

Cambridgeshire and Peterborough Carer Support Service

Are you caring for someone living with a mental health condition? **If yes, we are here to help you.**





For nearly 40 years Making Space has been helping adults with care and support needs, and their carers, to lead independent and fulfilling lives. Dedicating your life to the wellbeing of others can be rewarding, however it can also impact upon your own mental and physical health. We understand the stress and pressures of being a carer. We are here to provide you with practical help, advice and support that you can rely on.

Our carer support

Caring for someone with a mental health condition can also bring its own challenges. Sometimes the people around you simply don't understand the time and effort involved in caring for someone, but the contribution you make to the wider community is invaluable.

Being a carer can take its toll on your own physical, emotional and mental wellbeing. Our carer support service is for anyone caring for someone who has a mental health condition, who is aged between 18 and 65 years old.

Our carer support service, funded by Cambridgeshire County Council and Peterborough City Council, will provide you with support workers who are experienced in mental health and the mental health system.

We work with you on a one to one basis with a named support worker. Our service is tailored to fit you, and we are led by your needs.

Our support isn't time limited and we will support you, in your caring role, for as long as you need us.

How can we help?

- One to one support with a named support worker; allowing you to build up a relationship with them, without the need to keep repeating "your story"
- Carer led organisation, with carers needs put first; we will listen to your suggestions and feedback and then implement wherever possible
- Carer led groups, coffee mornings and information sessions held at a range of locations across the county
- Identifying services you and the person you care for may need and signposting to other services, organisations and charities
- Information on mental health conditions
- Carer support to relatives of people with young onset dementia (under 65's)
- Liaison with other professionals on your behalf, with your permission

Contact us

We welcome self-referrals as well as referrals from professionals, you can contact the service directly to enquire about support. Professionals can refer via our referral form, by email or post. Please contact us if you require a copy of the form.



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making space

We work in partnership with Caring Together and Centre 33, to provide a all age carer support service.

Centre 33

Centre 33 is here for all young people across Cambridgeshire and Peterborough with emotional and practical support. If you are a young carer we can help with assessments, one to one support, specialist carer groups, information and advice, along with support around your transitions. They also train and support those working with young carers including their families, schools and partners to help them understand needs and provide help. Get in touch with them on 0333 4141809 or youngcarers@centre33.org.uk, or drop in and see them.



Caring Together

If you are aged 18 or over and caring for someone, Caring Together is there to help you. It does not matter who you care for or what their condition is. They can help you with specialist information and advice, support with planning ahead, including for emergencies and when your caring role is likely to come to an end.

They also provide opportunities to meet other carers, develop skills and knowledge to help in your caring role, and have a break from caring. Whether you need support face-to-face, online or over the phone they are there for you. They are also working for you, to ensure the voices of carers are heard and their needs recognised. To find out about their full range of other services contact them at caringtogether.org, on 0345 241 0954 or hello@caringtogether.org