

Buckinghamshire Family and Carer Support Group



This support group is open to anyone looking after someone who is accessing our adult and older adult mental health services across Buckinghamshire.

This is a safe space for family members or carers to meet, chat, ask questions and share experiences if comfortable to do so.

Guest speakers will be invited to talk about topics you would like to hear about.

Sessions will take place online using Microsoft Teams.

If you feel apprehensive about joining a group, have a chat to us first. Contact details opposite.

Have the opportunity to connect with other family members and carers in a supportive environment

The group will meet on: 13th Jan 2021, 24th Feb, 31st Mar, 28th Apr, 26th May, 30th Jun, 28th Jul, 25th Aug, 29th Sept, 27th Oct, 24th Nov.

Time: 11am-12.30pm

If you would like to join a session or would like more information, please contact;

Di Hilson, Carer Involvement Lead at Diane.Hilson@oxfordhealth.nhs.uk or on 07775816646