

Caring and You Support Group Oxfordshire



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

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

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.

This group will meet on the third Friday of the month; 15th Jan 2021, 19th Feb, 19th Mar.

Time: 1pm – 2.30pm

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