



**Lifetimes**  
enabling people to achieve



**Lifetimes** –local charity started **1978**

Supporting voluntary and community organisations  
in Wandsworth.

Volunteer Bureau

Wandsworth Voluntary Sector Development Agency

WVSDA

Lifetimes



## **We Provide:**

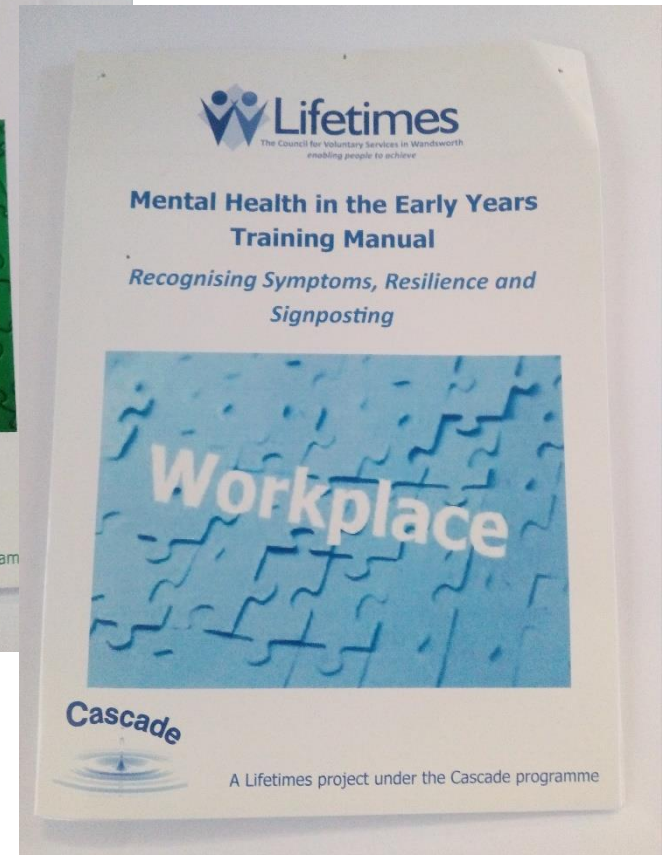
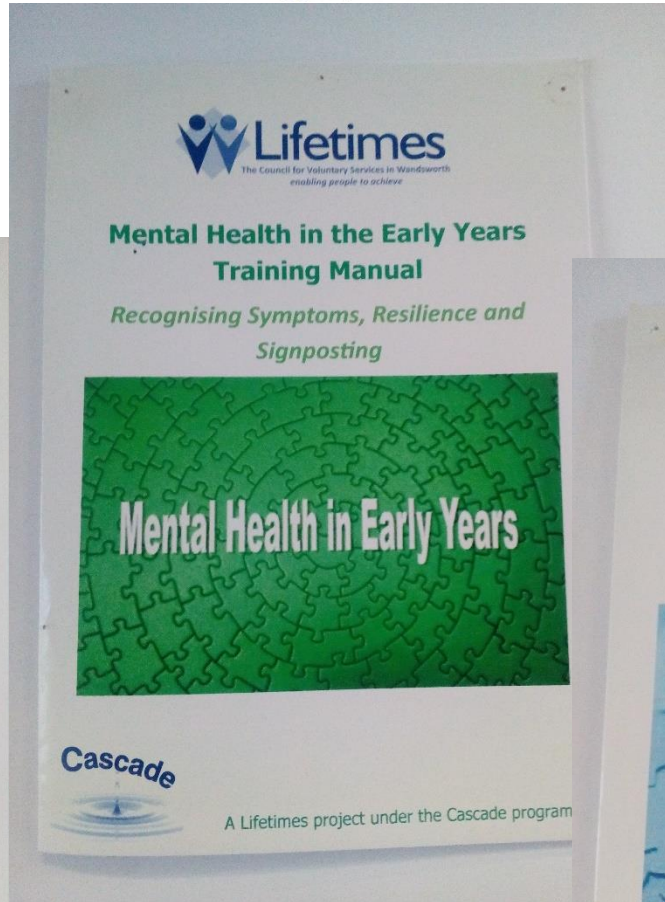
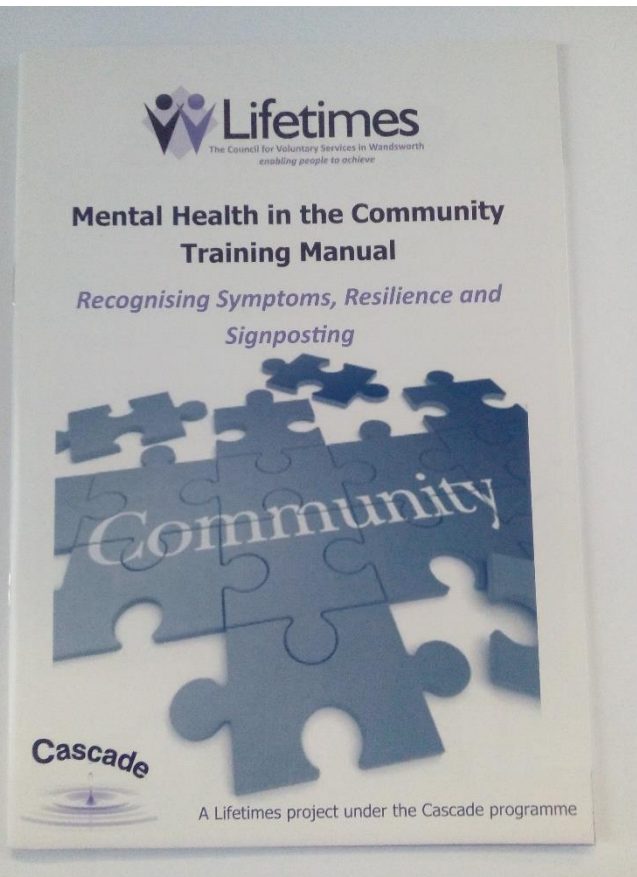
- Training
- Advice, information, networking and opportunities for all voluntary and community organisations in Wandsworth.
- Deliver projects directly for local residents in need and managing multiple disadvantages.

## Training

- **Volunteer Best Practice** ‘Experts in Evaluation’ Training and ‘Experts in Volunteering’-Measuring the impact of your volunteer programme
- **Understanding and Using Outcome**  
Are you able to demonstrate the effects of your organisation’s work ? Are your funders asking you to report on the changes in your beneficiaries’ lives resulting from your projects?
- **1998-We wrote and developed Investing in Volunteers UK Quality Standard Mark for Good Practice in Volunteer Management. 2003 Volunteering England.**

**GREATER LONDON  
VOLUNTEERING**

## Training





# Mental Health in the Community Training

*Recognising Symptoms, Resilience and Signposting*



A Lifetimes project under the Cascade programme

**Written and delivered  
by Lifetimes**

**Trained over 200 people  
in the first year who  
have in turn shared  
good practice  
information and  
signposting resources  
with 2000 members of  
the public**

Foodbank/Homestart/  
CAB/Library Service/Thrive/ Faith  
groups/Scout Association/Self Help  
groups





## Training



## Suicide Awareness Training Suicide Response Training



# Lifetimes

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

Training

8 Bespoke modules

**HEALTHY**  
**communities**



MAKING EVERY  
CONTACT COUNT





## Lifetimes – Our Current Training Programmes



**A 2 year Workforce Development Training Programme** for Wandsworth and Richmond Borough council staff and staff and volunteers from local voluntary and community sector organisations.

**Training will reach 250-300 staff and volunteers** and be cascaded to 4,000-6,000 members of the public.

**Bespoke training modules written by Lifetimes cover**

- Mental and Emotional Wellbeing
- Fire, Home and Personal safety
- Promoting Healthy Lifestyles
- Drug and Alcohol Issues in the Workplace





## **We Provide:**

- Advice, information, networking and opportunities for all voluntary and community organisations in Wandsworth.



## **We Provide:**

- Deliver projects directly for local residents in need and managing multiple disadvantages.



## **Projects**

### **Woman 2 Woman**



**We Care**

*A Lifetimes Project*

### **Men Matter 2**



**We Care**

*A Lifetimes Project*

# care4me Your community directory



ADVICE AND  
ADVOCACY



BENEFITS AND  
MONEY



CARE AND SUPPORT



COUNSELLING



EDUCATION,  
TRAINING & WORK



HEALTH AND  
WELLBEING



LEISURE AND  
ACTIVITIES



SELF-HELP GROUPS



TRAVEL AND  
GETTING ABOUT



HOUSING AND CARE  
HOMES



KEEPING SAFE AND  
SECURE



CARING FOR  
SOMEONE

Search for healthcare, community services, GPs, dentists, pharmacies and more in Wandsworth.

- Need support?
- Looking for care services?
- Find advice centres near you
- Join a self help group
- Multi-lingual search facility

*A charity-led directory  
“enabling people to achieve”*

[www.care4me.org.uk](http://www.care4me.org.uk)

**care4me**  
your community directory

Care4me is Lifetimes' free, multi-lingual online community directory of local care and self-help services and everyday information. [www.care4me.org.uk](http://www.care4me.org.uk)



The Wandsworth Wellbeing Hub is a free, friendly and impartial service, available online and over the phone to help you find local organisations, services and information to meet your wellbeing needs.





- **Who is it for:**
- **Organisations or Groups** wishing to publicise their services at no charge to the public
- **The General Public** wishing to find out what services they can connect with and where they are located
- **GPs/Clinicians** – to inform them of services being offered and for them to publicise their services to the public

## Benefits for Voluntary Sector groups

- **Free listing** of their services to the public and health care professionals, allowing them to showcase their work
- **Developed and maintained by a trusted charity** with experience of databases and information management - security of information
- **Secure unique registration and password** for organisations allowing them to edit their own information when required
- **On hand assistance** from Lifetimes staff for registration and website information

## Benefits for the Public

- A **free service** to the public
- A **website allowing the public to search for services delivered in their community** including the services offered by the voluntary sector
- Information on **statutory healthcare services** GP's dentists, pharmacies
- Future information will be available on **healthcare courses for the public**

## Benefits for GPs using Social Prescribing

- A tool to assist patients with **self managing a condition**
- **Information on services** available in the community
- **Adding value** to their service as a healthcare professional by enabling you to socially prescribe other services
- **Unique functions for GPs once registered.**

**care4me**  
your community directory

## Health care professionals

Find out about services being offered  
and publicise your services to the  
public





## [Share Community](#)

### [Training and employment support](#)

Share Community provides training and employment support for disabled adults, including those with learning disabilities, physical/sensory impairments, autism and mental health needs. Our aim is to help disabled people live more independently and make choices about all aspects of their lives.



## [Share Community Training](#)

Our training courses may be for you if you live in London or the surrounding area, are unemployed, and are disabled or have a health problem that has affected your chances of getting work. Contact us for more information on the course on offer.



## [Yes Chef!](#)

### [Share Community](#)

Yes Chef! Is a new project at Share Community for people aged 18-25 with mild to moderate learning disabilities. Yes Chef! is designed for young adults who want to work, enjoy working around food and need additional support in order to benefit from training and work experience opportunities.

ity & a garden on the Doddington estate in

**ROLLO**

**COMMUNITY ROOF GARDEN**

## [Growing community & a garden on the Doddington estate in Battersea](#)

[Community garden growing healthy produce to share](#)





## Citizens Advice Wandsworth

### Community Legal Advice Charity

Citizens Advice Wandsworth provides information, advice and support to local people to enable them to manage their affairs and live independent and resilient lives. We also work to improve the policies and practices that affect people's lives.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Working in conjunction with:



## Macmillan & Citizens Advice - Advice Service for South West London

### Macmillan - Citizens Advice Wandsworth & Croydon

A free and confidential welfare benefits and money advice service for people living with cancer, their families and carers.



## Pound Advice

### Citizens Advice Wandsworth

Citizens Advice Wandsworth's Pound Advice Project provides financial advice and support to London & Quadrant tenants so that they can improve the way they manage their money.



## Disability and Social Care Advice

### DASCAS

Citizens Advice Wandsworth's Disability and Social Care Advice Service (DASCAS), is here to give independent advice to residents of the London Borough of Wandsworth about benefits and services. The service is for people with disabilities and the relatives and friends who care for them.



## for better mental health

Mind is a national mental health charity, which offers advice and support to empower anyone experiencing a mental health problem. We won't give up until everyone experiencing a mental health problem gets support and respect.



Kind to Mind

## Kind to Mind

### Mindfulness Courses in Wimbledon and Wider South West London

Kind to Mind offers high quality, affordable Mindfulness courses and workshops to individuals and organisations in South London. We aim to help people manage stress and difficulty better by cultivating present moment awareness, imbued with a sense of warmth, kindness and compassion.



Wandsworth &  
Westminster

## Wandsworth & Westminster Mind

### for better mental health

At Wandsworth & Westminster Mind we want everyone to have better mental health and wellbeing, to realise their ambitions and make the most of their lives, their relationships and their communities.



Richmond Borough

## Richmond Borough Mind

### for better mental health

Richmond Borough Mind is rooted in the local community and exists to support and empower people with mental health problems to live their lives to the full.

Select Language ▾

Powered by [Google Translate](#)

register

**care4me**

**your community directory**

pharmacy

- Home
- Services**
- Locations
- Volunteering
- A-Z
- Help & Feedback

**find local services**

All Services ▾    Your Postcode    5 miles ▾    [search](#)

- [Hide Results By Service](#)
- [Show Results By Postcode](#)
- [Show Google Map](#)

**Service Filter**

- ALL (54)
- Health and wellbeing (54)
- Travel and getting about (1)
- Counselling (1)

54 Results for - [pharmacy](#)

- 1
- 2
- 3



[Asda Pharmacy](#)

[Roehampton](#)

Our Asda pharmacies don't just dispense prescriptions - we also offer health and wellbeing services that can save you a trip to the GP.



[Ashburton Pharmacy Ltd](#)

[Putney](#)



## Balham Hill Medical Practice

GP - Balham

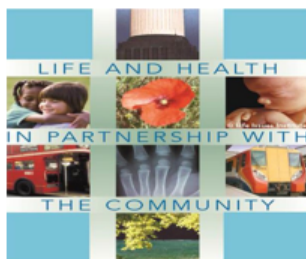
Open Monday - Friday, Balham Hill Medical Practice provides a variety of NHS services and clinics.



## Balham Park Surgery

GP - Balham

Balham Park Surgery is a friendly and efficient practice where we try hard to put our patients' interests first. The practice occupies purpose-built premises in Balham under the London Borough of Wandsworth.



## Battersea Fields Practice

GP - Battersea

We have been offering family doctor services to the local community since 1988, and have two sites; the main practice in Austin Road and a branch practice in Thessaly Road. Our aim is provide our patients with excellent, patient-centered health care.



## Battersea Rise Group Practice

GP - Battersea

At Battersea Rise Group Practice, we offer professional, confidential healthcare services in clean, comfortable and appropriate surroundings.

**care4me**

your community directory

# Care4me is Multilingual



Select Language | Choose your language

[Privacy Policy](#) | [Terms and Conditions](#)

› Select Language	Catalan	Finnish	Hmong	Korean	Nepali	Somali	Welsh
Afrikaans	Cebuano	French	Hungarian	Lao	Norwegian	Spanish	Yiddish
Albanian	Chinese (Simplified)	Galician	Icelandic	Latin	Persian	Swahili	Yoruba
Arabic	Chinese (Traditional)	Georgian	Igbo	Latvian	Polish	Swedish	Zulu
Armenian	Croatian	German	Indonesian	Lithuanian	Portuguese	Tamil	
Azerbaijani	Czech	Greek	Irish	Macedonian	Punjabi	Telugu	
Basque	Danish	Gujarati	Italian	Malay	Romanian	Thai	
Belarusian	Dutch	Haitian Creole	Japanese	Maltese	Russian	Turkish	
Bengali	Esperanto	Hausa	Javanese	Maori	Serbian	Ukrainian	
Bosnian	Estonian	Hebrew	Kannada	Marathi	Slovak	Urdu	
Bulgarian	Filipino	Hindi	Khmer	Mongolian	Slovenian	Vietnamese	

Directory for organisations in  
the directory of local care and self-  
help organisations and the general public.

[hp login](#) | [provider login](#)



search



ADVICE AND  
ADVOCACY



BENEFITS AND  
MONEY



CARE AND SUPPORT



CARING FOR  
SOMEONE



COMMUNITY AND  
GETTING INVOLVED



COUNSELLING



EDUCATION,  
TRAINING & WORK



HEALTH AND  
WELLBEING



HOUSING AND CARE  
HOMES



KEEPING SAFE AND  
SECURE



LEISURE AND  
ACTIVITIES



SELF-HELP GROUPS



TRAVEL AND GETTING  
ABOUT



VOLUNTEERING AND  
VOLUNTEER BANK

New! Find Services close to you.

Choose service



1 mile



Enter Postcode

search

Providing a local  
community service in  
Wandsworth?

register

Are you a local  
Healthcare  
Professional?

register



# Currently with an option of **106 Languages**

> Select Language	Catalan	Finnish	Hmong	Korean	Nepali	Somali	Welsh
Afrikaans	Cebuano	French	Hungarian	Lao	Norwegian	Spanish	Yiddish
Albanian	Chinese (Simplified)	Galician	Icelandic	Latin	Persian	Swahili	Yoruba
Arabic	Chinese (Traditional)	Georgian	Igbo	Latvian	Polish	Swedish	Zulu
Armenian	Croatian	German	Indonesian	Lithuanian	Portuguese	Tamil	
Azerbaijani	Czech	Greek	Irish	Macedonian	Punjabi	Telugu	
Basque	Danish	Gujarati	Italian	Malay	Romanian	Thai	
Belarusian	Dutch	Haitian Creole	Japanese	Maltese	Russian	Turkish	
Bengali	Esperanto	Hausa	Javanese	Maori	Serbian	Ukrainian	
Bosnian	Estonian	Hebrew	Kannada	Marathi	Slovak	Urdu	
Bulgarian	Filipino	Hindi	Khmer	Mongolian	Slovenian	Vietnamese	

# 91 languages spoken in Wandsworth

- 82.6% of people living in Wandsworth speak English.
- The other top languages spoken are 2.1% Polish, 1.6% Urdu, 1.4% French, 1.2% Spanish, 1.0% Portuguese, 1.0% Italian, 0.8% Somali, 0.6% German, 0.5% Arabic.

# Care4me - Polish

Polish | Wybierz swój język

[Polityka prywatności](#) | [Regulamin](#)

**care4me**  
your community directory

Care4me to nowy katalog społeczności dla organizacji w Wandsworth. Oferujemy bezpłatny katalog stron lokalnych opieki i samopomocy usług zarówno dla pracowników służby zdrowia i ogółu społeczeństwa.

dom usługi lokalizacje wolontariat skontaktuj się z nami

KM logowanie | dostawca logowanie

Poszukiwanie

Usługi


przez


keyword


i


Lokalizacje


search


  
DORADZTWO I WSPARCIE


  
KORZYŚCI I PIENIĄDZE

  
OPIEKA I WSPARCIE


  
DBANIE O KIMŚ


  
WSPÓLNOTA I ANGAŻOWANIA SIĘ

  
PORADY


  
EDUKACJA, SZKOLENIA I PRACY

  
ZDROWIE I DOBRE SAMOPOCZUCIE


  
MIESZKANIOWYCH I OPIEKI DOMY

  
UTRZYMANIE BEZPIECZNE

  
DZIAŁALNOŚĆ REKREACYJNA I

  
GRUPY SAMOPOMOCY

  
PODRÓŻE I PORUSZANIE SIĘ

  
WOLONTARIAT I WOLONTARIAT BANKU

Nowość! Znajdź rozwiązanie blisko Ciebie.

Wybierz usługę

1 mile

Enter Postcode

search

Zapewnienie usług lokalnych społeczności w Wandsworth?

register

Czy jesteś lokalne Opieka zdrowotna profesjonalista?

register

# Care4me - Somali

Somali | Dooro afkaaga

[Qaanuunka Amimaha Khaaska ah](#) | [Shuruudaha iyo Xaaladaha](#)

**care4me**  
your community directory

Care4me waa buugga cusub bulshada ee ururada ee Wandsworth. Waxaan ku siin buugga a free web daryeelka iyo is-caawin adeegyada maxaliga ah labada xirfadlayaasha caafimaadka iyo guud ahaan dadweynaha.

guriga adeegyada goobood tabarucid nala soo xiriir

login hp | bixiyaha login

Search

Services

by

keyword

iy

Goobaha

  
TALO IYO U DOODID

  
FAA'IIDOOYINKA IYO LACAG

  
CARE IYO TAAGEERO

  
DARYEELIDDA QOF

  
COMMUNITY IYO KA QAYB QAADA SHADA

  
LA-TALIN

  
WAXBARASHADA, TABABARKA IYO SHAQADA

  
CAAFIMAADKA IYO LADNAANTA

  
GURYAHA HOUSING IYO DARYEELKA

  
BADBAADIN IYO AMMAAN NOCYO

  
FIRAAQADA IYO HAWLAHA

  
IS-HELP GROUPS

  
SAFARKA IYO HELITAANKA SAABSAN

  
TABARUCIDDU IYO BANK VOLUNTEER

New! Raadi Services kuu dhow.

Dooro adeegga

Enter Postcode

Bixinta adeegyada bulshada deegaanka ee Wandsworth?

register

Aad ah Healthcare Professional maxalliga ah?

register

**Care4me**  
your community directory

میں تنظیموں کے لئے ایک نئی کمیونٹی ڈائریکٹری ہے ہم صحت  
کے ماہرین اور علم عوام دونوں کے لئے مقلی دیکھ بھال اور اپنی مدد کی خدمت کی ایک مفت ویب  
ڈائریکٹری فراہم کرتے ہیں

لاگ ان | فراہم لاگ ان HP

ہم سے رابطہ رضاکارانہ طور پر مقامات خدمات گھر

تلاش کریں خدمات کی طرف keyword اور مقامات search

i مشورہ اور وکالت	£ قوائد اور پیسہ	♥ دیکھ بھال اور مدد	👤 فرد کی دیکھ بھال	👨‍👩‍👧 کمیونٹی اور ملوث ہو رہی ہے
➡️ مشورے	📖 تعلیم، تربیت اور کام	✚ صحت اور صحت مندی	🏠 ہاؤسنگ اور دیکھ بھال گھروں	🔒 رکھتے ہوئے محفوظ اور محفوظ
🏊 تفریح اور سرگرمیوں	➡️ خود مدد گروپ	💼 سفر اور کے بارے میں ہو رہی ہے	👐 رضاکارانہ اور رضاکار بینک	

نیا! آپ کے قریب خدمات تلاش

سروس کا انتخاب ▼ مل 1 ▼

Enter Postcode search

WANDSWORTH میں  
ایک مقامی کمیونٹی سروس  
فراہم کرنے؟

register

اگر آپ ایک مقامی ہیلتھ کیئر  
پروفیشنل ہیں؟

register

# Care4me - Urdu



find local services

تمام خدمات

Your Postcode

5 میل

کی تلاش

سروس کی طرف سے نتائج چھپائیں

نتائج پوسٹ کوڈ سے دکھائیں

گوگل کا نقشہ دکھائیں

سروس فیلٹر

(3) تمام

(1) دیکھ بھال اور مدد

(1) صحت اور صحت مند

(1) پائسلنگ اور دیکھ بھال گھروں

(1) فوائد اور رقم

(1) رکھنے ہوئے محفوظ اور ماموں

(1) تفریح اور سرگرمیوں

(1) کمیونٹی اور ملوث ہو رہی ہے

(2) تعلیم، تربیت اور کام

(2) کسی کی دیکھ بھال

(2) مشورہ اور وکالت

(1) مشاورت

(1) خود مدد گروپ

کے لئے 3 نتائج - خاندان کارروائی



## خاندان ایکشن

کے بعد سے خاندانوں کی حمایت 1869

خاندان ایکشن پسماندہ اور سماجی طور پر الگ تہلگ خاندانوں کو خدمات فراہم کرنے والے معروف ہے۔ ہم آج کے خاندانوں کو درپیش گھریلو تشدد، ذہنی صحت کے مسائل، سیکھنے میں مشکلات اور شدید مالی مشکلات سمیت سب سے زیادہ پیچیدہ اور مشکل مسائل میں سے کچھ سے نمٹنے کے



## نوجوان کیئررز پروجیکٹ Wandsworth

خاندان ایکشن

نوجوان کیئررز پروجیکٹ بچوں اور جو ایک خاندان کے رکن کی بیماری Wandsworth یا معزوری کی وجہ سے متاثر اور یہ کہ خاندان کے کسی رکن کو (جسمانی اور / یا جذباتی) دیکھ بھال فراہم کر رہے ہیں 18-5 سال کی عمر کے نوجوان لوگوں کی حمایت



**SELF-HELP GROUPS**





# Self Help

WANDSWORTH

enabling people to achieve

# What is a self help group?

- Self help groups are support groups that offer and provide mutual support or mutual aid.
- The members of the group share a common problem, issue, illness or addiction.
- 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.

# Find Self Help Wandsworth

**care4me**

your community directory

Care4me is a new community directory for organisations in Wandsworth. We provide a free web directory of local care and self-help services for both health professionals and the general public.

[home](#) [services](#) [locations](#) [volunteering](#) [contact us](#)

[hp login](#) | [provider login](#)

Search



by

and



[search](#)

You are here : [Home](#) > [Self-Help Groups](#)

[Show Map](#)

A to Z Search

[A](#)

[B](#)

[C](#)

[D](#)

[E](#)

[F](#)

[G](#)

[H](#)

[I](#)

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## Self-Help Groups

Mental Health (48)

Carers (47)

[Show All Results](#)

Addictions (26)

Other (89)

Cancer (22)

Self management courses (10)

Self-Help Groups - 152 found



### 1st Local Self Help Service

[Self Help Wandsworth](#)

Self Help Wandsworth is a new programme of support for self help groups in the borough, delivered by Lifetimes, the Council of Voluntary Service in Wandsworth.

[read more](#)

[VIEW DETAILS](#)

...on

**care4me**

your community directory



# **VOLUNTEERING AND VOLUNTEER BANK**

## find an opportunity

any day



any time



### Volunteer Bank

If you have skills you would like to share through volunteering your time and cannot find a suitable opportunity then please register by [clicking here](#)

Volunteering is a great way to get involved and connect with your local community. Giving your time, skills and commitment can make a real difference to the local people, organisations and environment around you.

People volunteer for a wide variety of reasons and volunteering can be a way of:

- Improving your health and wellbeing by getting involved, making new friends and feeling valued and appreciated by those you help
- Connecting and giving back to the local community and making a real difference to local people and your local area
- Learning and demonstrating new skills or using existing professional skills and knowledge to help others
- Trying out opportunities that could lead to employment and getting 'job ready' or testing new career pathways
- Enhancing your CV and gaining a reference

**Your Information will remain with us and you will be contacted by us with details of any organisation who wishes to speak to you about volunteering with them.**

[REGISTER AS VOLUNTEER](#)

### Volunteer Opportunities

To use our Volunteer Brokerage system to post your opportunities you must have first registered your Organisation on Care4me. To register click [here](#)

Care4me will assist you to find the right volunteers for your roles by promoting your opportunities to a large number of potential volunteers in the community and local businesses.

- You can manage your opportunities electronically, making changes as and when required
- We can help you get the most out of your advert and get the right volunteers for your role
- We can track the number of people who have viewed your advert, applied for your roles and we will keep in regular contact with you for feedback and updates
- You can also search the Volunteer Bank for potential volunteers who could match your roles or inspire you to develop new roles depending on the skills and experience of the volunteers

To register your opportunities login with your service provider username and password, select 'My Care4me' then 'Volunteer Bank' in the menu

Home

Services

Locations

Volunteering

A-Z

Help &amp; Feed

find an opportunity

What are you looking for?

Volunteer Bank

Volunteer Opportunities

Register As A Volunteer

me

search

## Volunteer Opportunities

138 Volunteer Positions Found

## Box Office Volunteering

The OSO Arts Centre is a small theatre & arts venue in Barnes. We are a small team but have a large & lovely team of volunteers who help us on box office in the evenings (before shows) and in the daytime. Depending on interest we also have volunteers who help with tech, admin, marketing and operations. The daytime box office shifts involve greeting and public and engaging them in OSO's programme, taking ticket bookings, answering the phone, as well as taking on any small projects that might interest you in particular. The evening box office shifts involve ticking off audience members as they arrive, selling tickets and then sitting in on the performance. Full fire procedure and box office training will be given in advance. You get free tea and coffee whilst on your shift, and get to see the shows you work for free. You can also get discount tickets for our theatre on nights you aren't working.

Starting Date 08 Jan 2018 | ref : 424CFM

APPLY FOR POSITION

## Foodbank support workers

Volunteers needed to join rota for one Thursday morning each month. Tasks include, sorting and weighing incoming food, preparing bags for guests, making tea, talking with guests, and setting up and packing away food boxes. Anyone interested tel 07749068044 or pop in and visit us at foodbank on Thursday morning at St John the Divine Church, Garratt Lane.

## Days Required

	mon	tue	wed	thu	fri	sat
Morning						
Afternoon						
Evening						

## Days Required

	mon	tue	wed	thu	fri	sat
Morning						
Afternoon						
Evening						



your community directory

- Home
- Services
- Locations
- Volunteering
- A-Z

find a volunteer




## Volunteer Bank

138 Volunteers Found

I am a good communicator both verbal and written. A good team player, friendly, interact with diverse range of people and able to work under pressure. I am able to plan, manage my work and tasks as I have done in past, as a carer fo a family member for number of years. I am adaptable worker, willing to take on new tasks and learn new skills.

A team player, I am committed and focus individual. I have good communication skills.

Available from 09/01/2018 to 20/03/2018 | ref : CFM444

CONTACT US ABOUT VOLUNTEER

Good listener, good IT skills, patience, CV writing, happy to be-friend or do shopping, good at maths and English

I work in a full time position for a bank. I am very patient and would like to volunteer as a be-friender or even help someone out with writing their CV or learning computer skills. I am also very handy and happy to do odd jobs around the house.

Available from 02/01/2018 to 02/07/2018 | ref : CFM440

### Days Available

	mon	tue	wed	thu
Morning				
Afternoon				
Evening				

### Days Available

	mon	tue	wed	thu
Morning				
Afternoon				
Evening				



**care4me**  
your community directory

Care4me is Lifetimes' free, multi-lingual online community directory of local care and self-help services and everyday information. [www.care4me.org.uk](http://www.care4me.org.uk)



The Wandsworth Wellbeing Hub is a free, friendly and impartial service, available online and over the phone to help you find local organisations, services and information to meet your wellbeing needs.

Home

About Us

Get Involved

**Local Services**

News & Publications

Contact Us

Search...



## Wellbeing Hub

The Wandsworth Wellbeing Hub is a free and impartial NHS service which aims to help patients and the public to find organisations and services to support their health and wellbeing needs.

Navigate the Hub pages using the icons below. You can read a summary by hovering over an icon

# WANDSWORTH Wellbeing Hub

Our community  
navigators are here  
to help  
020 8812 6700

Contact us

## HOW WE CAN HELP YOU



care4me directory of  
services



Adult care information  
service



Family information service



Lifestyle services



Self-management courses



Primary care psychological  
services



Education services

COMMOTION - PART OF THE PRESS ASSOCIATION

The branded content agency deliver video, animation and photography for online.



[Home](#) ▶ [Health and Social Care](#) ▶ [Adult Care Information Service](#) ▶ [Care and support](#) ▶ [Advice and information](#) ▶ [Care4me](#)

## Care4me

### Description

Care4me is a directory of voluntary and community organisations that provide services, information and activities in Wandsworth. It was created by the charity Lifetimes for people and organisations in Wandsworth as a free-to-access website directory of local care and self-help services for the general public and health professionals.

Lifetimes also offers a volunteer brokerage service as part of Care4me, where organisations can promote their volunteering opportunities on the website. People interested in volunteering can also sign up to the service. Each volunteer has a brief profile on the website of the skills they wish to share and the areas of work they are interested in.

### Website

Visit the [Care4me website](#)

### Further information

Lifetimes supports voluntary and community organisations in the borough of Wandsworth by providing advice, training, capacity building and networking opportunities. Find out more about Lifetimes by visiting their website or by getting in touch with them.

Lifetimes

- Website: <http://www.life-times.org.uk>
- Email: [info@life-times.org.uk](mailto:info@life-times.org.uk)
- Telephone: [020 8875 2846](tel:02088752846)

# Family Information Service

Your family friendly guide



Search

Keyword(s)

in

Place name or postcode

Search

Clear

[Home](#) [All Subjects](#) [Local Offer](#) [What's On](#) [Practitioners](#) [Contact FIS](#) [My FIS Account](#)

[My L](#)

You are here: [Home](#) [Search Results](#) [Care4me](#)

## Care4me

Care4me is an online directory of community groups run by Lifetimes Charity. It has information about services in and around Wandsworth.

**care4me**

These range from:

- Advice and Advocacy
- Benefits and Money
- Care and Support
- Caring for Someone
- Community and Getting Involved
- to Travel and getting about.

## Who to contact

<b>Contact Position</b>	Community Navigator
<b>Telephone</b>	<a href="tel:02088126700">020 8812 6700</a> (Mon-Fri 9:00-17:00)
<b>E-mail</b>	<a href="mailto:waccg.wandsworthhub@nhs.net">waccg.wandsworthhub@nhs.net</a>
<b>Website</b>	<a href="#">Visit Website</a>

[Record Action](#)

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Social



**ADVICE AND  
ADVOCACY**



**COUNSELLING**



# LEISURE AND ACTIVITIES





**BENEFITS AND MONEY**



# **EDUCATION, TRAINING & WORK**



**SELF-HELP GROUPS**



**HEALTH AND  
WELLBEING**



# **COMMUNITY AND GETTING INVOLVED**

**care4me**

your community directory

**[www.care4me.org.uk](http://www.care4me.org.uk)**



**Lifetimes**

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