

Tom's story is typical of the many carers who we have supported. Here are just some of the comments we received after a recent Carers' 'Build Skills Build Confidence' Course...

"This course makes you think and makes you realise that you can push yourself."

"I have enjoyed it. I feel like I am getting more confident each week."

"I feel more confident in my own abilities and just how many skills I have."

How do I access the service?

To find out more about how we can support you, contact us for an informal chat. Together we can plan ways for you to move forward positively.

There are a number of ways to access the Making Space Carer Development Service...

- Self referral – you know yourself best – get in touch directly
- Carer Support Co-ordinator – a Making Space Support Worker may already be working with you
- Mental Health Professionals – who look after the person with a mental health condition, can point you in our direction
- GP – tell your doctor you would like more support
- Other agencies may recommend us – like Job Centre Plus or other voluntary organisations



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

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



Carer Development Services



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

What is the Making Space Carer Development Service?

If you're a carer of someone with a mental health condition and you'd like to find out more about employment, education and training opportunities, as well as support for job retention, then the Making Space Carer Development Service is for you.

We can provide:

- Activities to help in building your confidence
- All the information, advice and guidance you'll need
- Appropriate support to access employment, education or training
- Strategies for job retention
- Pre-employment support including CV preparation, interview training and mock interviews
- Liaison between carers and employers/ educational establishments
- Information on benefits and the financial implications of moving towards employment or training
- Access to carer breaks and other leisure activities

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 are directly employed by Making Space in providing services in areas including family intervention, employment, education and day services, supported housing, care homes, residential accommodation, independent hospitals with nursing care, clinical services, 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.

We can work it out *(Tom's Story)*

(names changed to protect identities)

When Tom's wife, Sue, was diagnosed with an ongoing mental health condition, he was determined to be with her whenever she needed care and support. This meant giving up his job and looking at other ways to make a living.

With help from his Making Space Carer Development Worker he was able to access the direct payments he was entitled to while developing his desire to find self-employment working from home.

An introduction to a local organisation offering support and guidance to the self-employed, enabled Tom to attend workshops on how he could develop his home-based Internet business.

Tom now has monthly update meetings and is caring for Sue while making a success of his business.