



BOLTON MENTAL HEALTH CARER SUPPORT

Whilst caring for a family member or loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.

We are here to support you in your caring role and to help you to get more balance in your life.



**Bolton
Council**



For over 40 years Making Space has been helping adults with care and support needs to lead independent and fulfilling lives.

From day one we have realised that the lives of you, their carers, can be deeply affected too. You dedicate your lives to the wellbeing of others, which is why we provide practical help, advice and support that you can rely on.

OUR BOLTON CARER SUPPORT WORKERS

Sometimes the people around you don't understand the time and effort involved in caring for someone, but the contribution you make to the wider community is invaluable.

Part of the role of our 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 wellbeing.

The range and nature of mental health conditions is extensive, which is why the care we provide is designed around your needs.



WORKING WITH OTHER PROFESSIONALS IN BOLTON

We work in partnership with health and social care organisations in planning and developing services which will benefit both you as a carer and the person you care for. Bolton Mental Health Carer Support Service is all about you, the carer. So 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 on your behalf, we are here for you.

HOW CAN WE HELP YOU?

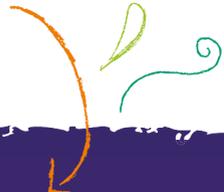
Our carer support workers will get to know you personally and will be able to offer you the following:

- Regular one to one support with a named worker
- Identifying the services you and the people you care for may need
- Information on mental health conditions and services which may be available
- Carers support groups, themed activity groups and information events
- Courses for carers
- Carers' card and lanyard
- Where to access welfare benefit advice and signpost accordingly
- Statutory Carers' Assessments and access to personal payments
- Liaise with other professionals on your behalf and advocate support if needed
- Support with your health and wellbeing
- Volunteering opportunities
- Regular newsletter updates





making space
Kind hearted care and support



CONTACT US

Get in touch today to find out how we can support you

 07980 705 252 or 07510 925 361

 BoltonCarers@makingspace.co.uk

 Our staff are based at Royal Bolton Hospital, Rivington Unit, as well as at Barnet House and Bentley House CMHT

 www.makingspace.co.uk



**Bolton
Council**


**Greater Manchester
Mental Health**
NHS Foundation Trust



If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk

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