

Assessment Team on 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.

### 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 **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.

### Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

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 بتسليق 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

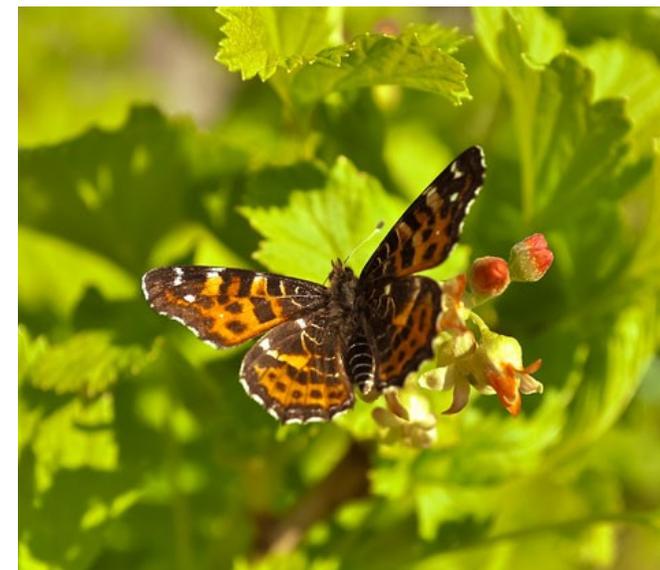
**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

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

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Littlemore Mental Health Centre  
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Littlemore  
Oxford  
OX4 4XN

Switchboard: 01865 901 000  
Email: [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

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[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)



Carer Assessment Team

## Online workshops for Carers, Family & Friends

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

**Summer Term 2021**

## Living Together Series



**Understanding Dementia**  
**Thursday 20th May 2021**  
**10.00 am to 12.00 pm**  
**Trainer: Tania Emiliou**

Dementia is an umbrella term used to describe symptoms effecting brain function due to injury or disease. This broad term means it can look very different amongst different people, which can make it stressful to understand and support loved ones. Tania Emiliou (CBT Therapist, Healthy Minds) will be running a 2 hour workshop based on the 12 week CBT for carers of dementia programme. This session will look at understanding symptoms and behaviours associated with dementia. It will also focus on how you as a carer may cope and respond to the challenges Dementia can bring.

**Understanding Obsessive Compulsive Disorder**  
**Thursday 3rd June 2021**  
**10.00 am to 12.00 pm**  
**Trainer: Robert Corteen**

Obsessive Compulsive Disorder is an insatiable monster! The more you give in the hungrier it gets. It is a disorder of false messages which compel the sufferer to perform ritualistic compulsive behaviour to allay and dissipate their crippling besieging obsessional thoughts that harm will occur to themselves or someone else. Victims will engage in bizarre and sometimes self-destructive behaviours to avert some imagined catastrophe. How can we help

the sufferer? Want to know more? Stay curious and sign up for this 2-hour virtual session on Microsoft Teams.

**Understanding Addiction**  
**Thursday 10th June 2021**  
**10.00 am to 12.00 pm**  
**Trainer: Lucy Joy, One Recovery Bucks**

This workshop will aim to give participants a basic understanding of drug and alcohol addiction. It will include information about One Recovery Bucks and what we have to offer the service user and their families/carers. We will explore from the service user perspective which will include understanding treatment options, why someone would choose to change and expectations of treatment. This session will also look at the Family Support Service at ORB, this will include understanding the family/carer perspective and have a look at the information/advice/referrals we provide for how families/carers can better cope supporting someone who has an addiction or drug and alcohol problems.

**Understanding Low Motivation and Difficult Behaviours**  
**Thursday 15th July 2021**  
**10.00 am to 12.00 pm**  
**Trainer: Robert Corteen**

Is poor motivation an inevitable consequence of mental illness? Does low motivation produce so called 'difficult behaviours' and what do we understand by that term? How do both carers and the cared for cope with the strains and difficulties that inevitably arise as a consequence of mental illness? What strategies both conscious and subconscious do we employ and how do we understand such behaviours?



### 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 12.00 pm 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.

### 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