



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



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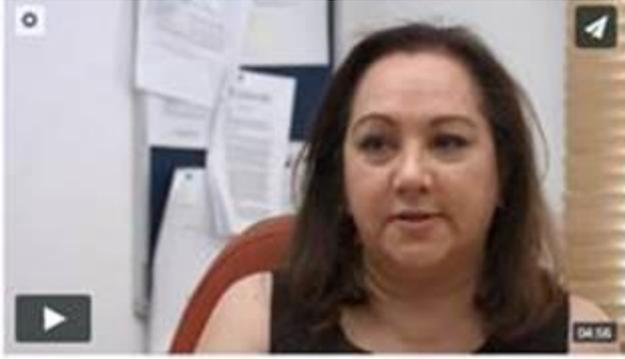
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## Self Help Wandsworth



**Self Help**  
WANDSWORTH  
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### **What is a self help group?**

Self help groups are support groups that offer and provide mutual support or mutual aid. People often gain huge benefits from talking to others who have a shared experience, whether it be a diagnosis of a long term condition or having faced a similar life experience such as loss, recovery or survival.

**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

### **Why join a self help group?**

Everybody has their own reasons for joining a self help group but there are common reasons why people join self help groups, including:

- They no longer feel alone.
- They find out they are not the only one to feel the way they do.
- They feel in control again.
- They get support from people who understand.
- They gain a better understanding of their condition.
- They gain hope and inspiration.

### **Why not start your own group?**

The Self Help Wandsworth Programme offers a range of support services for new and existing self help groups. These include:

- 1:1 Tailored meetings to offer support, advice and guidance
- Training workshops for new and existing groups
- Themed meetings and Discussion events
- Development and promotional events
- Networking opportunities

**For more information, please contact the Self Help Wandsworth Programme Advisors W:  
life-times.org.uk [www.care4me.org.uk](http://www.care4me.org.uk) E: [selfhelpwandsworth@life-times.org.uk](mailto:selfhelpwandsworth@life-times.org.uk) T: 020  
8875 2849**

## Self Help Group Training and Events



### Self Help Wandsworth Network Meeting – ‘Gaining Members and Momentum’

Lifetimes’ **Self Help Wandsworth** Programme invites you to join us for an afternoon dedicated to getting the word out about Self Help.

**Date: Thursday 12<sup>th</sup> November**

**Time: 1pm – 4pm**

**Venue: Penfold Community Centre, Wandsworth**

The event will be an opportunity to find out more about Self Help, the tools, platforms and support available for publicising a group and attracting new members. Participants will hear from varied programme of speakers, including experienced local Self Help groups who will be sharing their top publicity tips.

Self Help Groups, Healthcare Professionals, Voluntary Sector Groups and those with an interest in Self Help - all are welcome.

**If you would like to take part, please book your space [here](#)**

### 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.

**Friday 30<sup>th</sup> October**  
**Monday 30<sup>th</sup> November**  
**Friday 29<sup>th</sup> January, 2016**  
**Monday 29<sup>th</sup> February, 2016**

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)

## **Getting Started – How to get your Self Help Group Up and Running**

**Date:** Tuesday 10th November  
**Time:** 10.30am - 1.30pm  
**Venue:** Lifetimes' Office, 100 Wandsworth High Street, SW18 4LA

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

If you are thinking about starting a self help group, have just started out or have had your first few sessions but feel you need some guidance, this workshop is for you.

### **This course will take you through:**

- Identifying the need for your group
- Benefits of self help
- Key ingredients for self help groups
- Gaining members and momentum

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

## **Care4me - Getting Started**



**Date:** Wednesday 18th November  
**Time:** 2.30pm - 4.30 pm  
**Venue:** Lifetimes' Office, 100 Wandsworth High Street, SW18 4LA

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. Whatever stage you are at, this workshop will show you how to raise the profile of your group or organisation on our community directory. [www.care4me.org.uk](http://www.care4me.org.uk)

**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

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

## Funds



Deadlines for applications

### **1st November 2015**

Chances is the grant fund available from Lifetimes Charity. Small grants of up to £5000 are available to Voluntary and some Public Sector Organisations whose work involves relieving hardship for parents with children under 13 years of age.

Organisations must be based in the London Borough of Wandsworth and must meet the [Funding Criteria](#). Please download an [Application Form](#) and e-mail [ceo@lifetimes.org.uk](mailto:ceo@lifetimes.org.uk) for the attention of Tina Champion or call her on 020 8875 2845 if you have any questions. For more information please see the website: <http://www.chances-charity.org.uk/>

**2,500 local people benefit from a Lifetimes “Chance”**

Using our in-depth knowledge of grant funding, Lifetimes set up their own scheme in 2008 to assist necessitous parents with children under 13 years of age living in the Borough of Wandsworth. Chances ( the grant giving arm of Lifetimes Charity) has donated over £120,000 of their own money to projects benefitting necessitous parents since 2008.

**Putting OUR money into needed services in the Borough of Wandsworth.**

The funds distributed by Lifetimes/Chances is money generated by Lifetimes' trading activities and is **NOT** provided by any other statutory body.

We do not merely act as an administrator for these funds but work hard to secure these funds for distribution.

In many instances the funding has been given to small voluntary sector groups based in the borough, who although they provide much needed grassroots services are turned away by the main funding trusts.

In total, over **2,500** residents have received education, training, help and support via charities and community groups funded by Chances.

Here is an outline of some of the people helped:

**Activity breaks for 32 children** from some of the most needy families have been paid for by Chances with another 16 being funded for later on in 2015. These children have been referred to outside agencies by Social services etc.

We supported **120 parents with severely disabled children** by providing payment for specialist teachers

We funded **advice and support work to 883 individuals** through local charities working in areas of domestic violence, refugee and disability and "at risk" families.

We **supported and taught 818 children and parents** with the provision of funding for after school education, parenting classes, Esol lessons and crèche facilities, as well as funding equipment for specialised education areas

We encouraged **volunteering which would benefit 305 families** by funding the employment of volunteer co-ordinators to train more volunteers

We have funded **equipment to reach out to 230 people** equipping rooms with specialist furniture, ICT equipment for newsletters and also paid for meeting space for charities and voluntary sector groups so that they can inform their members and beneficiaries;.

**Direct aid** given to charitable organisations **which helped 200 residents.**

## **Evening Standard Dispossessed Fund 2015** **London Estates Programme Guidelines**



**Closing Date:** Monday 23rd November 2015 no later than 5pm

### **About the Fund**

The Evening Standard Dispossessed Fund was set up in 2010 to help grassroots charities tackling poverty, inequality and exclusion across the capital. The Fund is a restricted fund of The London Community Foundation. Each year, the Evening Standard Dispossessed Fund focuses on a particular theme, which has previously included supporting young people out of gang activity, and using football coaching as an agent for social change.

In 2015/16 the Fund will be focusing on supporting communities to change the area in which they live for the better on estates across London. This is an open programme that aims to support local communities and neighbourhoods across London to build on the skills and assets that exist in their community, tackle local need and to improve the lives of local people.

### **About The London Community Foundation (LCF)**

The London Community Foundation (LCF) is an independent charity focused on social action. We achieve this primarily through our grantmaking. Our aim is to make it easier for communities to bring about positive social change. Unlike other Trusts and Foundations we do not just give out our 'own' money, rather we work with a range of donors, supporting predominantly small charities and community groups to tackle local issues

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

## **Wandsworth Community Fund**



The London Community Foundation is pleased to announce the fifth year of the Wandsworth Community Fund.

This Fund has been established with The London Community Foundation by Wandsworth Council.

The Fund will award grants to support voluntary or community groups, registered charities

and other not for profit organisations that provide projects or services benefitting the community in the London Borough of Wandsworth.

These guidelines set out who may apply and the activities you may apply for. Please read the following carefully.

### **Fund Area**

The Fund is for projects and services within the London Borough of Wandsworth. Organisations based outside the borough may apply for projects that are specifically targeted for Wandsworth residents, but in a competitive situation priority may be given to Wandsworth based organisations.

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

## Wimbledon Foundation Community Fund



**Closing Date:** Friday 4th March 2016, 5pm

The London Community Foundation is pleased to manage the Wimbledon Foundation Community Fund. We are delighted to be working with the Wimbledon Foundation, which has set up this fund to benefit the community and provide support for local organisations to meet local needs in the boroughs of Merton and Wandsworth.

The Wimbledon Foundation is the charity of the All England Lawn Tennis Club. The Foundation builds on the success of an extensive programme of community and charitable activities over a number of years. It's mission is to change people's lives using the resources and heritage of Wimbledon. One of its principal objectives is to make a real contribution to meeting social needs in the local community.

### Fund Themes

Organisations can 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

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

## Comic Relief Local Communities



### **Aims of the Programme**

There are still many communities in the UK that suffer from economic and social deprivation and the current economic climate may make this situation worse. For this reason, Comic Relief has decided that £4.5 million should be available to fund projects across the UK which are addressing these issues through a third phase of the 'Local Communities' programme. Comic Relief is pleased to be working with the UK Community Foundations (UKCF) and Community Foundations across the UK, to deliver this Local Communities 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. The Local Communities Programme will run for 18 months and during this time, grants of between £1,000 and £10,000 will be available. The programme aims to empower local people, enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups and organisations in areas of disadvantage that have a clear understanding of the needs of their community.

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

## Other events

### UPFest & New Oasis Shop Opening



Wandsworth Oasis are delighted to announce that The Worshipful The Mayor of Wandsworth Councillor Nicola Nardelli will be cutting the ribbon (red of course) to mark the official opening of their new and huge shop at Amen Corner on Tuesday 3 November.

The occasion will be marked with our [UPFest](#) - a celebration of the role charity shops play in recycling, restyling and resparking other people's unwanted items. We will have a fashion show, living mannequins and a few stalls selling recycled goods as well as an opportunity to browse through the shop, do a bit of networking with local residents and businesses and enjoy a drink.

### DSC Fundraising Fair



**Two days of practical fundraising training and information for fundraisers at all levels.**

**Date: 19<sup>th</sup> and 20<sup>th</sup> November 2015**

Get inspired by 34 workshops covering a wide variety of key fundraising topics: from In-Memory Giving, Ethical Issues in Fundraising and Events Fundraising, through to Stress Management, Digital Fundraising, Telling Stories and Building Relationships. Whether you are just starting out or are an experienced fundraising director, there is a workshop just for you.

You'll get the tools and techniques to help you raise more funds, to better serve those you help. You can find further information [here](#).

**What previous delegates have said about Fundraising Fair:**

*"Very interesting speakers, all of whom were willing to take lots of questions and engage with the audience. Very well structured day with helpful staff."* Chloe Gott, Fundraiser, The Forgiveness Project

*"Two words, awesome and inspiring. I'll be totally reworking our approach to legacy giving."* Neil Hayter, National Fundraising Officer, Mountain Rescue England and Wales

Top up your skills, get new ideas and network with other fundraising professionals!