

## Making Space

Making Space also provides quality care and support to people with a wide variety of needs including those with physical and/or mental health conditions, learning disabilities and dementia, enabling each and every user of our services to shape their life around personal aspirations and circumstances.

Making Space is recognised as one of the most highly respected organisations in its field...and we remain entirely not-for-profit. Our services embrace every area of health and social care. We also continue to adopt an original and wholly person-centred approach to service provision.

Dignity and respect are the cornerstones of this approach, as is focusing on outcomes that give all our service users *the freedom to enjoy an everyday life*.

## Becoming a Volunteer

At Making Space we believe volunteers can also play a vital part in helping people who need care. The support, encouragement and understanding they provide means those who use our services feel less isolated, gain confidence and find the freedom to enjoy an everyday life.

Volunteering at Making Space can be a rewarding and positive experience. We also provide training and pay out-of-pocket expenses and training.

So if you'd like to give some of your time to help us, no matter how much or how little, we'd love to hear from you.

## Contact

Carers – can we provide the kind of help you really need? If so, the good news is the people you need to talk to are only a phone call away.

So if you, or someone you know, cares for a person with a mental health condition, please contact Pauline Mansfield at The Making Space Cambridgeshire Carer Support Service in the following ways:

Telephone: 01480 211006

Email: [ccss@makingspace.co.uk](mailto:ccss@makingspace.co.uk) or [pauline.mansfield@makingspace.co.uk](mailto:pauline.mansfield@makingspace.co.uk)

Suite 4, The Stables,  
Church Street, St Neots, Cambs, PE19 2BU

*Carers and Partner agencies can refer to the service directly simply by telephoning 01480 211 006. Alternatively you can contact us via email or post.*

*We shine a light at the end of the tunnel.*



**Making Space, Lyne House, 46 Allen Street,  
Warrington, Cheshire WA2 7JB**

**TEL 01925 571680**

**FAX 01925 231402**

**EMAIL [business.support@makingspace.co.uk](mailto:business.support@makingspace.co.uk)**

**[www.makingspace.co.uk](http://www.makingspace.co.uk)**



# Making Space Cambridgeshire Carer Support Service



**Make a difference**

## **Making Space Cambridgeshire Carer Support Service**

For 30 years, Making Space has been providing care, support and enablement services so people with a range of mental health conditions can gain the freedom to enjoy an everyday life.

But from day one, we also realised the lives of their carers are deeply affected too. That's why we also provide the practical help, advice and support that this army of carers – who dedicate their lives to the wellbeing of others – can rely on.

Funded by Cambridgeshire County Council – and working with other carers like yourself – your Making Space Carer Support Service will give you more powerful representation, as well as the information, advice and guidance that may help you to improve your own quality of life.



## **Making Space Cambridgeshire Carer Support Workers**

Sometimes, the people around you simply don't realise the time and effort involved in caring for someone. Nor do they appreciate the invaluable contribution this makes 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 wellbeing.

Of course, the range and nature of mental health conditions is extensive, and the nature of the care required can vary hugely from person to person.

So Making Space Carer Support Workers will get to know you personally so we can give you the most relevant and useful guidance on a range of issues including:

- Identifying the services you and the people you care for may need
- One-to-one support with a named worker
- Information on mental health conditions and services which may be available
- Carer support to relatives of people with young onset dementia (under 65's)
- Where to access welfare benefit advice and sign-post accordingly
- Carer assessments
- Liaison with other professionals on your behalf

## **Working with other professionals in Cambridgeshire**

While Making Space is an independent organisation, 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 care for.

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 on your behalf, Making Space is here for you.

