

COPING

CONFIDENCE

POSITIVE

QUALITY OF LIFE

LIFE SATISFACTION

The course covers the following:

- ◆ Positive thinking. Achieving goals. Solving problems
- ◆ Dealing with stress, anxiety, depression, guilt and fatigue.
- ◆ Healthy eating and physical activity, increasing psychological and emotional well being.
- ◆ Increasing confidence, self esteem and motivation.
- ◆ Meet other carers with similar concerns and experiences.
- ◆ Coping with setbacks.
- ◆ Communicating with health/social care professionals.

Join us on *Wednesdays 23<sup>rd</sup> & 30<sup>th</sup> November 2016.*

From *4.30pm* to *7.30pm* at  **Paul's Cancer Support Centre**

Booking is essential, contact support on 0207 924 3924 or email [support@paulscancersupportcentre.org.uk](mailto:support@paulscancersupportcentre.org.uk) for more information.





## Learning Disability Today Exhibition and Conference



Learning Disability Today London brings together 1,000 visitors, a host of exhibitors, briefings and a multi-stream CPD certified seminar programme. **This is the largest inclusive learning disability event of the year and we are back for the 16th year running!**

A host of exciting and innovative projects and organisations that extend choice and control for people with learning disabilities, across all areas of their lives, will be showcased throughout the day: on the exhibition floor, within the seminar programme and in the zone areas.

The multi-stream seminar programme for 2016 will focus on:

- Policy and Practice
- Health and Well-being
- Learning Disability and Autism

As always, the packed seminar programme will be delivered by a multitude of high quality speakers, who are learning disability practitioners and thought-leaders in the field. The programme will focus on topics that are important to people with learning disabilities, their carers and the professionals who support them.

**Tickets are £35 +VAT and can be [booked online](#). A limited number of free tickets are available for people with learning disabilities and their carers – email [info@pavpub.com](mailto:info@pavpub.com) to apply for free tickets.**

## Applying for funding from players of People's Postcode Lottery



Date: Thursday 1st December

Time: 9.30am-11.30am

Venue: Amnesty International UK  
Human Rights Action Centre  
17-25 New Inn Yard  
London  
EC2A 3EA

Since 2009, players of People's Postcode Lottery have supported over 2500 projects across Great Britain through small grants.

This event will be a fantastic opportunity for third sector umbrella bodies, charities and other community organisations to find out more about applying to the Trusts supported by players of People's Postcode Lottery. The event will start with coffee and networking from **9.30am**.

On the day, we will present an overview of our open grant programmes and eligibility criteria - as well as guidance on making good applications and outlining key dates for 2017.

People's Postcode Lottery is a charity subscription lottery open to players across Britain. For £10 a month, you can play with your postcode for prizes every single day. Since 2005, our players have raised over £148 Million for charities and community projects across Britain and beyond as part of the Novamedia Group – the largest fundraising private charity donor in the world.

Find out more about how to apply for funding from players of People's Postcode Lottery, including:

- Key dates for 2017
- Tips/hints
- Eligibility criteria

Spaces are limited, and only one representative per organisation may attend.

Please RSVP no later than Friday 18th November to [info@postcodetrust.org.uk](mailto:info@postcodetrust.org.uk)

## Sen Talk Lego Social Group for children with ADHD



An opportunity for children and parents to join a new after school social club for individuals diagnosed with ADHD who attend mainstream education. Children will join a 6 week programme, to develop social skills and coping strategies around Social and emotional responses through Lego Therapy Based sessions. **Course starts in February 2017**- contact us now to enquire about booking your child a space! [contactus@sentalk.org](mailto:contactus@sentalk.org)

## Sen Talk Big Sensory Integration Project



### **New exciting sessions from 2017!**

A new afterschool session will begin for children with high functioning Autism and ADHD, who attend mainstream education. The Sensory sessions, enable families and children to explore different sensory techniques to modulate behavioural responses. The session will also provide parents with a certain amount of respite, whilst their children explore our sensory themed activities. Programme is due to start in **January 2017** and will be a drop-in session, with refreshments for parents, carers and children. Please contact me directly, for more information.

[contactus@sentalk.org](mailto:contactus@sentalk.org)

## Westminster Social Policy Forum seminar

Next steps for charities - fundraising, governance and social investment

**Date:** Wednesday, 8th February 2017

**Venue:** Central London

This event is CPD CERTIFIED

Guests of Honour: Lord Grade of Yarmouth, Chair, Fundraising Regulator ; Sarah Atkinson, Director of Policy and Communications, The Charity Commission and Ben Harrison, Senior Policy Adviser, Office for Civil Society, Cabinet Office  
Delegates at this seminar will consider the future for the third sector, including key issues around fundraising, governance and oversight.

With the Charities (Protection and Social Investment) Act having come into force, attendees will discuss the Charity Commission's new regulatory powers to promote good governance in the sector and the ability of charities to undertake social investments.

It will also be an opportunity to look at innovative approaches to fundraising and the future of self-regulation in the sector. Following the establishment of the new Fundraising Regulator, delegates will discuss its role in restoring public trust in fundraising, including its new responsibility over the Code of Fundraising Practice and the implementation of a Fundraising Preference Service.

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

## Other News

### Fraud Awareness Week: helping charities fight fraud

Fraud can present a significant risk to charities and can occur in many different forms - from cyber fraud to fundraising fraud and beyond. On 24 October, we launched a brand new website, <http://www.charitiesagainstfraud.org.uk> to provide charities with good practice guidance and helpful signposting that will assist them in the fight against fraud.

The launch of the website, assisted by members of the [Charity Sector Counter-Fraud Group](#), marked the start of the sector's first national [Charity Fraud Awareness Week](#). Between 24 and 28 October, we collaborated with the Fraud Advisory Panel in a dedicated campaign to raise awareness and improve trustees' counter-fraud capability. If you have any top tips and best practice advice for tackling fraud that you'd be happy to share on the new website, or general queries about our counter-fraud programme, please contact [Alan Bryce](#) at the Charity Commission.

## What is Wandsworth Chamber of Commerce?



**WANDSWORTH CHAMBER**  
*A network for mutual business enhancement*

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Wandsworth Borough is a vibrant place to live, work and play.

Wandsworth is a rapidly developing London borough and a great place to do business. The Wandsworth Chamber of Commerce is a long established membership organisation that connects, supports and promotes local businesses. Come to one of our events and see how different we are.

We hope you enjoy watching our short film and would love your comments on the YouTube channel or by email to [steve@wandsworthchamber.org](mailto:steve@wandsworthchamber.org).

To view the video please click [here](#).