



Making Space Carer Breaks

Making Space has been awarded a sum of monies from the Oldham Mayor's Charity to spend on breaks for carers of people with mental health problems who live in the Oldham area for a limited time.

Making Space has a service which offers residential breaks to carers and gives them the opportunity to access useful group sessions in aspects of caring. This service has been running for several years and the feedback from carers of the benefits of the breaks have been extremely positive. Further details are below. If you would like further information about the breaks/workshops and what it entails, please contact Juliet Green, contact details at the end of the form.

In discussion with the Oldham Mental Health Carers Group, (further details about the group are available from Theresa at Oldham Mind) we are also looking at alternative ways of offering short, local breaks. For example, day trips, pamper sessions and would welcome any suggestions from Oldham carers. We will be circulating information about the local breaks in due course. Due to the higher costs involved in the residential breaks, we are only able to offer one residential break per carer however, carers can access the local breaks more than once, funds permitting.

Making Space offers *free* breaks for carers that combine a rest; a good social atmosphere; and very useful group sessions in aspects of caring that may be useful, such as:

- Dealing with stress
- Managing emotions
- Avoiding dependency



Swallow Hotel, Preston



The breaks are at good locations. If you have never attended, then I hope you will. There is no charge, and people who have attended have find them really useful:

"Great fun, relaxing and meeting other people with similar problems was a great help."

"It gave me a goal to work to in my life, a better me."

"I learned to have time for me and me alone without a feeling of guilt for doing so."

"It helped me to take control of my own life – my life revolves around the caring role. If I stay well and healthy, I am better able to cope with my role as a carer."

"This was a break instead of a crisis."

Dates And Venues

20/01/10-22/01/10	Wednesday-Friday	Royal Clifton Hotel, Southport
29/01/10-31/01/10	Friday-Sunday	Swallow Hotel, Preston
12/02/10-14/02/10	Friday-Sunday	Thistle Hotel, Manchester
17/02/10-19/02/10	Wednesday-Friday	Royal Clifton Hotel, Southport
19/02/10-21/02/10	Friday-Sunday	St George Hotel, Harrogate
05/03/10-07/03/10	Friday-Sunday	Swallow Hotel, Preston
19/03/10-21/03/10	Friday-Sunday	St George Hotel, Harrogate
24/03/10-26/13/10	Wednesday-Friday	Royal Clifton Hotel, Southport

Manchester Thistle

Situated centrally in Piccadilly Gardens. The hotel is within easy walking distance of the City Centre shops and also has a small swimming pool and gym.

Swallow Hotel

Set in attractive countryside near Preston the hotel has excellent leisure facilities. It is located near the M6 and within easy driving distance of Balckpool, Skipton and Lancaster.

St George, Harrogate

Located in the centre of Harrogate, near the spa and shops. Has a pool, sauna, gym, etc.

Royal Clifton, Southport

Located on the Promenade. It has a pool, gym, sauna and other leisure facilities

To Refer a Carer

Please complete and return the attached form:

Please note the following:

The submission of a referral form does not guarantee a place on a specific break.

Please ask Carer's to provide as many dates as possible to increase their prospects of attending a Carer Break.

Carers from Yorkshire will be given be priority on Harrogate breaks if there is a shortage.



Carer Break Referral Form

Name(s).....

Address.....

..... Postcode..... Tel..... Mobile.....

Is it alright to ring the carer at the above? Yes No Local Authority.....

Carer's date of birth..... Age..... Email.....

Has the carer had a carers' assessment? Yes No Don't Know

Are there any known health conditions that staff at the break and venue need to be aware of? Yes No

If 'Yes' please give details.....

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(Please inform the carer that they will be asked to give prior permission for staff to contact any appropriate medical or emergency services if the staff feel it is necessary)

Are there any other dietary or special needs that the carer requires? Yes No

If 'Yes' please give details.....

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Who is the cared for person? (e.g. son, daughter).....

Their name..... Their Date of Birth.....

Choice of break:

Date..... Location..... Date..... Location.....

Date..... Location..... Date..... Location.....

Date..... Location..... Date..... Location.....

**It is extremely important that you provide us with as many dates as possible.
Carers from Yorkshire will be given priority on Harrogate Breaks
We can't guarantee all the above breaks will actually run, due to factors beyond our control.**

Referrer..... Referrer's role.....

Address.....

..... Postcode.....

Email..... Tel..... Mobile.....

**Return Completed Form to Juliet Green, Making Space, Suite 2, 2-6 Rochdale Road, Middleton, Manchester M24 6DP.
0161 653 6959 juliet.green@makingspace.co.uk**