

## HOW TO APPLY

Please complete and return to :

Carers Assessment Team, Whiteleaf Centre, Bierton Road,  
Aylesbury, Bucks, HP20 1EG Telephone: 01865 901513

I would like to attend the following courses. Please tick as appropriate:

|  |                                     |  |
|--|-------------------------------------|--|
| Wednesday 19 April 2017  | Understanding Anxiety               |  |
| Thursday 11 May 11 2017<br>Chiltern Carers Forum<br>3.45pm to 4.45pm | Understanding Autism                |  |
| Wednesday 21 June 2017   | Understanding Depression            |  |
| Wednesday 19 July 2017<br>Chiltern Carers Forum<br>3.45pm to 4.45pm  | Understanding Suicide and Self-harm |  |

Your name:

Name of mental health professional OR team currently involved with the person you support:

Address to send confirmation letter:

Phone number :

Email :

Please let us know who you support:

Access requirements :



You are invited to...  
Carers Workshops  
Living Together Series  
Summer 2017

## Held At Missenden Abbey

### Great Missenden 10:00am - 3:30pm

## Living Together Series

**Wednesday 19 April 2017**

### **Understanding Anxiety**

Anxiety either as a primary or secondary mental illness or caused as a consequence of the caring role can be debilitating. What does it mean to be anxious? Is anxiety ever useful? This session will explore what it means to have an anxiety disorder and examine possible ways of dealing with it.

**Thursday 11 May 2017**

### **Understanding Autism**

What does it mean to be given a diagnosis of being on the Autistic spectrum? What are the fundamental characteristics of Autism and how should we think about this developmental disorder? How can we create an appropriate environment for the individual with Autism and what is required from us in order to enhance both our understanding and to facilitate social interaction and communication?

**Wednesday 21 June 2017**

### **Understanding Depression**

What does this much over-used term mean? What is it to be depressed and how does this illness affect the individual? This session will explore both the physical and physiological basis of depression and look at a range of treatments for it.

**Wednesday 19 July 2017**

### **Understanding Suicide and Self-harm**

Self-harm does not inevitably lead to an act of suicide. This session will seek to explain the differences between a desire to commit an act of self-harm and feelings of suicide and offer strategies for dealing with both. This session is not suitable for individuals who may be experiencing active suicidal feelings.

### **Venue, Time, Registration and Cost**

All workshops are being held at Missenden Abbey, London Road, Great Missenden, HP16 0BD. Registration with refreshments is at 9.45am and the day will end by 3.30pm at the latest. All refreshments and a 3-course lunch are included. The cost of the workshop is £10 per person, payable by cheque to Oxford Health NHS Foundation Trust or cash on the day.

### **Chiltern Carers Forum at Missenden Abbey**

Chiltern Carers Forum meetings will take place on Thursday May 11th and Wednesday July 19th from 3.45pm to 4.45pm. This meeting is for Carers who care for someone in the Chiltern Area. Please tick if you are interested in attending on the application form overleaf. There will be a short break from 3.30pm to 3.45pm preceding these meetings.

### **Aylesbury Vale Carers Forum at Whiteleaf Centre**

For those carers who live in Aylesbury Vale there are meetings that take place every second Monday of the month from 11.am - 12.30pm at The Whiteleaf Centre. No need to book. Future dates in the summer include: 10 April, 8 May, 12 June, 10 July, 14 August 2017.