

## Making Space Services

Making Space was founded by, and for, people who understand exactly what it is that makes their local area tick.

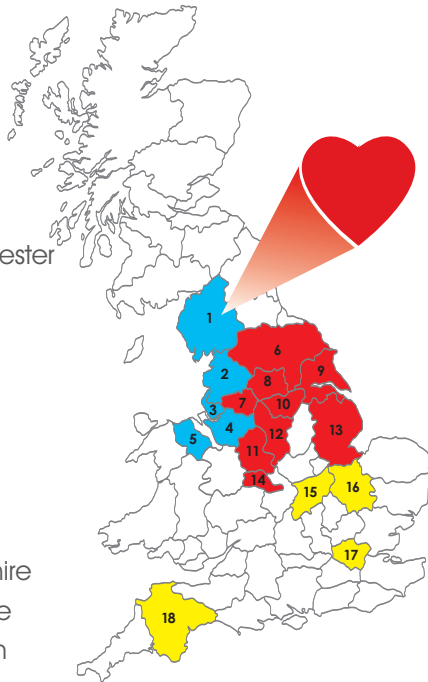
Today we're continuing to grow from our base in Northwest England by staying faithful to these ideals...using our years of successful experience to apply new service models, embrace innovative treatments and therapies, and expand our services into new regions throughout the UK.

Making Space services will always be locally delivered...for local people.

## Where you'll find our services

### 1. Cumbria

2. Lancashire
3. Merseyside
4. Cheshire
5. Denbighshire
6. North Yorkshire
7. Greater Manchester
8. West Yorkshire
9. East Yorkshire
10. South Yorkshire
11. Staffordshire
12. Derbyshire
13. Lincolnshire
14. West Midlands
15. Northamptonshire
16. Cambridgeshire
17. Greater London
18. Devon



## Making Space ♥ You

A wide variety of people are involved with 'making' Making Space...the kind of people that support other people to find **the freedom to enjoy an everyday life.**

- ♥ People with mental health conditions
- ♥ People with learning disabilities
- ♥ People with dementia
- ♥ People who are carers for any of the people above
- ♥ NHS and Local Authority commissioners of services
- ♥ Community mental health practitioners
- ♥ People who may be looking for paid work or volunteer opportunities with Making Space
- ♥ Employees of Making Space
- ♥ The Making Space membership

If you are any of these people, and you are interested in any aspect of the services we deliver, please always feel free to get in touch and let us know what you're thinking.

### Contact

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## Making Space ♥ Cumbria

Services for people with  
mental health conditions, learning  
disabilities and dementia...  
*and for their carers.*



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

For almost 30 years, Making Space has been providing essential personalised support and enablement services for people with mental health conditions...and for the people who are their carers.

Today, this invaluable experience is also used to deliver care, support and enablement services for people with learning disabilities and people with dementia – as well as their carers too.

In fact...Making Space is all about people... people we ❤️ to work with

**People with mental health conditions**

**People with learning disabilities**

**People with dementia**

**People who are carers**

They all know that we are wholly committed to our vision of helping them to find the **freedom to enjoy an everyday life.**



## Making Space Services for people with **mental health conditions**

- ❤️ Domiciliary Care
- ❤️ Supported Housing
- ❤️ Befriending and Mentoring
- ❤️ Employment Development
- ❤️ Floating Support
- ❤️ Social Inclusion
- ❤️ Residential Accommodation
- ❤️ Computerised Cognitive Behavioural Therapy (CCBT)
- ❤️ BME Community Development Services
- ❤️ Service User Involvement
- ❤️ Crisis Recovery and Support
- ❤️ Personalisation

## Making Space Services for people with **learning disabilities**

- ❤️ **Healthy Living Service**
  - Access to community health and leisure services
  - Improving health and wellbeing
  - Encouraging social, recreational and physical activity
  - Advice on finding voluntary or paid work
- ❤️ **Nursing Care**
  - Relaxing and safe Residential Accommodation
  - Learning Therapies
  - Art, Music and Entertainment

## Making Space Services for people with **dementia**

- ❤️ **Dementia support, information and peer support services**
  - Dementia Cafés
  - Informal atmosphere
  - Social Inclusion
  - Guest Speakers
  - Advice and Guidance
  - Peer Support
  - Fun activities
- ❤️ **Independent Hospitals**
  - Safe and relaxing atmosphere
  - Reminiscence Therapy
  - Multi-sensory Therapy
  - Activities of Daily Living
  - Art, Music and Entertainment
  - Community and Spiritual Support
  - Day trips and visits
  - Dementia Care Mapping



## Making Space Services for **Carers**

- ❤️ Information, Advice and Guidance
- ❤️ Peer Support
- ❤️ Local Carer Support Groups
- ❤️ Carer Breaks
- ❤️ CCBT
- ❤️ Dementia Cafés
- ❤️ Befriending Schemes
- ❤️ Carer Involvement
- ❤️ Carer Assessments
- ❤️ Courses and Conferences