



making space

Kind hearted care and support



MAKING SPACE TURNS 40

**Join us in our #40for40
celebrations throughout 2022**

This year we are celebrating our 40th Anniversary! That's 40 years of Making Space providing care and support services that make a real difference to people's lives - what an incredible achievement that we should all be proud of.

To mark the occasion, we have created a list of 40 events that we can get involved with during the year. There are events that will be hosted by us, to celebrate our values, our people and what we do, as well as fundraising events, national campaigns and of course... some are just for fun.

You can get involved in some or all of the events we have listed. Some, you may want to take part in at your service, maybe with your team and the people you support, others you may want to participate in at home, by yourself or with loved ones. Hopefully there is something for everyone to enjoy. Our aim is to have colleagues across all of our Making Space services join in the celebrations in some way. For many of the events there will be rewards and recognition for participating.

Please have a look through our #40for40 events and see which take your fancy. If you have any questions, would like more information or would like to request resources, please contact marketing@makingspace.co.uk.



ORGANISED BY MAKING SPACE

We will be hosting 6 different events this year as part of our #40for40 celebrations, these include everything from award ceremonies, celebrations, exhibitions, walks and more. We would love for as many of you as possible to participate in these events with your colleagues, volunteers and the people you support.



FUNDRAISING

There are so many different ways that you can fundraise for your service, and you have our fundraising team here to support you every step of the way. In our #40for40 celebrations, we have included a few ideas/events that we think many of you and your supporters would enjoy, including challenges, experiences and raffles.



FUN AND WELLBEING

We've included a selection of events simply in the name of fun. These events are great for team morale and wellbeing. We have everything from fancy dress and film nights to World Cup parties and the Queen's Jubilee.



NATIONAL EVENTS/CAMPAIGNS FOR 2022

Each year we distribute a 'National Campaigns Calendar', full of national days, weeks and months that celebrate and raise awareness for different causes. There are hundreds of different events in this calendar, so this year we thought we would put a spotlight on some of the events that are aligned to our charity, our services and our values. If you are celebrating these events don't forget to let marketing know so that they can support with PR, social media, advertising and more.

A BIT OF OUR HISTORY

Making Space was born in 1982 and was proud to be an early pioneer of the quality health and social care services found in the UK today.

We were established in Warrington by David Lyne, and named the North West Fellowship. We were driven by a determination to improve the lives of people with mental health conditions and their carers.

In 1992 we changed our name to Making Space and expanded our focus to support anyone affected by mental illness.

It was in 2012 when we branched out our services to all adults in need of care and support, including those with mental health conditions, learning disabilities, those living with dementia, older people and carers.



ANYTIME OF THE YEAR

Throughout our #40for40 booklet you'll see events taking place in different months of the year, but we've also featured ways you can join us and celebrate anytime in 2022!

The Making Space big virtual Birthday Quiz



Throughout the year we will be organising quiz rounds you can take part in.

Questions may be anything from Making Space history, general knowledge, music, images, geography, celebrities and more. To begin with, you will work together as a team at your service to answer questions correctly.

There will be rewards for competing and additional prizes for winners. Those with the most correct answers will progress through to further stages of the quiz to determine our regional winners, and ultimately our Birthday Quiz Champions!

Keep a look out for more information about the quiz and how to sign up.



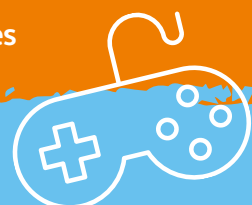
Fundraising challenge for Making Space

Our fundraising team have put together a fantastic list of fundraising challenges for individuals to raise money for our charity.

Everything from skydiving, game-a-thons, detoxes and more. Does this sound like a bit of you?

Perhaps you could do a challenge as a team or recruit a family member.

You can find out more by visiting makingspace.co.uk/get-involved/fundraising/fundraising-challenges



ANYTIME OF THE YEAR

Film night watching films from 1982



Bring out the popcorn and enjoy a 1982 movie experience. You could do this at your service, at home in your own wonderful company or with friends/family.



What will you choose? Tron, Grease 2, Rocky 3 or the Dark Crystal? So many to choose from.

Let us know your plans and what you choose?

Online concert with Making Space talent



We are a talented bunch here at Making Space, and included in that talent are some incredible performers. In the past we have held virtual concerts featuring our resident Elvis and other artists in online performances on social media.

These concerts have always proved to be very popular with people watching at services with people they support, with colleagues and at home. This year we'd like to do this again, opening spots up to all our talent at Making Space. If you'd like to perform or if you know a performer who'd like to get involved please do get in touch.



Fundraising event in your community/at your service



How great is it that we can enjoy our communities together once again and people can visit our services? This year we are hoping you can join in at your local fayres/community events and even raise some money too.

Our marketing team can support you with promotional leaflets and merchandise while our fundraising team can provide fundraising aids such as collection buckets, tombolas, raffles and name the bear.

If you're attending an event and would like support, or even if you want to attend an event but don't know where to start, get in touch and we'd be happy to help.



ANYTIME OF THE YEAR



Happy Birthday party/80's fancy dress

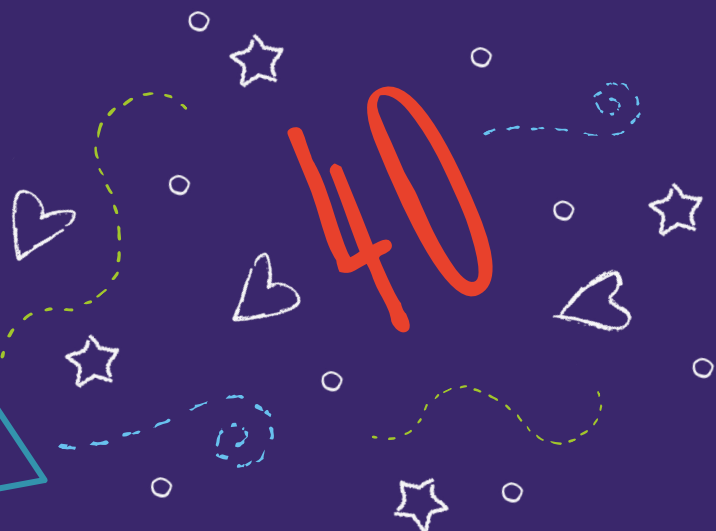
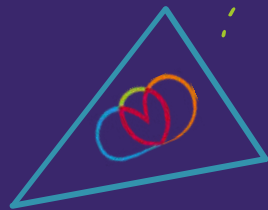
Let's celebrate the decade when Making Space was created... the eighties!

Why not host your own afternoon tea party or dinner, and do it in eighties fancy dress as an homage to our beginnings?

That's right, we're talking shell suits, velour, acid wash jeans, punk hair, spandex, lace tops, mullets, neon colours and more.

Let us know what you're planning and we'll send you out a pack of goodies.

Don't forget to share your pics and videos with us or tag us on social media.



The Queen's Jubilee



The Queen's Green Canopy (QGC) is a tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022.

Everyone across the UK is being invited to plant trees from October 2021, when the tree planting season begins, through to the end of the Jubilee year in 2022.

Will you be getting involved? You could plant a tree in your service garden, in your local community, perhaps in partnership with a local school or even in your garden at home.



FEBRUARY



17 February 2022

Random Acts of Kindness Day

We all know the incredible, positive difference a small act of kindness can make to our lives. This year we'd like to show our support for the day's official campaign of 'Make kindness the norm'.

We will be sharing #MakeKindnesstheNorm templates for services to customise and put on display. You may even want to create your own unique artwork too - and we would love to see what you create.

#Bekind #Kindhearted #Getinvolved



MARCH



TBC March 2022

Social Care Day of Remembrance and Reflection

The purpose of Social Care Day of Remembrance and Reflection is to thank those social care workers who continued to provide crucial care and support during the pandemic, and to remember those dedicated members of our sector who sadly lost their lives to COVID-19.

How will you be remembering those lost through the pandemic?



1 March 2022

Shrove Tuesday - Pancake Day competition

Enjoy a pancake? Think you've got some impressive skills? We'd love to see them!!

Just for fun, we are looking for videos of people making their pancakes (and enjoying them) this pancake day. Share them on social media - don't forget to tag us, or send them to us directly.

Maybe you can toss your pancake really high or perhaps you're skilled in making fancy pancakes? Whatever it is, we would love to see your videos/pictures - whether you're celebrating with people you support or at home in your own company or with loved ones.





8 March 2022

International Women's Day

This year for International Women's Day we'd love to share what you think your greatest achievement has been/what you are most proud of so far.

This could be for yourself or for any women in your life. You could share this with your team as part of team building and/or with us directly so we can flood our charity with your amazingness.



20 March 2022

International Day of Happiness

Where is your happy place? Do you have somewhere that you really enjoy, look forward to visiting, or that simply makes you feel happy when you think about it?

If you do we'd love to hear about it, and see it if you have any pictures. Together we can build a list of 'Our Happy Places' and give us all some ideas on new places to visit and explore.



21 March 2022

World Poetry Day

In the weeks leading up to World Poetry Day we will be asking colleagues, volunteers and people we support to share their poetry with us.

On World Poetry Day we hope to share a collection of the poems shared with us for all to enjoy.

APRIL



25 April 2022

National Gardening Week

"Vitamin G is 'green', and research has shown that getting a daily dose improves our sense of personal wellbeing".

We'd love to share pictures of your garden activities throughout the week - maybe with the people you support in your service gardens/allotments, and gardening activities at home or in the community would be wonderful to see too.

MAY



9 - 15 May 2022

Mental Health Awareness Week

The Mental Health Foundation has announced that Mental Health Awareness Week will run from Monday 9 May until Sunday 15 May 2022.

The week will explore the experience of loneliness, its effect on our mental health and how we can all play a part in reducing loneliness in our communities.



Will you be getting involved in this year's Mental Health Awareness Week?



16 - 22 May 2022

Dementia Action Awareness Week

Dementia Action Awareness Week will take place 16 - 22 May 2022, with this year's theme yet to be confirmed.

Will you be getting involved with Dementia Action Week - either at your service/in your team or personally? Do you have a story about living with dementia, dementia care and/or a loved one that could help others going through something similar? Please get in touch to discuss.



18 May 2022

Canal Walk in memory of David Lyne

Join us on our 5K sponsored canal walk. We'll be taking a circular route through rural Cheshire, starting from Anderton Boat Lift Visitor Centre in Northwich.

Get sponsored to raise vital funds for your service and enjoy a scenic spring walk. Get in touch with the fundraising team for sponsorship forms and more information on the route.



21 May 2022

Diversity Day

Every year on 21 May the World Day of Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.

To recognise this day you could arrange to visit an exhibition about other cultures, learn about another religion, or explore food from different cultures.

However you choose to celebrate, please let us know and don't forget to share your pictures and videos with us.

JUNE



1 - 7 June 2022 Volunteers' Week

Volunteers' Week is a time to say thanks for the contribution individuals make across our services through volunteering.

Take the time to celebrate and say thank you to your volunteers this Volunteers' Week.



6 - 12 June 2022 Carers Week

This year's theme for Carers Week is yet to be announced.

Will you be celebrating with your carers this year?



13 - 17 June 2022 Loneliness Awareness Week

Loneliness Awareness Week takes place from 13 June. Hosted by Marmalade Trust, it's a campaign that raises awareness of loneliness and gets people talking about it.

We'll be sharing more about the theme for this and how we can support the campaign.



14 - 20 June 2022 Learning Disability Week

The theme is yet to be confirmed for Learning Disability Awareness Week.

Would you like to get involved? If so please get in touch to share your plans/ideas. When the theme is announced we will share more information and resources to support you.





JULY



TBC July 2022 **Co-Production Week**

National Co-Production Week will be back for its 7th year running.

If you have plans to celebrate this week please let us know?

Our Co-Pro team will be supporting services in the lead up to the week.



5 July 2022 **NHS, Social Care and Frontline Workers Day**

We don't have any information on this event yet but if it goes ahead we know we want to be involved in saying a big thank you to all of our frontline teams.

Watch this space.

If you have any ideas on how you would like to celebrate this day we'd love to hear from you.



11 - 18 July 2022 Glad to Care Week

Let's share our amazing care stories with our sector. Have you supported a service user to overcome their fears, learn a new skill, or support a campaign close to their hearts? Please let us know and we can share your stories as part of Glad to Care Week.

You can find out more about #gladtocare week and other providers' care stories on their website.



Early July 2022 Making Space Supporters Event

We'll be hosting an enjoyable afternoon in a stunning location for our supporters including individuals, businesses and funders.

The event will be our opportunity to thank them for their amazing fundraising efforts and demonstrate the difference they have made to many vulnerable people.



AUGUST



19 August 2022

Kind-hearted Care photo exhibition hosted for World Photo Day

During the Spring and Summer months we will be asking people to submit photos that capture the kind-hearted care and support we provide across our different services.

We will curate these submissions into a photo exhibition where contributors, family, friends and colleagues will be invited to attend. We will also turn this into an online exhibition/gallery for all to enjoy.

SEPTEMBER



TBC September 2022

Making Space Awards - for staff and volunteers

This year we will be hosting a staff and volunteers awards ceremony to celebrate all the incredible work and achievements of our Making Space family.

More information about the awards, including categories and how to nominate will be launched in Spring. Nominations submitted will be judged by a panel and finalists will be invited to celebrate at our awards ceremony in September 2022.



TBC September 2022

Professional Care Workers Week

We're not sure if this event is happening again this year, but we hope so.

If it goes ahead we look forward to celebrating together.



5 - 11 September 2022

Remember a Charity Week

Remember a Charity Week is taking place from 5 - 11 September 2022. During the week we hope to encourage more people to consider leaving a gift to Making Space in their Will, after taking care of loved ones.



10 September 2022 **World Suicide Prevention Day**

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

If this day is important to you or your service and the people you support, please get in touch to see how we can support you to mark this day.



21 September 2022 **World Alzheimer's Day**

Every September, people come together from all around the world to raise awareness and challenge the stigma that persists around dementia.

The theme for 2022 is yet to be announced. If you are planning something for this day please let us know if we can help. As soon as a theme is announced we will let you know.



23 - 26 September 2022 **Your #40for40 weekend challenge**

This year we're asking people to take on our #40for40 weekend challenge to raise money for our services.

What you challenge yourself to do is up to you, all we ask is that it relates to the number 40.

It could be to bake 40 cakes, walk 40 miles, 40 minutes of hula hooping or maybe a 40 hour sponsored silence (we all know someone we may suggest this idea to).

If this sounds like something you'd like to get involved with please contact the fundraising team who can provide you with more information and resources.

They can also provide you with promotional materials for you to share with your friends, people you support, families, carers and communities so that others can get involved and raise money for our charity.

#40FOR40

OCTOBER



10 October 2022

World Mental Health Day

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.





NOVEMBER



TBC November 2022

Our annual event for people we support and volunteers

We are so pleased to confirm that this year we will be going ahead with our annual event after a 2 year break due to COVID-19.

People we support, carers and volunteers will be invited to come together and enjoy an event that promises new and exciting activities, workshops, presentations and experiences.

More information coming soon.



13 November 2022

World Kindness Day

What act of kindness has made a difference to you?

It could have been something small that helped you turn your day around. Or perhaps it was something quite considerable and selfless.

Please share your acts of kindness with us during the day so that we can share the incredible impact of kindness.



19 November 2022 **International Men's Day**

This International Men's Day we would love to hear about the inspirational men in your life.

It could be a family member or friend who supported your dreams, helped you through hard times or who overcame difficult challenges themselves. Perhaps a teacher who ignited a passion in you, or someone at the height of their profession who inspires you.

If you have someone who has impacted you in a positive way, we would love to hear all about it.



25 November 2022 **Carers Rights Day**

Each year Carers Rights Day brings organisations together to help carers in the local community know their rights and find out how to get the help and support they are entitled to.



With more and more people caring for or taking on more caring responsibilities for friends/relatives, we want to do what we can to ensure they know their rights.

If you're getting involved in this day and you need resources for your carers, please get in touch.



November - December 2022 **World Cup Party**

This year the World Cup is taking place in Qatar in the Winter rather than the Summer.

You could join in celebrations by hosting activities at your service. We can provide you with a pack of activities/ideas so just get in touch.

DECEMBER



December 2022 **Christmas raffle**

Our 2021 Christmas raffle was a great success!!



If you would like to take part in one of our #40for40 events throughout 2022 and need to speak to your marketing team for more information or to send pictures or videos of your celebrations, then you can contact us by emailing:

marketing@makingspace.co.uk



If you would like to take part in any of our fundraising events throughout the year, which contain this symbol, then please contact your fundraising team by emailing:

fundraising@makingspace.co.uk

Follow us on social media

Through 2022 we'll be sharing how our services are getting involved with our 40th Anniversary on our social media pages, using the hashtag #40for40.

We're sure you wouldn't want to miss out so why not follow us on the below pages?



Facebook
MakingSpaceUK



Twitter
MakingSpaceUK



Instagram
makingspace_uk



Youtube
Making Space



LinkedIn
Making Space Charity



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