

# #makingnews

Newsletter Spring/Summer 2019



**Limes Place  
opening –  
P06**



# Hello



## Welcome to Making News.

Welcome to our Spring/Summer 2019 edition of Making News. As always, this edition is here to keep you up to date with the latest news, stories and achievements from across our services.

In this edition you can read all about our year of award wins, our recent volunteer survey and find out more about how you can fundraise for Making Space and make a difference to the people we support.

In this edition, we focus on carers, providing tips on carer's rights, and highlighting the challenges that carers face, as well as the contribution they make to families and communities. We will also be talking with David, a carer who we support, hearing his story and offering advice to other carers.

This issue offers some insight into what a diagnosis of schizophrenia means and tips on how to live well with the condition, you can read more about how we have been supporting the local community in Lancashire, planting trees and assisting with garden maintenance for a garden open to the public.

We hope you enjoy our newsletter and don't forget, if there is anything that you would like to share with us to include in future editions, please email [marketing@makingspace.co.uk](mailto:marketing@makingspace.co.uk).

Our executive management team:

Rachel Peacock, Gaynor Chisnall, Wyn Jones, Phil Orton, Peter Dillon



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## ...we are making news



# Fundraising

It has been a year since we have launched Fundraising officially at Making Space and what a year it has been!



We have built up so many relationships with our fantastic donors and tried new and exciting fundraising ventures, we have raised a brilliant amount and we have huge plans for 2019! Our fundraisers will be running marathons, supporting our annual event in October and much, much more. We want to raise as much money possible and we want you and your services to get involved!

Check out our fun fundraising ideas to get you inspired.

## Fundraising ideas:

There are so many different ways you can raise money to help us make a difference - from running, skydiving or abseiling, to celebrating a special occasion, we are here to help and support you through your fundraising journey.

### Running

Is taking part in a colour run, a tough mudder or even a marathon on your bucket list? Brilliant! You can tick something off your list, raise money and help support us.

## Making Space Coffee Morning

Have a coffee morning at work and bring in treats for your colleagues. This is a fun easy way to get people together and raise money for a great cause.

### Bake off

Find out who the better Mary Berry baker is out of you and your colleagues and take part in a charity Bake Off. This is the perfect event to organise at work, school or even in your home.

### Charity walks

There are a number of major or well-known walks and challenges across the UK. Go the extra mile and undertake a solo walk, participate in a group challenge or why not walk with a pet?

## Making Space Craftanoon

Get crafty and create cards, posters or maybe some decorations. Get in touch to see what goodies we can send you!

## Recycling for Charity

Recycling for charity has become a common part of many groups' fundraising activities. It helps save our planet, raise money and educate on recycling.

Our fundraised income goes back out to our services, every bit of fundraising you do for Making Space will be used to add extra value to our services and provide new and exciting opportunities for the people we support.

Whether our staff are setting up extra sessions for those living in a care home or simply providing a coffee morning for those struggling to cope with their mental health, we see the value in reaching more people in need in a variety of different ways.

## Have you ordered one of our Fundraising packs?

Why not boost your donations this spring and get out there with a Making Space branded bucket or donation box. If you are organising an event in your community or where you work, why not order some of our bunting, foam hands, leaflets, balloons, t-shirts and rubber wristbands?

**Your money is making a difference**

For the past 35 years, your money has helped us provide personalised care which has made a world of difference.

Our mission is to provide high quality health and social care services that are accessible, responsive and flexible to each individual's needs and choice.

Donations help us to add value to our services - something a little extra. We want those using our services to get the most out of their experience with Making Space so our fundraised income goes straight back and into the community to support those who need it.

Whether our staff are setting up extra sessions for coffee mornings for those struggling to cope with their mental health, we see the value in reaching more people in need in a variety of different ways.

**Where your money could go**

- £50** A dedicated fundraising session to share a dementia support worker with all sorts of family for shared support, diagnosis and future support for the future.
- £110** A small business contribution can bring people and community together for one session, helping everyone to thrive.
- £500** To provide new project markers for our care is a great time to help others with practical advice and support and to stay engaged with the community for 2 weeks.

**Getting started**

Getting started couldn't be easier. There are so many ways in which you can spread the word of your incredible fundraising activities, collect those all-important donations and encourage others to get involved.

This is the exciting part - you have begun your fundraising journey and are now part of our community who are all working hard to make a difference.

If you're stuck for ideas or unsure how you want to raise money, why not choose something you feel passionately about? That way you can really enjoy the experience.

Check out our fundraising ideas on page 08 for more inspiration.

The more people you can get involved, the more fun you can have. Whether it's your friends, family, colleagues or even the postman, get everyone involved and you will give you a better chance to reach your fundraising target. It's a win-win for everyone.

Then, offer all your hard work a 'valuable time to put your head up, but not before you've test it in your well earned money. There is more information on paying in your donation on page 14.

**"It's probably easier to ask what I'm not doing for Making Space because their support so far has been amazing!"**

**"We raised money and awareness for Making Space because people with mental illness need help and support."**

**04**

**06**

We have a range of different fundraising materials and a fundraising guide, which you are able to order through our fantastic fundraising team, get in touch with them on **01925 581729** or **fundraising@makingspace.co.uk**



# Limes Place

## People we support enjoy their new home!

Making Space and specialist accommodation developer, Homelife, are delighted to see people we support enjoying their new home in Colne.

Limes Place provides specially designed accommodation for adults who need support with mental health conditions, enabling them to live as independently as possible with help from an on-site care team.

This brand new £1.6million development provides 11 individuals with the foundation they need to lead independent and fulfilling lives, as well as communal areas and landscaped gardens that have been designed to support adults with a range of support needs.

Five of the new tenants previously lived at The Limes in Nelson, where the building was outdated, and despite a good CQC rating, Making Space felt it was not fit for purpose.

The previous building was a listed building that had many restrictions and necessary adaptations that would have helped people to live more independently couldn't be made. To ensure that people had the potential to be more independent, a partnership was developed with adapted housing specialists Homelife and social care landlord Inclusion Housing.



Previously, people were living in a residential environment, the new building provides them with a new lease of independence, and they now have a home of their own, allowing them to do their own shopping and laundry.

Paula Spence, Performance and Quality Manager said: "Limes Place is a shining example of how we at Making Space can support people to lead the best lives possible. Variety and independence are the spirit of how this service operates."

During the build, Limes Place used the principles of the Making It Real framework to challenge Making Space as a provider on whether we offer choice and control to the people we support. The tenants were able to choose the décor of their new flat, as well as being shown blueprints of the building and being involved in discussions about how their living accommodation and day-to-day life would change. This provided people with the opportunity to be fully involved and integrated into the planning of the building, and involve them at every stage of the project, to make sure that we make Limes Place as homely as possible for the individuals who live there.

Gaynor Chisnall, Director of Operations said: "None of this would be possible without the help of Homelife and Inclusion Housing. Homelife have designed an incredible development with the people we support at the heart of it.

"We have a great relationship with Inclusion Housing which reflects our ongoing commitment to working with organisations at the top of their field to provide the best possible care to those we support. We pride ourselves on our commitment to providing the people we support with choice and control and we understand the importance of partnership working to deliver this."

The move has given the people that moved a new lease of independence, two tenants have been enjoying

**A plot of land  
was found 10 minutes  
up the road, near to  
the centre of Colne  
– and the rest  
is history!**

going out to visit their new surroundings, and visiting the local cafes and pubs with support from the staff at Making Space.



One person said: "I like the area, it's full of shops and it's just what we need. The building is very cosy and has lots of space. I will enjoy living here."

Susanne Horsley, Registered Manager at The Limes since 2013, said: "The move has been a fresh start for everyone. People are supported to be more independent – buying and cooking their own food and paying utility bills, as well as their own keys and bank accounts.

"The town centre location makes accessing the local community so much easier."

Making Space are continuing to work in partnership with HomeLife in Colne and there is planning permission to build ten supported living bungalows, for people who can live more independently, adjacent to the new property.





# The De Vitre Garden

Making Space volunteers from the Employment Support Service Lancaster started the New Year by assisting residents in the planting of trees at the local DeVitre Community Gardens. The project is a local community project designed to develop an orchard and garden and have it open to the public.

Many events and sessions have taken place over the winter months, which included a lot of groundwork, digging and general tidying up old scrub, planting new grass and a variety of trees and much more.

Making Space volunteers supported the work on 3 occasions in December 2018 and early January 2019 and in. In total, 52 trees have been planted. These include 40 fruit trees - plum, cherry, apple and pear under the guidance of North Lancashire Community Land Trust and the Friends of De Vitre Gardens.

The volunteers also assisted with coppicing, fencing work and facilitated the delivery of a truckload of wood chippings from our other woodland management work.

Lionel Rice, part of Making Space Employment Support Service, said, "The De Vitre Community Gardens is an orchard open to the public. It is opposite our local psychiatric Assessment unit - The Orchard, so we hope patients in the future will enjoy the space."

"Volunteers enjoyed a well-deserved snack at the cafe at the Psychiatric Unit and met some staff to



discuss potential future involvement of patients in the community garden."

"A day service for people with dementia is also next door, so plans for the future are already being discussed involving building seating areas to make the surroundings enjoyable and comfortable".

The volunteering work by Making Space was also supported by student placements from Lancashire Police.





# Carer's rights – what you need to know!

Every day 6,000 people become carers, looking after family or friends who are older, disabled or seriously ill. Caring for a family member or loved one is a very generous and selfless thing to do and it can be extremely rewarding. However, taking on such a physically and emotionally demanding role can also take its toll.

Making Space are highlighting the challenges carers face as we recognise the contribution carers make to families and communities throughout the UK. It is important to know your rights in order to access support that may be essential in maintaining your own health, wellbeing and work life balance and getting the right information at the right time can make all the difference.

If you are looking after someone who is elderly or disabled, the Equality Act 2010 protects you against direct discrimination or harassment because of your caring responsibilities. This is because you are counted as being 'associated' with someone who is protected by the law because of his or her age or disability.

As a carer you have certain basic rights. You have the right to:

- **A carer's assessment**

Everyone is entitled to a free carer's assessment; it is a chance to discuss what services or support you need as a carer. The adult social services department of your local council provides carer's assessments. The kind of help and support you can get include; respite, information on local carers support groups, help with caring, and any relevant equipment.

- **Request flexible working from your employer**

Combining work and caring can be stressful. Flexible working can enable you to balance your responsibilities and support you in your role as a carer. All carers have the right to request flexible working if you are an employee with 26 weeks continuous employment at the time you make an application.

- **Receive financial support through Carer's Allowance, if you are eligible**

It is important to get a benefits check to make sure you and the person you are looking after are claiming all the benefits you are entitled to.

There are other ways you may be able to get help with your household finances – such as help with fuel costs, help with health costs, or by applying for certain loans or grants.

At Making Space, we understand the stress and pressures of being a carer. Our carer support workers can offer help with coping strategies, how to look after your own physical and mental wellbeing and give advice on a range of things as well as signposting you to other organisations that could help.

Our teams also provide a range of activities and support groups, including peer support, social activities as well as carer breaks. To speak to one of the team, contact [enquiries@makingspace.co.uk](mailto:enquiries@makingspace.co.uk).



One of the three million carers in Britain combining caring duties with paid employment

# David's Story – my life as a carer

David, 33, has cared for his wife for the last 8 years. He was referred to Making Space for carer support after he visited his local GP after feeling stressed.



Information released for Carers Week (11th-17th June) reveals that carers were most likely to say that the impact of stress and anxiety on their own health was their main worry.

Looking after someone can be tough; our Bradford & Airedale Carer Support Service provides support to carers in their role, enabling carers to balance their life. Often, a carer can find that their own mental health is being affected by their caring role. Here's David's story...

David has dedicated the last eight years of his life to caring for his wife. She has a range of mental health problems.

Our team support David in his role as a carer, providing him with the practical and emotional support and guidance to assist him.

David says "As a carer I do a whole host of things to help my wife throughout the day – from making sure she takes her medication and making her dinner to getting her to different appointments.

"Being a carer, you have your good days and your bad days, although the bad days can be a bit stressful, you have your easy days to look forward to, and it can be very rewarding.

"I visited my local GP a few years ago after I found myself feeling stressed. They gave me an information leaflet for Making Space carer support so I gave them a call. Since my first visit to the service, I have regularly visited a support worker allowing me to share my experiences, as well as being invited to days out, where I have been able to meet with other carers and hear their stories."

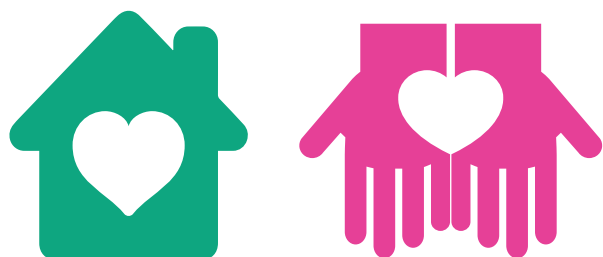
At Making Space we understand the stress and pressures of being a carer. The Bradford & Airedale Carer Support Service provide carers with emotion support. They also signpost to other services and organisations that can help and offer advice and guidance to assist carers in need of support.

"If your feeling down, you have the opportunity to meet up for a coffee, even with just an hours chat with someone from the service allows you to offload your stress and any pressures you have – making you feel better afterwards.

"Being a carer has left me stronger and more determined. My wife has many complex issues that require a lot of information and knowledge, but it's important not to give up – take it day by day."

In the future, David would like to see a lot more awareness around male carers. David feels that a male support group, allowing people to get together and enjoy hobbies whilst sharing experiences would be beneficial to other males in a caring role.

**Almost three quarters (72%) of carers in the UK said they had suffered mental ill health as a result of caring, while well over half (61%) said their physical health had worsened.**





# We are award winning!

This year has seen us paving the way for innovation across the health and social care sector. We have successfully nominated a number of employees for national awards such as Third Sector Care Management Awards, National Dementia Care, National Care Awards, Lincolnshire Care Awards and The Great British Care Awards.

During the year  
15 of our frontline  
employees and volunteers  
have been shortlisted  
as finalists with three  
employees taking  
home awards.



## Markel 3rd Sector Care Awards

Two of our staff and volunteers shortlisted for The Markel 3rd Sector Care Awards won their category. They were presented with their award at a gala dinner hosted by Dame Esther Rantzen at the London Marriott Hotel.

- **Irene Jervis**, a dementia adviser with the North Yorkshire dementia carer information, advice and support service, won the Leading Change Adding Value For Compassion Award.

Irene provides practical and emotional support and advice to people with dementia and their families and has consistently demonstrated compassion to those she supports.

Gil Ramsden, head of nursing at NHS Leeds Clinical Commissioning Groups Partnership and one of the judges said: "Irene has been instrumental in making life easier for those she supports, has consistently shown passion and compassion and wowed the judging panel with her embodiment of serenity and gentleness."

- **Ben Whelan** a volunteer for Making Space, won the Citizens Award for offering up his time for the charity's Warwickshire Co-Production Service and the support he provides to people with mental health issues at wellbeing hubs. Ben regularly makes presentations and talks, is a regular contributor to the service's newsletter and gives advice on how mental health services can best meet the needs of the people who use them.

Kim Arnold, national lead for Experts by Experience, who sat on the judging panel for the citizenship award, said: "Ben portrays himself as a role model to inspire his fellow peers after overcoming adversity to regain his own citizenship."



## Great British Care Awards

A group of 19 Making Space volunteers from Rotherham have been named the region's unpaid carers of the year at the Great British Care Awards. The team, who are all aged over 70, have volunteered at a number of dementia carer support group, including our dementia cafes, for over a decade.

Clocking up over a thousand hours of volunteering between them each year, the group has supported hundreds of people during their time as volunteers. They all have previously cared for loved ones with a dementia diagnosis and said they wanted to use their experience to help others.

The group were invited to attend the National finals... which they won! They were presented with their award during a gala dinner attended by over 1,000 people at Birmingham's ICC.

## Lincolnshire Care Awards

Gaynor Jones, a Support Worker at Cedar House, in Spalding Lincolnshire, has won the Rising Star award at the 2019 Lincolnshire Care Awards.



Both her manager Julie Watson and Trish Wilkinson, the mother of one of the people she cares for, nominated her for the award. Trish said she put Gaynor forward for the accolade because she felt it was important to let someone know when they are doing a great job.

About the win, Julie Watson said: "Working in social care is hard, but Gaynor is always a total professional. Nothing phases her at all."





# Making It Real!

Making It Real is a national framework involving a set of “I” and “We” statements to describe what great care and support looks and feels like.

This was created by a partnership of organisations spearheaded by Think Local Act Personal (TLAP) and the Coalition for Collaborative Care (C4CC). The framework has been in existence for several years, with a new version launched last year.

As an organisation who upholds the highest standards in health and social care, Making Space agreed to be an early adopter of the new version of Making It Real, helping to pioneer the framework.

Attending the launch event last autumn, Making Space were given the chance to showcase several key projects that related to the framework, demonstrating how this has helped to transform the lives of people we support.

**Here is a look at some of these projects:**

**Rivacre House**, a residential care home in Ellesmere Port, have incorporated Making It Real into their practices consistently since the framework’s inception, helping to transform the way residents and staff work together.

Residents have built many activities to increase their independence and wellbeing, including; cooking sessions, meetings, home and garden maintenance, health and safety audits, evening meals, games nights, birthdays, attending local events, and visits to local places of interest. Another highlight is themed days - recent themes have included sport, films and musicals, the Royal wedding, Ireland, and Tom Jones!





The residential home marks many key events on their calendar, including International Women's Day / Empowerment Day, World Poetry Day, and sporting events. They also recommend many of their ideas to other services, such as the benefits of combining themed events with building skills in planning, cooking, and shopping.

**Limes Place in Colne**, Lancashire, have used the principles of Making It Real to challenge us as a provider on whether we do offer choice and control. People living in the newly build apartments are supported to lead as independent a life as they wish, which is a huge change for many who have come from a residential setting. The service looked at areas under the Wellbeing and Independence theme, asking residents before and since they moved in as permanent tenants: "What can be done to help you live the life you want?" This including choosing the furniture for their new flat and the décor.

We used this initiative: "We make sure people feel safe and comfortable in their own home, which is accessible, with appropriate aids, adaptations, technology and medical equipment" This enables Making Space to be accountable for the way in which we work. We keep to a framework in getting residents involved in their own living spaces, offering choice and comfort according to people's preferences.

Our most recent annual event took place in Blackpool last July. At every stage, the people we support helped in the organising of every aspect of the event. An organisation-wide survey drew on a huge pool of ideas and preferences to help shape the day's content.

A planning group, involving people we support, employees and Trustees, helped to bring together everyone's ideas and help organise the event. We valued everyone's opinions equally and shared the decision-making based on this.



There were visits to each venue, with an accessibility assessment carried out by experts with experience. The event included a comprehensive volunteer programme involving around 40 people. Each person gave an amazing amount of their time and enthusiasm to make the day so special. We are continuing this great practice into this year's event.

**Our Making Change Group** meets every 6 weeks, bringing together people we support, volunteers, employees and Trustees to listen, have a voice, feel valued, and help make a difference for our stakeholders.

In recent years, the group, supported by senior management and our Board of Trustees, has helped to improve many aspects of Making Space, including care and assessment planning, service audits, and volunteer and employee recruitment practices.

Topics of discussion are not purely organisation-led; the group also cover sensitive subjects such as suicide prevention. Each meeting gives people the opportunity to raise issues directly with key people who can act on them and to form key points to communicate to our Board.

The group are committed to promoting Making It Real across all of our services, building on previous experience to focus on people's strengths and abilities, and to give people the tools for living well. The group embodies a number of Making It Real principles, one such being working with people as equal partners and combining our respective knowledge and experience to support joint decision-making.

Recently, the Co-production team convened a forum to discuss promoting Making It Real across the organisation. Key issues raised surrounded welfare rights, medication management and staff learning and development. This has placed Making Space in a great position in terms of advancing our position as a Making It Real early adopter and implementing the framework.



# Living with Schizophrenia

According to the World Health Organization, around 26 million people are living with schizophrenia worldwide and many more are indirectly affected by it.

We believe that with the right care and support, people living with mental health conditions can lead active, independent lives and play a part in their local community.

Beginning our journey as the North West Fellowship, driven by a determination to improve the lives of adults living with schizophrenia and their carers, we have expanded our focus to support anyone affected by mental illness and are in our 37th year of helping adults with care and support needs to lead independent and fulfilling lives.

Caring for your mental health can make treating your schizophrenia easier and help reduce anxiety, depression and fatigue. It can help you have a better quality of life and be more active and independent.

We have put together some advice on how to cope with schizophrenia:

## Remain calm and de-stressed

Try to avoid stressful situations, as stress can be a trigger for an episode, if you need to be by yourself find a safe place where you can be alone.

Mindfulness can be used as a tool to manage your wellbeing and mental health. Research suggests that mindfulness meditation practice has a positive effect on improving anxiety and stress, as well as helping you to focus.

## Make sure you get enough sleep

Lack of sleep or a change in your sleeping pattern, can have a huge effect on your mental health. It is vital that you get the recommended amount of sleep to keep you well.

Ensuring you remain in a sleeping routine can have a positive effect on your mental health.

## Use the resources around you

There are various different mobile resources out there, apps such as; What's Up, Mood Kit and UCSF PRIME, are a great source of self-help, directly at your fingertips.

The PRIME app connects people with schizophrenia to their peers through a social network style interface. The app also allows you to track 'challenge goals', things you would like to accomplish or improve.

Connect with others who understand your experiences by joining a support group. You can discuss your experiences, share tips as well as support each other. Making Space community day services offer a safe and welcoming environment for you to visit in your local community.

For more information and advice on living with schizophrenia contact:

### Mind

Call: 0300 123 3393

Text: 86463

Visit: [www.mind.org.uk](http://www.mind.org.uk)

### Rethink

Call: 0300 5000 927

Visit: [www.rethink.org](http://www.rethink.org)

About one in 100 people will have one episode of schizophrenia, and two thirds of these will go on to have further episodes.

# Community care in Doncaster

Making Space have been supporting people to continue living independently in their own home, by offering a safe and welcoming environment for them to visit in Doncaster, for the last 6 years.

Running two day centres, the Sandalwood Centre at Wheatley Hills and the Moat Hills Centre at Bentley, Making Space provide a 'new lease of life' for older people and their carers.

The centres offer the chance to meet new and old friends and to get information, advice and support from highly trained and friendly staff.

Our friendly and experienced staff will provide support personalised to individual needs. We offer:

- A range of creative therapeutic activities
- Pre-planned person-centred respite for carers
- Support and encouragement to maintain existing life skills
- Activities that are purposeful, valuable and rewarding
- A freshly made and nutritionally balanced 2 course meal

To support people in their caring role and help them to stay connected in the community, Making Space also manages the Doncaster Carers Reach Out Service. Making Space have been working in partnership with Doncaster Council at the The Vermiellen Centre Library, to support carers in Thorne, Moorends and the surrounding areas.

In March 2019, the partnership organised a pop-up day service. Running every Tuesday for 8 weeks, the session, called "A Tuesday Thing", allows people to enjoy good food, entertainment, social activities and above all great company.

Janet Griffiths, Service Manager, said: "We are delighted to create our first pop up day service in this area. We know that loneliness is a big problem for people in Doncaster. We know that that carers need support more than ever before. We welcome people to "A Tuesday Thing", where they will receive a warm welcome and they will have a good time.

"We have been planning this for a long time and are committed to working with socially isolated people and we support people to be as independent as they can be."

Making Space can support you, help you to stay connected in your community, support you to continue living independently in your own home and give you balance in your life. For more information, email [enquiries@makingspace.co.uk](mailto:enquiries@makingspace.co.uk).





# Service scoops



## Swallow Lodge received glowing CQC report!

Our North Hykeham respite accommodation in Lincolnshire, for people with learning disabilities, received 'good' ratings in every area measured by the CQC, the independent regulator of health and social care.

The report, which was produced after an inspection in October, has upgraded leadership from 'requiring improvement' to 'good'.

The CQC inspectors noted that the people we support were treated with kindness and care by staff who supported them with respect and dignity.

The report also notes that the service "was well led, the registered manager was visible and supportive towards the people in their care, their relatives and the staff who worked at the service."

Well done to all staff at Swallow Lodge!

**"Relatives felt their views and opinions about their family member's care were listened to."**

## It's a 'Good' for Ashwood Court

Sam Pritchard, our volunteer coordinator in Derbyshire, has been working with her local Scout group recently to educate them on dementia, and get them involved with an intergenerational project that our Derbyshire dementia service is working on.

Sam and our Derbyshire team put together a workshop to deliver to the Scouts that covers what dementia is, how it can affect people and how you can support people to live well with dementia. It's a fun, fast paced workshop and at the end of the evening the Scouts will have a better understanding of dementia and how they can be more patient with a person living with dementia.

It's vital that we educate younger people on dementia as it can often create a challenging situation for families and friends. If someone they know is living with dementia, it can be hard to know as a parent or friend just how much to explain to them. However, understanding what dementia is and how it can affect someone can be reassuring and help them to come to terms with it.

**"You don't need to have concerns about here. We are all safe and well cared for."**



## Rivacre art on display!



Carmel, Jenna and Tim from Rivacre House, worked collaboratively to create a piece of artwork for the NHS Community Art Exhibition that was on display at Ellesmere Port Civic Hall.

The art group incorporated the shapes of the Making Space logo using fabrics and acrylic paints to show that we support and appreciate the great work of the NHS over the past 70 years.

Ann-Marie, Carmel, Tim, Dreena and Pippa visited the exhibition on the opening night. It was also attended by staff, various local businesses, the local authority and the Mayor of Ellesmere Port.

Well done to all!

## Kingshill Court are on a new year health kick!

Following an indulging festive period, the staff and residents got into the healthy spirit by taking part in a healthy eating workshop. They are trying out some new healthy snacks, such as fresh fruit, rice cakes and Soreen malt loaf.

The workshop was held as people were feeling concerned about their weight after over indulging at Christmas.

The team at Kingshill took part in a healthy eating quiz, had access to resources such as leaflets for their local healthy living groups and local gym schemes.

One of the residents have taken this further and has started swimming lessons and making fruit smoothies, in a bid to continue their health kick.



## A trip down memory lane...



Oldham Springboard group have created memory boxes, to look back on happy times and share memories with family, friends, children and grandchildren.

The boxes will help families to enter the world of the person living with dementia and can be a useful aid to communication, as the items may trigger memories and therefore spark a meaningful conversation.

One item can often hold a story or memory of its own and looking at the item and touching it can often take someone back to that time or memory and may the story easier to recall.

The memory boxes were filled with personal items of importance and each box made by the group was unique to the person who has filled it up and each one is special in its own way.

Keep an eye out for a guide to making your own memory box on our website!



# Membership

Anyone can be a member of Making Space! By working as a community, sharing information, experiences and ideas, not only do our members help us grow, they help us to provide innovative, responsive and flexible health and social care services.

## Benefits of being a member

As a member you will:

- Receive a membership card
- Receive a copy of our popular bi-annual magazine, Making News
- Be invited to our annual conference where you can attend insightful workshops and listen to presentations from sector experts, meet like-minded people, and network with our members
- Receive a copy of our annual review and an invite to attend our AGM

Membership subscriptions generate valuable funds to help us continue with our work of improving the quality of life for people we support.

**“Being a member of Making Space gives me the choice to vote in important votes that really make a real difference.”**

## Types of memberships:

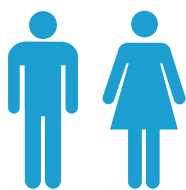


Single Annual

**£10**

Single Lifetime

**£100**

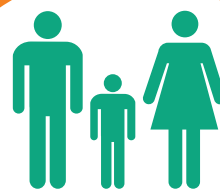


Joint Annual

**£20**

Joint Lifetime

**£150**



Family Annual

**£30**

Family Lifetime

**£200**

If you're interested in getting more involved with us as a charity and supporting the work we do for the people we support and their communities, join us today! Request an application form by emailing [enquiries@makingspace.co.uk](mailto:enquiries@makingspace.co.uk).


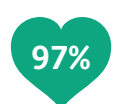




# Volunteer Survey

Making Space supports around 350 volunteers who make a valuable contribution of their time and effort to help our organisation.

Recently, the Making Space volunteering team wanted to learn more about what volunteers thought about their experience, in order to help improve what we offer them. To do this, they created a survey to encourage volunteers to give their thoughts and opinions, whilst allowing them to remain anonymous.

More than 60 people responded, amongst the key findings were:

-  **98% of volunteers said they felt valued and that they made a difference all or most of the time**
-  **97% of people said they enjoy their volunteering all or most of the time**
-  **Volunteers said they had gained experience and insight from their role**
-  **A number of volunteers said that their role helped them to build confidence and find a sense of purpose**

The survey highlighted that a good relationship between staff, volunteers and people they supported, was key to volunteers having a great experience.

Those who got involved in the survey said it has helped them feel part of a team and gain new perspectives, through listening, mentoring, and discussions. Additionally, it was found that volunteers gained a lot from practical experience alongside induction and learning and development.

The findings of the volunteering survey will form the development of our Volunteer Policy. The co-production team will use the information received to promote volunteer opportunities with a greater focus on volunteer experience, rather than the processes or the number of volunteers we support.

The team will continue to encourage volunteers to give feedback. Similarly, staff are encouraged to feedback to the team on what works well or make suggestions. They will also ensure volunteers are recognised for the time and effort they give to the service and its people.

People choose to volunteer for a wide range of reasons. Whether it has to build confidence, take on a new challenge or even enhance their CV for future job opportunities.

Volunteering with us is a fantastic way to get involved with your local community; it is always great fun and very rewarding. Qualifications are not necessary as we are simply looking for enthusiastic and friendly people who can give some of their time to someone else.

We are always looking for new volunteers at our services and we would love you to get involved. If you would like to volunteer with us, please contact us on [volunteering@makingspace.co.uk](mailto:volunteering@makingspace.co.uk).

**“The team made me feel so comfortable, and this in return gave me a lot of confidence. I can proudly say that my views and perspectives on many things have changed after engaging myself in volunteering. I have started to appreciate life much more and how precious everyone is – no matter what age or ethnicity.”**

# Dates for your diary

## May

11th – 17th Mental Health Awareness Week

## June

1st Volunteers Week

15th – 21st Men's Health Week

10th – 16th Carers Week

## July

14th Disability Awareness Day

## September

World Alzheimer's month

5th International Day of Charity

10th World Suicide Prevention Day

11th Remember Your Charity in Your Will

21st World Alzheimer's day

## October

1st International Day of Older Persons

3rd National Poetry Day

10th World Mental Health Day and  
Making Space Annual Event

# Creative corner

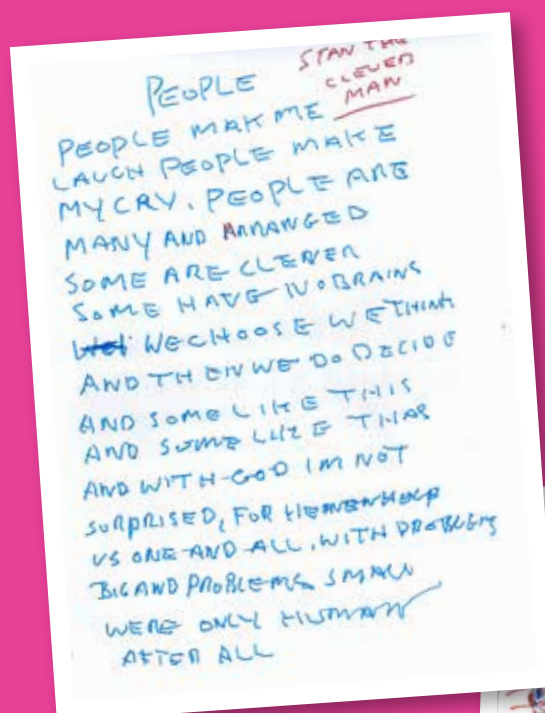
Brain teaser –  
can you solve this?

$$\text{House icon} + \text{House icon} + \text{House icon} = 60$$

$$\text{House icon} + \text{Hand icon} + \text{Hand icon} = 30$$

$$\text{Hand icon} - \text{Tree icon} = 3$$

$$\text{Tree icon} + \text{House icon} + \text{Hand icon} = ?$$



Residents at Palmyra  
have been getting  
creative to provide  
artwork and poetry to our  
Co-Production team for  
the volunteer policy and  
co-production training.



# Free as a bird

Colour me in!



Send us  
your work

If you would like to have your creative work featured in our magazine or on our social media accounts please email [marketing@makingspace.co.uk](mailto:marketing@makingspace.co.uk)



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