

Making Space

# Cambridgeshire Carer Support Services



Funded by



Cambridgeshire  
County Council

For more information on Making Space and the full range of services we provide,  
visit [www.makingspace.co.uk](http://www.makingspace.co.uk) call +44 (0) 1925 571680

Or write to:

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Patrons—Lord Hoyle of Warrington and Professor Elizabeth Kuipers

*Making Space – raising the standards in mental health services*

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## Who is a Carer Support Worker there for?

Many people in the community are caring for someone with a long term mental health problem.

You may be helping a son or daughter, a parent, partner, friend or neighbour. He or she might live with you, be in their own home, residential care or hospital.

You may feel that you need help, support and information. You may need someone to support you to cope better or speak out for you.

“It really helps to have someone to turn to when so few people understand the stress we are going through”.  
(Carer)

## What does a Carer Support Worker do?

The main activities of a Carer Support Worker are:

- To provide support to carers of adults who have a mental health need and are between the ages of 18 and 65
- To provide information about mental health
- To support and signpost the carer, to enable them to access information and advice on medication and its possible side effects
- To advise and help in assessing welfare benefits
- To intervene and advocate on behalf of families
- To help carers and those they care for to get access to the services they may need

Carer Support Workers are also involved with Health & Social Services in the planning and development of services for those who are experiencing mental health problems and their carers. They are, therefore, working both directly and indirectly to help.

The aim of the Making Space Carer Support Service is to provide an easily accessible service that offers practical help and provides an intervention to support the carer during the times of most need.

## How is the Carer Support Worker different from other professionals?

Social Workers and CPNs (Community Psychiatric Nurses) are usually involved in helping the person who is experiencing mental health problems.

The Making Space Carer Support Workers are there mainly to help the Carer, which will often involve working with everyone involved.

They might be able to provide practical help, or just be there to talk to.

Please contact us if we can be of help.

## Contacts

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Making Space recognises the very different needs of both families and carers and those they care for.

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