

## 'From Darkness to Light' – Providing a brighter future

Carolyn Hardern was so impressed on learning of the positive experience Making Space provides for our supported carers that she created a garden chosen by the Royal Horticultural Society to feature at the prestigious 2010 Tatton Park Show.

"The garden is designed to outline the journey many carers experience. From the initial thoughts of isolation to the uplifting feeling of optimism and tranquillity gained through the support of Making Space Carer Support Workers."

*Carolyn Hardern*

Beds of yellow and gold heleniums dominate the principal garden area, bordered by bergenia, to raise people's spirits. A wooden bench placed unobtrusively in the border represents welcome rest and relaxation.



## Additional Services for Carers

Making Space works in the following areas:

- Carer Development
- Carer Involvement
- Carers' Breaks
- Befriending Schemes
- Carer Assessment Services
- Community Development
- CCBT
- Respite Breaks
- Resource Centre
- Service User Involvement
- Local Support Groups
- Courses and Conferences

## Want to know more?

Making Space is experienced in delivering the most appropriate specialist help for you and the person you care for. For further support and information please contact your local Making Space Carer Support Worker.



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# Carer Support Services



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

## Your Making Space Carer Support Service

For almost 30 years, Making Space has been providing the facilities and support that mean people with a range of mental health conditions, dementia and other complex learning disabilities have the freedom to enjoy an everyday life.

But, from the outset, we also realised that carers' lives can be deeply affected too. This army of dedicated people also needs someone to turn to for practical help, advice and support, not just as an afterthought or a 'bolt-on', but as an important and deserving group in its own right.

That's why we created the Making Space Carer Support Service so that people like you – people who are committed to the care and wellbeing of those we also support – have someone to talk to, have a powerful voice to represent them, and have the backup and opportunities to enjoy a much improved quality of life.

## Your Making Space Carer Support Worker

Sometimes, the people around you simply don't realise the time and effort involved in caring for someone, or the invaluable contribution this can often make to the wider community. Part of the

role of the Carer Support Service is to make sure your commitment is recognised by those that matter, and that positive steps are taken to enhance, prioritise and protect your own wellbeing.

Of course, the range and nature of mental health conditions is extensive, and the nature of care required can vary hugely from person to person. This makes it important that a Carer Support Worker gets to know the carer personally so that they can provide every individual with the most relevant and useful guidance on the following

- Identifying the services that you and the people you care for may need
- Information on mental health conditions
- Information on medication and possible side effects
- Where to access welfare benefit advice and signpost accordingly
- Intervention and advocacy on behalf of families



Recognise yourself? Does this sound like the kind of help you really, really need? The good news is the people you need to talk to are only a phone call away.

## Working with other professionals

In many ways we're not dissimilar to you in that, as an organisation, we recognise there are other people and bodies around us who can add their own skills and input. For this reason, while we are independent, we work in partnership on your behalf with Health and Social Services in planning and developing the most beneficial services for you as a carer, as well as for those you look after.

Of course, Making Space is here to help carers implement the care that social workers and mental health professionals recommend for the person experiencing the mental health condition. However, our Carer Support Service is primarily focused on...you!

So remember, whether you simply need someone to talk to about your own concerns, help with the complex needs of the person you care for, or someone to speak out on your behalf – Making Space is here for you.

