

#makingnews

Newsletter Autumn 2018



**A Celebration
of Happiness -
P04**



Hello



Welcome to Making News.

Welcome to our Autumn 2018 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 Celebration of Happiness, our fantastic event that we held for the people we support at Blackpool Tower ballroom and learn more about how we are involving younger people in dementia care.

You can read more about how we have joined forces with Helen Sanderson to provide a new and innovative model of care for people in Wigan, as well as let us know your thoughts on our new website.

We were also lucky enough to speak to Jamie, a gentleman we support in Morecambe, to find out how he is using jiu-jitsu to help him in his mental health recovery.

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.

Our executive management team:

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

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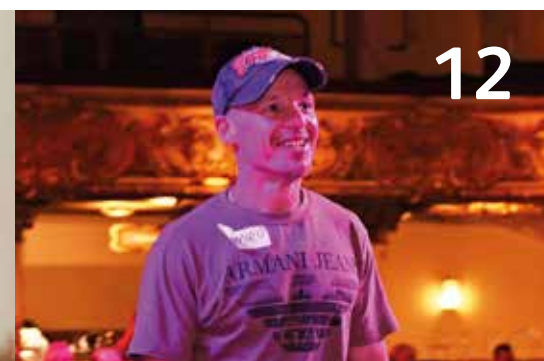
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...we are making news



Celebration of Happiness

On Friday 6 July, we held a celebration of happiness at the Blackpool Tower Ballroom for the people we support and our volunteers. It was a fantastic day full of celebration, laughter and friendship that was attended by over 350 people.



The aim of the day was to not only bring a smile to everyone's face, but to create a ripple of happiness throughout their lives. We enjoyed performances, creative stalls and an award ceremony that celebrated the extraordinary achievements of the people we support and our volunteers.

Planning for this event started in September of last year where we spoke to our services about what they wanted their event to look like and it turns out we all want the same thing - to be happier.

As a charity, we have seen people at their lowest. However, we also have the fortune to be able to support these same people to become stronger, happier individuals. Happiness isn't something which is a given and it shouldn't be seen as the end goal. Instead we should look for the small pieces of happiness in our daily lives and work to change our idea of what happiness means to us.

Our celebration of happiness was designed to teach our guests ways to improve their own happiness and to inspire them to start making the changes they needed for them to be able to take their happiness into their own hands.

Another way to improve our happiness is to be aware of the brilliant things people are doing around us, and congratulating them for them, which is why we feel it's important to have awards celebrating the incredible achievements of the people who use our services and our volunteers. Our awards, based on our values, show that we have individual ideas of what success means to us, but as long as we work hard and stay true to ourselves, we can achieve wonderful things.

As our guests walked into the beautiful and awe-inspiring venue they were greeted by a wall of sound coming from the world famous Wurlitzer, getting everyone excited for what was set to be a day of fun and laughter.

The event was launched by our CEO, Rachel Peacock, who spoke about why happiness was important to her and how the incredible Dolly Parton has been a source of inspiration for her whole family.

The link between singing and happiness has been proven by science, however, it doesn't take a scientist to tell you that belting out classics from The Beatles makes you feel good. Which is why we invited One Voice to teach our guests how to sing Get By With A Little Help From My Friends.

There's no way we could visit Blackpool Tower Ballroom and not hit the dancefloor so we were lucky to have 4 fantastic dancers not only show us how the professionals do it, but to also teach us some salsa moves. It's so important to look after our bodies, as well as our minds, which is why dancing is such a brilliant way of exercising.

Action for Happiness is a charity whose main goal is to improve happiness globally. We were fortunate enough to welcome one of their board members and author of 10 Keys to Happier Living, Vanessa King. Vanessa spoke to us about the science behind how we can be happier in our lives. Happiness can be improved by making small changes, one of which is to focus on the good things that have happened in our days.

Thank you!

We would like to thank everyone who took the time to come to Blackpool, and who opened themselves up to be happier individuals. Another huge thank you to all our fabulous volunteers who helped our event run smoothly and to all our employees who supported people on the day.

Congratulations, Ben!

Well done to Ben Crowley-Wade, 16, from Long Eaton, Derbyshire, who has been named one of The Independent's 50 people who make life better for others. The Happy List celebrates outstanding people whose volunteering, caring, fundraising, mentoring, charity work or selflessness make Britain a happier place to live.

Amazing news! Ben volunteers for Making Space in his free time helping people with dementia fight their own battles. Inspired by his granddad's battle with dementia, Ben wanted to increase his own understanding and raise awareness about the illness.







We launched our new website

Our new website was designed around the feedback we received from the people we support, our employees, our volunteers and our commissioners.

From this feedback, we were able to identify 3 key areas of our website that we wanted to focus on and improve.

Accessibility

One of our main priorities when creating our new website was easier navigation. We have ensured that our website is as easy as possible to navigate so you have no trouble finding what you're looking for.

We have also added Browsealoud to our new website. Browsealoud offers a host of reading and language translation support, including text-to-speech, text magnification, translation, web page simplifier and much more.

Better search functionality

Our new search functionality will make finding what you're looking for much easier than before. Whether you're looking for a service, groups or events, you can now type in your town or postcode, filter the results to what you're looking for and you will see a list of everything that we offer in your area.

This new search functionality also offers benefits to our services. Each service has their own service specific page that is tailored to them and includes everything you need to know about that service. You can also download their leaflet from the page.



Events calendar

You can now view all of the groups and events that are taking place across our services in one place.

Our new events calendar allows you to see clearly everything that is going on in your area, be this local activity groups, forums, fundraising or even corporate events.

Our services are also able to use this calendar to let us know about any upcoming events in their area so we can always keep you up to date.

We wanted to create a community feel to our new website and we hope you agree that we have achieved this with our new events calendar.

Let us know what you think

We rebuilt our website from the ground up and we would love to get your thoughts, after all, our website is for you. Take a look around, explore and let us know what you think.

If you have any feedback or suggestions please email marketing@makingspace.co.uk

A new model of care for Wigan

We have recently started work on a new model of care in the Greater Manchester borough of Wigan in partnership with person-centred pioneer Helen Sanderson.

In a bold move towards new ways of delivering services, we have taken Helen's developing care initiative 'Wellbeing Teams' under our wing.

Wellbeing Teams are available to older people living in Ashton and Wigan and are a radical new model for delivering care and support within communities. They are:

- Small teams of no more than a few people
- Self-organising, with everyone trained and supported to do their jobs well
- Values-led at every step, from recruitment to service delivery
- Led by coproduction by putting the people we support in control of their services
- Focussed on wellbeing by both the people we support and team members

Wellbeing Teams integrate 3 key elements of care and support to create true wellbeing by ensuring the people we support are safe and well, staying connected to others and their community and supporting people to do more of what matters to them.

This new approach will view everyone as individuals who have strengths, assets, gifts and talents and we will support everyone to live the best life they can.

The joint venture came about as a result of discussions between our CEO, Rachel Peacock, and the commissioner at Wigan Council about the challenges and possibilities of delivering care services in their local area.

Upon learning about Helen's new model for care, centred around small, locally-based and self-organising teams, we could see the potential for a great partnership that would truly benefit people in Wigan.

We are about to open a joint Wigan office in Ashton-in-Makerfield, which will see our two workplace cultures operating alongside each other on a daily basis. We are in no doubt that we both have much to learn from each other and working together will only enhance this.

By incubating Wellbeing Teams, we are experiencing innovation in practice and intend to extend this learning organisation wide in the next 3 years.



Service scoops



Rivacre House – outstanding in responsive

We are very proud of our staff at Rivacre House, our care home in Ellesmere Port, who recently achieved outstanding in an unexpected CQC inspection.

Rivacre was awarded outstanding in the responsive category and good in all other categories!

The people we support at Rivacre House said they feel cared for, listened to and that staff always promote their privacy.

One person in particular expressed how positive their life is at Rivacre House and how they are able to pursue activities and employment opportunities if they wish.

We always encourage the people we support to get out and about in their local community whether this be by taking part in employment opportunities or going on days out. Our staff support everyone to reach their aspirations and this was reflected in the report.

Well done everyone!

Derbyshire Scouts take part in dementia friends session

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.



Gables Manor Summer Fete

Gables Manor Summer Fete was held on the 22nd July. They had a raffle, garden games, staff in the stocks, bouncy castle, cream tea, and a mocktail bar with Jack of diamonds band.

They all enjoyed beautiful weather and invited friends to enjoy with them. Suzanne from Gables Manor said "All the guys had a fun fab day and we are looking to build this up for next year."



We have retained our IIP Silver standard

In May, we retained our Investors in People Silver status.

We have retained this accreditation following an independent assessment process of which we encouraged all employees to get involved with.

This represents how dedicated we are to our employees and how hard we have worked to build a truly supportive and collaborative working environment.

For more information about Investors in People please visit www.investorsinpeople.co.uk.

Penistone Tesco launch their first dementia-friendly checkout

Heather Sherratt, our dementia support worker in Barnsley, has worked in partnership with Penistone Tesco recently, to launch their first dementia friendly checkout!

The checkout will always be operated by a member of staff who is dementia trained, ensuring they are able to support people through the process and help with any problems that may arise.

The checkout includes photos of coins to help people living with dementia when they are paying, and is fully stocked with leaflets from various organisations who offer support and groups for people living with dementia, their family, friends and carers.

This is a brilliant initiative and a huge step in the right direction to creating dementia friendly communities.

We can't thank Heather enough for working in partnership with Tesco and sharing her dementia expertise.



Thank You Leah Coggins

Leah has recently stepped up as Team Leader in Knowsley – we have received wonderful feedback from staff, service users and other professionals stating how well Leah has done in the role.

Jamie Samuels – Jiu-jitsu and me

Jamie Samuels has a brown belt in jiu-jitsu. He also knows a thing or two about mental health. Over the last 5 years, Jamie has worked his way up from a white belt, all the while focusing on his mental health recovery.



We spoke to Jamie to find out why he loves jiu-jitsu and just how much it has helped him.

When you live with a mental health condition, your greatest opponent on the mat isn't the person you're rolling with, instead, you find yourself grappling with your own mind and it's a fight you won't always win.

The National Alliance on mental illness estimates that nearly 19 percent of adults experience a mental health condition in any given year. For 1 in 25 adults in the UK, this will 'substantially interfere' with their daily life.

Basically, you're not alone. Not even close.

Those of us who do jiu-jitsu know just how much it can help fight conditions like depression and anxiety. What might be a bit harder to understand though, is why it helps so much.

One of the most prominent ways jiu-jitsu helps us to stay mentally healthy is it teaches us to survive under pressure. As anyone who has ever rolled can tell you, jiu-jitsu also has a special way of helping us learn how to be comfortable in uncomfortable situations.

I have learnt that this is crucial for people who live with conditions such as social anxiety.

Jiu-jitsu also teaches you a lot of communication skills. People don't want to go there – but jiu-jitsu teaches you skills and how to be a flexible thinker.

With a diagnosis like depression, anxiety or bipolar, you may find that your mind isn't in the present. It can often be in the past or the future. You may be re-living or anticipating an event that takes you out of the now but in jiu-jitsu, you can't be anywhere else. You need to be fully in the present. By training our minds to concentrate on the right now, jiu-jitsu can help you to stay focused on what's happening in your life today.

That doesn't mean that you should only think about the present though. Whether you attend jiu-jitsu, traditional therapy or both, you'll notice that goal setting is an important part of getting better.

Not only will jiu-jitsu help you with all of the different benefits it offers, but getting in the habit of taking control and doing the opposite of what your mental health is encouraging you to do, can help us reclaim our lives. Being able to stand up to it in such a way can act as the first step up onto the ladder of recovery.

Research shows that a healthy mind and a healthy body go hand-in-hand, and when you do jiu-jitsu, you're working towards both at the same time.

“A healthy mind and a healthy body go hand-in-hand”



Sector news

Young people can champion change in mental health care

New initiatives are helping young people enter the conversation of mental health, but there is still stigma around accessing services.

“If you don’t deal with the mental health of young people, the cost to the community is disastrous, never mind the public purse”, says Jacqui Dyer, Chair of Black Thrive and Vice Chair of the England Mental Health Task Force. Black Thrive, based in Lambeth, South London, aims to tackle the systemic issues behind poor mental health outcomes in black communities.

“We’re working with the local authority, schools and mental health workers to improve services – and the voice of children and young people will be central,” says Dyer. “Part of how mental health services have to change is to listen to what communities are saying in order to respond better when young black people show up in a crisis or require early intervention.”

Giving children and young people a louder voice in the running of mental health services is also the aim of a project called Amplified, run by the charity YoungMinds and funded by NHS England. It promotes their participation in the design of NHS child and adolescent mental health services (Camhs).

“There’s a massive stigma around accessing services, especially in some ethnic minority communities,” says Laurie Oliva, YoungMinds’ head of participation. “For some black young men, the first time they get access is in the justice system. If that’s the case, we’re failing them.”

Oliva argues that the participation of children and young people as champions of change is “absolutely key” to transforming the system as a whole.

“It’s about really changing the way we think and act around children’s mental health,” says Oliva. “Even when you do get help, you can be bounced around the system telling your story over and over and over to different people. By the time you’ve found the right place, you’ve had a poor experience that will more than likely exacerbate the very problem that you’re trying to deal with.”



George Hodgson, 21, is a youth adviser for Amplified, giving talks to professionals and some of the hundreds of young people the project reaches out to every year. Towards the end of secondary school, George experimented with ecstasy and started to have panic attacks and suicidal thoughts. Then he discovered that the waiting time for Camhs was 40 weeks and his three-year battle to recover his mental health began.

“Professionals sometimes think they know best and in one sense that’s true, because they’ve done the training – but young people know what works for them,” George says.

“When I went to Camhs I was told what treatment I would get without being asked what I thought, which I found a bit strange. It was a case of like it or lump it.”

He says he loves his adviser role and that the stigma around mental illness is starting to evaporate – something he has noticed in talking to other young people.

“I’m making a difference just as a young person standing in front of 250 year 11 students talking about it,” he says.



Dementia awareness week changes to dementia action week

This year, dementia awareness week changed to dementia action week.

While raising awareness and offering support will always be important, we must go further to create change in communities. Alzheimer's Society are now asking everyone to unite together and take action. No matter whether they're big or small, taking action will help to make everyday life better for people living with dementia.

Introducing SalaamGiving, a new faith-based giving platform

SalaamGiving is a website which features charity campaigns to its community of Muslim fundraisers. The donation technology on the site is powered by JustGiving so you can use your existing JustGiving account to fundraise and donate with a faith specific experience.

SalaamGiving has been created by leading minds from across the Muslim community, including charities, to revolutionise the way the Muslim community give to a good cause. The joint venture was founded and funded by Penny Appeal and JustGiving and will be overseen by an independent board of trustees.

It is a Muslim-led fundraising website that unapologetically highlights causes and campaigns important to Muslim communities around the world. Nonetheless, SalaamGiving is open to people of all backgrounds.

Involving younger people in dementia care

1 in 3 children in the UK are affected by dementia. They may have a grandparent with the condition, a family friend or even a parent. We see it as our duty to raise awareness and teach people as much about dementia as we can, and this includes children.

As part of this year's Dementia Action Week, our fantastic Derby City dementia support service organised for Alvaston Infant and Nursery school to attend our dementia lunch club at Alvaston Methodist Church Hall.

The visit saw 12 year 1 pupils enjoy lunch with the people we support and learn more about the condition. They discussed how dementia can affect people, how to talk to people living with dementia and what it means to be a Dementia Friend – part of a scheme set up by the Alzheimer's Society to raise awareness of dementia.

Alvaston Infant and Nursery School already has 180 Dementia Friends - which is amazing!

Teacher Katie Matthews said: "Whilst having lots of fun, the children have taken their dementia training very seriously and can't wait to start testing out their new understanding and communication skills.

"The lunch was brilliant and the children really enjoyed meeting the elderly people to talk about dementia and learn about how important it is."

Honor Simpson, service leader for our Derby City Dementia Service said: "These children must be among the youngest Dementia Friends in the country.

"They have done some excellent work and our members really enjoyed their visit. I think the children got a lot out of it too. I know they have enjoyed learning how they can communicate better with people living with dementia and being able to put those skills into practice will be the cherry on the cake.

"This kind of intergenerational work is vitally important and the school must be applauded for embracing it so wholeheartedly.

"I don't believe there is an age limit for learning about dementia and the younger we teach people how to better communicate with people living with dementia, the more the stigma disappears and the better connected our communities will become."



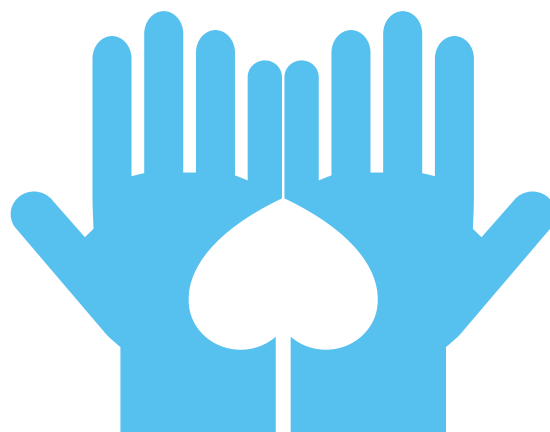
New service wins

Over the past few months we have been successful in tendering for the following services:



Rotherham dementia carer support service

Throughout the 3-year contract with Rotherham Council, we will provide both one-to-one support and dementia cafes to carers of those living with dementia. The contract will see us working in partnership with the Alzheimer's Society to coordinate the full quota of services across Rotherham.



Doncaster carers reach out

The Doncaster carers reach out service will support people in Doncaster in their caring role and help them to stay connected to their community. Our expert support workers offer one-to-one support, peer support and up to date relevant information to support carers and help give them balance in their lives.



Rochdale befriending service

The Rochdale befriending service will help to reduce social isolation, improve confidence and motivation, and support carers and older people in Rochdale to get out and about in the community. We will help people to maintain independence and access services and resources that they may need.



Ambition for Ageing – Wigan

Ambition for Ageing is part of a £10.2 million Greater Manchester-wide programme aimed at creating more age friendly places and empowering people to live fulfilling lives as they age. It is funded by the Big Lottery Fund's Ageing Better programme and we will be working to reduce social isolation in older people.

How to cope with anxiety and depression at university

University can be a stressful time for anyone. It's tiring, you're swimming in coursework and often you're away from home. So managing your mental health as well can be daunting and it may seem scary, but you're not alone.



When 1,061 students were asked if they had a mental health condition, 27% of them said yes. Of those students, 77% had depression and 74% had anxiety.

Here are our top 5 tips to make managing your mental health at university a little easier...

Talk to someone

One of the first and most important steps you can take is talking to someone. Don't bottle up your feelings and keep it a secret. Talking to someone about how you feel is not a sign of weakness. Whether you choose to confide in a friend, family member or even a teacher, people care about you and will want to help.

If you don't feel comfortable telling someone you're close to, register with your university's GP. Most universities have a GP on campus as well as a free wellbeing, counselling and mental health advisor who is there to support you.

Join a support group

Attending a support group is a great way to meet people who are going through similar things to you. You can discuss your experiences, share tips as well as support each other. One of the biggest benefits of attending a support group is realising that you are not alone, there are other people who feel the same and this can feel like a huge relief.

"It's essential to look after yourself and make some time for you."

Find your Nightline

Nightline is a student listening service open every night of term. It is run by students for students, and gives you the chance to talk about your feelings confidentially and anonymously with a trained volunteer.

With over 400,000 students accessing various nightlines, they are a safe place to talk about what is on your mind. Whether you choose to access Nightline via phone call, text or email, you can speak with a specially trained Nightline volunteer who follows 5 core principals: confidential, anonymous, non-judgemental, non-directional and non-advisory.

There are over 30 Nightlines covering over 90 universities. Find your Nightline.

Look after yourself

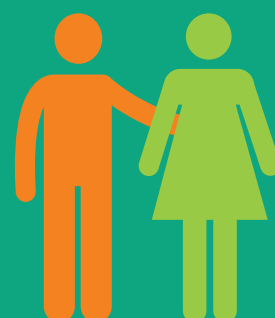
It's essential to look after yourself and make some time for you. A healthy diet and regular physical exercise has been proven to have a positive impact on both your physical and mental health. Exercise can also help you manage anxiety and panic attacks, so why not try going for a walk or run and take some time for yourself to think things over.

Headspace

Did you know research suggests that mindfulness-meditation practice has a positive effect on improving anxiety and stress, as well as helping you to focus?

There are various different meditation apps out there now to help with this and Headspace is just one of them. Headspace helps you manage your mental health and with various different meditation collections available you can pick a session to suit you.

Don't forget, university is an incredible experience and as long as you have the right support system in place and remember you are not alone, there is no reason it should be anything else.



Volunteer with us

Volunteering with us is a great way to learn new skills, make friends and be part of a fantastic team that really make a difference to people's lives.

People choose to volunteer for a wide range of reasons. Whether it's to build confidence, take on a new challenge or even enhance their CV for future job opportunities. Whatever interests, experience or skills you have, we have so many opportunities available that there is bound to be one that suits you and your interests.

We have lots of different services across the country and volunteering with us is the perfect way to get involved with your local community. Whatever your reasons for volunteering, it's always great fun and very rewarding.

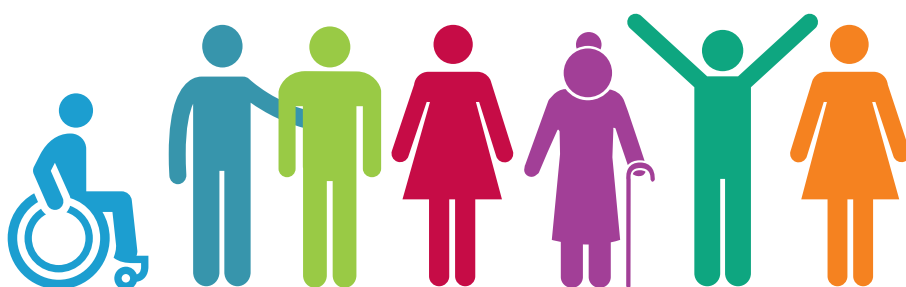
Become a volunteer

Qualifications aren't necessary as we are simply looking for enthusiastic and friendly people who can give some of their time to someone else. No matter how much or how little time you have to give, we would love you to get involved.

Our volunteering team will work with our employees and existing volunteers across our services to help match you to a service or role that you're most interested in.

If you would like to volunteer with us, please contact us on volunteering@makingspace.co.uk.

**"No matter how much
or how little time you
have to give, we would
love you to get
involved."**





Connect, follow and talk to us on social media

Stay in touch and keep up to date with everything Making Space by following us on social media.

Follow along on Twitter, Facebook and LinkedIn for the latest updates, jobs, stories and photos from across our services.

If you have anything you would like to feature on our social media channels please send it through to marketing@makingspace.co.uk



Making Space Official Page



Making Space Charity



@MakingSpaceUK



Making Space

Creative corner

Fundraising word search

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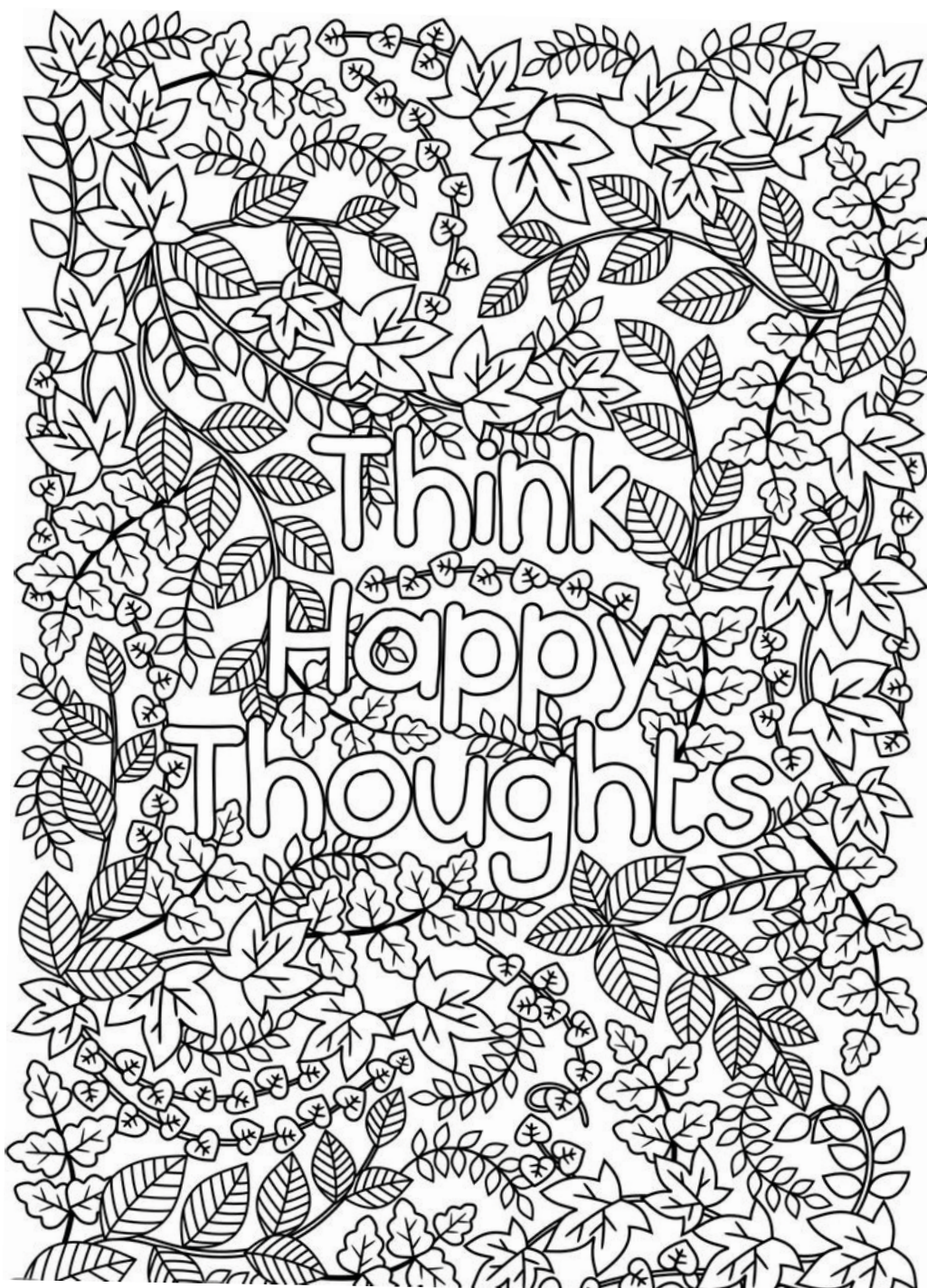
CHARITY
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