

## Family, Friends and Carers' Virtual Support Group

If you are looking after someone and would like to connect with others in a supportive environment come and chat with other family members, friends, carers and staff on **Wednesday January 13th 2021 - 11.00 am to 12.10 pm and thereafter every last Wednesday of the Month 11.00 am to 12.10 pm via MS Teams.**

Email [CarersTeam@oxfordhealth.nhs.uk](mailto:CarersTeam@oxfordhealth.nhs.uk) and you will be sent the joining details. For further information contact Di Hilson, Carer Involvement Lead on 07775 816646.

## Carers' Circulation List

Please note that if you do not wish to be included on this list to receive workshop leaflets, or no longer have a caring role, please phone the office on 01865 901513.

## How to apply

Email [CarersTeam@oxfordhealth.nhs.uk](mailto:CarersTeam@oxfordhealth.nhs.uk). Provide your name, the name of the person you care for under a Bucks Mental Health Team, your telephone number and workshop(s) that you wish to attend. You will be sent an email to confirm your place with joining instructions.

For further information or queries: Contact Carer Assessment Team on 01865 901513.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليم مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

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Carer Assessment Team

Online workshops for  
Carers, Family &  
Friends

2 hour seminars held online via  
Microsoft Teams, free of charge

**New Year Seminars 2021**

## Living Together Series



### **Improving Wellbeing for Carers**

**Thursday 14th January 2021**

**10.00 am to 12.00 pm**

**Trainer: Tania Emiliou**

The phrase “you can’t pour from an empty cup” is a good example of why it is so important for those who care for others, to really think about their own self-care. Stress, anxiety and low mood is a common difficulty, particularly amongst those caring for someone else, and it’s important to know there is lots of support and things that can be done to work through those feelings. This session will look at understanding and learning strategies to manage your physical and mental wellbeing.

### **Understanding Suicidal Thoughts and Self-Harming Behaviours**

**Thursday 11th February 2021**

**10.00 am to 12.00 pm**

**Trainer: Karen Lascelles**

Self-harm does not inevitably lead to an act of suicide but people who self-harm may also struggle with suicidal thoughts. This session will seek to explain the differences and links between self-harm and thoughts of suicide and offer strategies for dealing with both.

If you are experiencing suicidal thoughts yourself we do not advise attendance at this session but urge you to seek support from your GP, mental health team or via the Mental Health Helpline 0800 783 0119.

### **Exploring Change and Recovery**

**Wednesday 10th March 2021**

**10.00 am to 12.00 pm**

**Trainer: Robert Corteen**

How do people change behaviours and what is involved in the process? How do mentally ill people recover and what does recovery actually mean in this context? This session will examine what it means to recover from mental illness from both the point of view of both the cared for person and the carer. This 2-hr session will highlight the important aspects of this subject and give participants the opportunity to ask questions of concern!

## Terms and Conditions

Due to Covid-19 government restrictions, Carers’ Workshops will be held online for the time being via Microsoft Teams. Sessions are held in the morning from 10.00 am to 12.00pm and are free of charge.



## Applications and Booking System

These workshops are provided for carers of service users who are currently under the care of Bucks Mental Health Teams. Due to the high demand for places and limited space we have for these workshops we need to have a fair system to allow new carers first preference. Therefore, if you have already attended the course and wish to apply again, we will add you to the waiting list and contact you nearer the time to confirm your place if one becomes available.

You can apply by emailing

[\*\*CarersTeam@oxfordhealth.nhs.uk\*\*](mailto:CarersTeam@oxfordhealth.nhs.uk)

with your name, the name of the person you care for under a Bucks Mental Health Team, your telephone number and the courses you wish to attend.

Written email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.

If you have trouble connecting on the day there will be staff members available to assist with technical issues.

**Contact: 01865 901513.**

In the event that you cannot attend please call the office as soon as possible (leave a message on the answering machine) so that your place can be allocated to someone on the waiting list.