

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.

Employment development services are central to the Making Space vision of giving those people the freedom to enjoy an everyday life and, as with all of our services, they are completely personalised to each individual and delivered with dignity, compassion and humanity.

Throughout England and Wales, Making Space helps more than 7,000 people by providing the most appropriate care services to assist with their mental wellbeing. We offer family intervention services, employment, education and day services, supported housing, various care homes, residential accommodation, clinical services, computerised cognitive behavioural therapy (CCBT) and other services for carers whose lives are often also deeply affected.



Accessing the Work4you service

There are a number of ways to access the Making Space Mental Health Employment Advisors in Staffordshire...

- You can get in touch directly (see below)
- Mental Health Professionals may point you in our direction
- Tell your GP you would like more support
- Other agencies may recommend us – like Job Centre Plus, the Volunteer Bureau, College, University, Youth Service or Tenancy Support

So, for further support and information please contact a Making Space Mental Health Employment Advisor in your area;

The Moorlands, Newcastle and Stafford area.
ANDREW HILL – 0784 326 8043
Email: andrew.hill@makingspace.co.uk

Cannock, Seisdon Peninsular, Lichfield, Burntwood and Tamworth area.
KATE HOWARD – 0784 326 7992
Email: kate.howard@makingspace.co.uk

Burton and Uttoxeter area.
LYN VARDEN – 0784 326 8042
Email: lyn.varden@makingspace.co.uk



Making Space Employment Service
Staffordshire



INVESTORS
IN PEOPLE



MINDFUL
EMPLOYER



Employment Development Services Staffordshire



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

Work4you for a brighter future

If you have, or are recovering from, a mental health issue condition and are registered with a GP in the county of Staffordshire (excluding Stoke-on-Trent), you can call on the Making Space Work4you service to find the best employment opportunities for you.

Paid work can build your self-esteem, give you independence and make a real difference to your wellbeing – all things which help you to enjoy an everyday life.

For many reasons, people with mental health problems find it difficult to engage in employment opportunities. Making Space employment services aims to address this problems so, if you're aiming for full or part-time employment - or maybe you'd like to set up your own business - we can give you the expert advice you need to get into work, or work experience, or supported permitted work.

If relevant, we can also advise on how your benefits will change. We also offer help with retaining employment.



How does Work4you work?

Making Space will allocate a named Mental Health Employment Advisor who will arrange an initial appointment with you at a location in the community of your choice...somewhere you feel safe and comfortable. At this meeting we'll work together to agree an initial action plan.

We will introduce you to the 'Work Star' initiative. Work Star is a way of working with you to assess your progress in areas like:

- Individual challenges
- Job-specific skills
- Stability of job once employed
- Job search skills
- Basic skills
- Aspiration and motivation
- Social skills for work

Then we tailor our service to help you gain paid employment:

- Building your CV
- Filling in application forms
- Interview techniques
- Support and advice on managing your money (if moving from benefits to work)
- Ongoing support for you and your employer when you are in-work
- CCBT - Computerised-Cognitive Behavioural Therapy via a computer

Work4you with employers

Making Space in Staffordshire is creating and strengthening its links with employers across the region, so the people who access our 'Work4you' programme have access to opportunities to get into real work.

Some of the partner organisations we're already working with include:

- Job Brokers
- Job Centre Plus
- Business Link West Midlands.
- Business Enterprise
- Large and small supermarkets
- Home improvement stores
- Youth Services
- Local Councils
- Local NHS Trusts
- NHS Peer Recovery Service

Actively working with employers allows the programme to help with key issues including:

- Advice on healthy workplaces
- Helping reduce sickness
- Offering stress awareness training
- Advice on retaining your workforce

Within our service, Work4you has volunteer opportunities to support the service development and so enhance the individual's skill base.