

Making Space

Making Space has been working in the field of mental health care since 1982 and today provides a large number of services for people living with mental health conditions, learning disabilities and dementia, along with dedicated support for their carers.

As an organisation, dignity and respect remain the cornerstone of our approach to caring for those with dementia. The most appropriate medical, social and nursing care for each person is always followed, with the emphasis on helping to provide an enjoyable everyday life.

We've also developed a new and innovative approach to dementia care. Our view is simple – people with dementia have a right to continue living life as they have always done...for as long as possible. It's an approach which can be summed up in just three words – Quality, Lifestyle, Personalised.

Making Space accommodation reflects this philosophy perfectly, providing services of the highest quality, where exclusive environments combine with a standard of support that allows people to live well and as independently as possible.



More information?

For more details or to speak to our dementia team, please call 01925 571680

Or contact a dementia advisor

Rachel Yates

14 Millhouse, Bury, Greater Manchester BL9 6RE

Tel 0161 761 0362

Mob 07738 148 284

Email rachel.yates@makingspace.co.uk

Nicola Meaking or Sharon Bannister

Alzheimer's Society, The Ribchester House,

18 Parsons Lane, Bury BL9 0JT

Tel 0161 763 9907

Would you like to help?

If you're interested in getting involved in helping at the Dementia Café, volunteers are very welcome. To find out more get in touch with any of the advisors.



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INVESTORS
IN PEOPLE



DISABILITY
CONFIDENT



MINDFUL
EMPLOYER



FIRST
TUESDAY OF
EVERY MONTH

Welcome to the Bury Dementia Café

Making Space Dementia Care Services



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

Come and join our Café Society

- Want to enjoy a totally relaxed and informal environment?
- Want to meet and talk to people in the same position as you?
- Want to ask the experts for advice or guidance?
- Want to understand more about dementia?

Sounds like you want to join our café society.

VENUE

Tottington Library Space

2 Market Street, Tottington, Bury

Time - First Tuesday of every month, 1-3 pm

Speakers' Corner

The Dementia Café is **open on the first Tuesday of every month** and will become more regular with your support. Other support groups are also being established as part of a network of people who can help one another.

We regularly invite a guest speaker who can share important knowledge about dementia, as well as involving and interacting with everyone so that issues can be confronted and solutions offered.

On other occasions there are informal activities and themes...such as art, music and food. Now want to know more? Simply read on...

Talking sense

When a relative, friend or someone you directly care for, is experiencing symptoms of dementia, it's good to know that neither you – nor they – have to work alone to meet the many challenges.

Our 'Dementia Café' offers exactly what it promises ...a light, bright and positive environment where there's room to relax in the company of people who find themselves in the same situation as you.

'Dementia Café' get-togethers are designed so you can listen to inspirational guest speakers, share knowledge or best practice with people with first-hand experience, and get support from professionals and other carers who can help you understand the very latest treatments and techniques involved in living well with dementia.

The Making Space version of café society may be a little different to the city centre variety, but it's all about keeping the person with dementia centre-most in our thoughts and helping them enjoy the life they have always had...for as long as possible.



National Dementia Strategy

Our Dementia Café is designed to bring together people experiencing the symptoms of dementia, and their carers, so they can learn from each other and hear from professionals.

In line with the National Dementia Strategy of the Department of Health, the café will also reinforce the message that an inclusive, caring society has a duty to promote the wellbeing of our fellow citizens – whatever their circumstance.

Dementia

Does dementia play a part in your life? Do you know or care for someone with dementia? If so, you'll be encouraged to know that, while dementia is still not widely understood, great strides have been made in recent years. Today, earlier diagnoses and new ways of engaging people in everyday activities are leading to measurable improvements in the quality of life of people living with dementia.

Alzheimer's disease is still the most well known type of dementia, but there are other forms all of which are the subject of increased research and development. The Alzheimer's Society provides an in-depth overview of all the symptoms. Visit their website at www.alzheimers.org.uk to find out more.