Wellbeing Service

Do you live in Bradford & Airedale, are aged 18-65, under the care of a Community Mental Health Team and have an allocated care coordinator, such as a social worker or Community Psychiatric Nurse?

If yes, then our Wellbeing Service is here to help you move forward in your recovery.
At Making Space, we understand how a mental health condition can have a major impact on the quality of your life.

Our Wellbeing Service will provide you with 1-to-1 support, information and guidance to help you to maintain and improve your mental wellbeing, live a meaningful and independent life, and play an active part in your local community.

How can we help you...

**Personalised support planning**
We help you to pursue your chosen vocation by identifying personal goals.

**1-to-1 support up to 6 months**
You will receive support from an allocated support worker who will work with you to help understand what is important to you, what your needs and hopes are, and the best way for you to achieve them.

**Peer support volunteer service**
We have a team of peer support volunteers with a wealth of experience. All our volunteers receive training and a DBS check. Our volunteers will help you with 1-to-1 tasks, like support with everyday tasks, like using public transport. They also facilitate sessions where you can meet new people, learn a new skill, and build on your peer support and social networks.

Contact us
Get in touch today to find out how we can support you

📞 01535 606086
✉️ Bradford.Wellbeing@makingspace.co.uk

If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk