

Making Space – a personal approach

Since 1982, Making Space has been working with those affected by mental health conditions, dementia or learning disabilities – and with their carers – offering support that enhances wellbeing and which allows people to shape their lives around their personal aspirations and circumstances.

Throughout England and Wales, nearly 800 people - full time employees and volunteers - provide Making Space services in areas including family intervention, employment, education and day services, supported housing, care homes, residential accommodation, independent hospitals with nursing care, clinical services, befriending and mentoring, computerised cognitive behavioural therapy (CCBT) and also training and respite breaks for carers whose lives are often deeply affected too.

These services are delivered with dignity, compassion and humanity. They are also designed to offer a level of support that offers the people who use them the freedom to enjoy an everyday life.



Accessing the Making Space Befriending and Mentoring Service

To find out if there is a Befriending and Mentoring Service in your area, you can contact the telephone number on this leaflet personally, or you can ask to be referred by your GP, your care co-ordinator, a mental health professional or any other person with your best interests at heart.

A Making Space co-ordinator will make an appointment with you where you can tell us about your hobbies and interests and what sort of social events you like, or might like, to be involved in. This helps Making Space find a Befriender or Mentor with similar interests to you.

In some areas there is sometimes a waiting list, but your Making Space co-ordinator will help you access other groups and networks available to you.

For further information you can call Making Space at head office (details below) or contact the Befriending and Mentoring Service closest to your area and which is detailed on the attached sticker.



MAKING SPACE
LYNE HOUSE, 46 ALLEN STREET,
WARRINGTON, CHESHIRE WA2 7JB

TEL 01925 571680
FAX 01925 231402
EMAIL ENQUIRIES@MAKINGSPACE.CO.UK
WWW.MAKINGSPACE.CO.UK



INVESTORS
IN PEOPLE



DOVE & ARROW
DISABILITY



Befriending and Mentoring Service

Promoting mental health wellbeing



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

The Making Space Befriending and Mentoring Service

People with mental health conditions can experience greater confidence and independence when they are supported through the Making Space Befriending and Mentoring Service.

By working together towards agreed goals and timescales, the help and support of a trained Befriender or Mentor can make a big difference to getting out and about, making the most of existing interests, and discovering new and different experiences.

Making Space Befrienders and Mentors are motivated people who volunteer in order to make a contribution to their community and who are trained to promote people's mental wellbeing. They will share your hobbies and interests and help you meet new friends, develop new interests and become involved with new networks.

For volunteers and the people who use the service, the aim is to create greater social inclusion and the freedom to enjoy an everyday life.

Making Space Volunteer Befrienders and Mentors

Making Space Befrienders and Mentors are completely dedicated to the service they sign up to - without pay. They are driven by a desire to do well for those they are working with and are subject to the same safeguarding checks

applied to everyone who works with vulnerable people.

We match volunteers – many of whom are people with, or recovering from, mental health conditions themselves – to those looking to benefit from the service.

Once introduced Befrienders and Mentors build trust, self-esteem and confidence, and generally lift a person's mood by encouraging participation in local community activities which, in turn, extends their social networks.

We can help you find...

- New interests
- Improved wellbeing
- Better career prospects
- Access to a variety of opportunities
- Training courses
- Skills and Confidence Sessions
- More friends
- Mental health information
- Volunteering opportunities
- Peer support

Making a difference

Just a small handful of the many people who benefit from the service have put into words the difference it has made to their lives...

"I gain valuable friendship and support from my Befriender, which reduces my isolation."

"I would only get to go out during office hours if it wasn't for my Mentor. I am now able to go out

in the evenings and my Befriender is helping me to regain the confidence that stopped me doing the things I want to do."

"My Befriender has helped me in so many ways it would take me forever to list. I would just like to say 'Keep up the good and valuable work of the Befriending scheme."

"With out this scheme I would be at home, alone, watching TV and smoking too much."

"I now have something to look forward to, making plans to meet someone."

"Good memories of achievements."

Becoming a Volunteer

As a volunteer Befriender or Mentor, you may simply want to give something to society or perhaps you're preparing for a career in mental health care. Whatever your initial reason for becoming involved, you will make a difference to people's lives and Making Space will help you use your own experience and add further to it.

You can also access the Making Space Learning Development Programme – including 'e' learning – alongside Making Space full time employees.

All out-of-pocket expenses will be paid.

If you're interested in becoming a volunteer contact the coordinator listed on the back page.