



Wellbeing Week for our carers, family and friends **Monday 7th June to Friday 11th June 2021**

At Oxford Health we recognise and value the carers, family and friends of our patients and during this year's annual carers week we want to give something back for all the hard work you do all year round. We encourage you to take some time out for yourself and to remember that your wellbeing is just as important as the person you care for. We have a programme of FREE wellbeing related activities and carers of all ages are welcome. All activities will be held virtually (via Microsoft Teams or Zoom) and you will have to book your place.

The programme of activities is below, if you would like to book onto an activity, please email; wellbeingweek@oxfordhealth.nhs.uk with the following details;

- Full name
- Contact telephone
- Activity choices including day – we will aim to give you up to 3 choices and will put you on the reserve list for any other choices you have
- Name and service of person you are caring for (people will not gain entry to activities if this hasn't been confirmed)

We will do our best to accommodate your choices during the week but cannot guarantee that you will get a place on all of them. Please respond at your earliest opportunity as places are limited.

Please try and send your choices through by **Sunday 30th May** so that we can organise the bookings for the wellbeing week. You will receive a confirmation during week commencing 31st May. For emails received **after 30th May** we will accommodate people's choices as best we can.

If you have any questions please call Di Hilson, Carers Lead on 07775 816646 or email wellbeingweek@oxfordhealth.nhs.uk

PROGRAMME OF ACTIVITIES

Day	Time	Activity	What's it about?	Led by;
Monday	10am – 10.30am	Morning meditation	An experienced teacher will guide you through the class and may incorporate a combination of breathing, yoga and guided visualisation techniques, which can also be integrated into everyday life. The focus will be on the theme of self-care and establishing a regular self-care routine.	Lizzie The Wellbeing Girl The Wellbeing Girl Wellness Coaching Oxfordshire (thewellbeinggeneration.org.uk)
	11am – 11.45am	Light exercise	Walk to the Beat is an indoor walking class using simple low impact steps to boost cardiovascular health and increase step count in time to music. In a 45 minute class you will do one third of your daily recommended step count. As an added bonus, it tones your core, hip and leg muscles.	Ros Real Results Fitness Online Studio (realresultsbicesterfitness.co.uk)
	12pm – 1pm	Lunchtime natter	Take a little time to switch off from your caring role and have a friendly and light-hearted chat with other carers. Bring your lunch or a cuppa and enjoy a little break away.	Di and Sally Carers Team Oxford Health
	1pm – 2.15pm	Self-care coaching	The Self Care Coaching Hour gives you a dedicated hour-long session, to talk about how you can bring more self-care into your life. I'll work with you to help you bring new self-care behaviours into your life to create a sustainable self-care routine that works for YOU. We'll cover what you enjoy doing, what resonates with you, we'll talk about what self-care means for you and how you want to bring more of it into your life. Think of it as a self-care prescription written just for you	Natalie The Wellbeing Girl The Wellbeing Girl Wellness Coaching Oxfordshire (thewellbeinggeneration.org.uk)

	3pm – 4pm	Stressbusters	Being a carer is stressful. In this taster session we will explore and practice strategies that can help us to activate our body's natural relaxation responses.	Heide and Angela, tutors from the Buckinghamshire Recovery College Buckinghamshire Recovery College Oxford Health NHS Foundation Trust
	6pm – 6.30pm	Evening meditation	Much of our distress in life comes down to the fact that we spend most of our time either thinking about the past or worrying about the future. When we pay attention to where our mind wanders, we start to realise that we are very rarely existing in the present moment. The good news is that being present, being mindful in the moment, is a skill that can be learnt, and meditation is one of the tools we can use to help us develop our mindfulness muscle. Research has shown that meditation can be incredibly beneficial for both our mental and physical health; it's been found to reduce stress, anxiety and even improve symptoms of depression. With a host of benefits, it is worth investing 25-minutes a day to building a practice that will, at the very least, help us to self-regulate our emotions and improve our sense of wellbeing.	Becca Siendo Wellbeing Ltd Home - Siendo - Health & Wellbeing in Your Own Two Hands
Tuesday	10am – 11am	Yoga - for all abilities	A slow restorative session to connect you back to your body and provide you with a chance to feel grounded and relaxed, we will use the principles of self-care to set the intention of providing yourself with space to restore your energy for the day ahead.	Lizzie The Wellbeing Girl The Wellbeing Girl Wellness Coaching Oxfordshire (thewellbeinggeneration.org.uk)
	11am – 11.45am	Light exercise	Details as previous	Ros
	12.30pm – 1pm	Hand massage and mindfulness	We so readily take our hands and all the work they do for us for granted. This session is about giving	Heide Carer and Buckinghamshire Recovery College Tutor

			<p>our overworked hands a treat with a mindful hand-massage.</p> <p>I will talk you through the activity and all you need to do is bring some of your favourite hand cream and enjoy the experience.</p>	
	2pm – 3pm	Benefits of nature	<p>The course will look at how nature can benefit mental (and physical) health. Participants can explore how interacting with nature can help to increase happiness, promote calm & acceptance, increase confidence, improve sleep and general wellbeing.</p>	<p>Heide and Angela, tutors from the Buckinghamshire Recovery College Buckinghamshire Recovery College Oxford Health NHS Foundation Trust</p>
	4pm – 4.30pm	Get creative with origami	<p>Learn a simple origami fold in this session with easy-to-follow origami instructions for all ages. Origami is a great distraction and incredibly therapeutic as well as creative.</p> <p>*We will post a pack of special origami paper to the people who sign up to this session.</p>	<p>Angela Creating with Care, Oxford Health https://www.oxfordhealth.charity/news/creating-with-care-2020</p>
	4.30pm – 5.10pm	Family yoga	<p>My family yoga classes are always theme based and geared towards all ages, 0-100! Fun & eclectic, families who attend my Family Yoga always leave relaxed and smiling!</p> <p>Practicing yoga as a family can help alleviate growing pains, reduce stress, build self-trust, self-awareness, ability to focus, balancing skills, confidence, and release anxiety. Children are natural yogis, so making the classes fun with poses, sensory tools, mindful activities, breathing exercises and games, they take it all in their stride whilst relaxing and enjoying watching</p>	<p>Emma Yoga with Emma Yoga with Emma – Yoga for Adults, Kids, Teens & Families</p>

			<p>their parents / grandparents / guardians find their inner child!</p> <p>It's also magical to watch families bond and relax at the final relaxation session, where I encourage families to bring a blanket and snuggle! Please wear comfy clothes, bare feet and bring water & a blanket for the end relaxation.</p>	
Wednesday	10am – 11am	Yoga for all abilities	Details as previous	Lizzie
	11am – 12.15pm	Caring and coping	A short training session to develop insight into stress management to support yourself and give others the ability to manage stress in their lives.	Julie Rethink Mental Illness carers support service Oxford Carers Support Service (rethink.org)
	12pm – 1pm	Lunchtime natter	Details as previous	Di and Sally
	2pm – 3pm	Crafting for wellbeing	<p>Taking time out to be creative and unwind from your daily routine can help improve your wellbeing. This activity session will create a card, whether it is for someone special or just for enjoyment. No crafting experience is needed.</p> <p>*a small crafting pack will be posted to the people who sign up for this activity.</p>	Sue Carer
	4pm – 5pm	Indian cookery class – watch and learn	<p>This is a watch and learn session. The fish curry in coconut milk is from the coasts of Kerala, located in the South of India.</p> <p>This curry is usually had with a portion of rice, so I shall be cooking the rice alongside the curry. I will share tips and answer questions as we go along.</p>	Maya Maya's Lab www.mayaslab.com

			<p>It could be replaced with prawns, tofu or vegetables.</p> <p>Ingredients, recipe and equipment details will be shared during the sessions.</p>	
	6pm – 6.30pm	Evening meditation	Details as previous	Becca
Thursday	10am – 10.30am	Morning meditation	Details as previous	Lizzie
	11am – 11.45am	Light exercise	Details as previous	Ros
	12pm – 1.15pm	5 ways to wellbeing	This workshop will offer an introduction to the evidence based Five Ways we can maintain our mental health and wellbeing. As a group we will consider which areas we are already doing well in, and which areas we would like to develop further.	Steph and Tam, tutors at Oxfordshire Recovery College Oxfordshire Recovery College
	2pm – 3.30pm	Art for wellbeing	<p>This workshop is based on the 5 ways to wellbeing and how art can be used to help people engage with them. The workshop will be a mix of theory and practical work as well as demonstrations and group discussions.</p> <p>*We will post a drawing pad and pencils to the people who sign up if they need them. Coloured pencils or paints are optional, only if you have them.</p>	Tom, Artscape Oxford Health Artscape Oxford Health NHS Foundation Trust
	4.30pm – 5.10pm	Family yoga	Details as previous	Emma
	5pm – 6.15pm	Self-care coaching	Details as previous	Natalie

Friday	10am – 11.15am	Self-care coaching	Details as previous	Natalie
	11am – 11.30am	Wellness through dance	Join this fun, uplifting 30-minute seated dance class, no experience needed, suitable for all ages and abilities. This fully seated dance class will take you through a series of warm up exercises, before learning a routine.	Angela, Creating with Care Oxford Health https://www.oxfordhealth.charity/news/creating-with-care-2020
	12pm – 1pm	Lunchtime natter	Details as previous	Di and Sally
	2pm – 3pm	Growing through wellbeing	Getting our hands in the soil and growing our own food can be incredible for our physical and mental health! But, adapting how we garden and taking time to connect with plants and nature, can have an even greater positive impact. During the session, I would love to guide you through how to garden and grow your own food, especially with the aim of improving your physical and mental wellbeing.	Annabelle Life at No.27 Life at No.27 (lifeatno27.com)
	3pm – 4.15pm	Healthy sleeping	This session explores what healthy sleep is, how sleep affects our wellbeing, and how to improve our sleep. As a group we will consider what helps and hinders healthy sleep and share some tips to try out. This is an informal interactive workshop.	Stephen and Tanveer, tutors from Oxfordshire Recovery College Oxfordshire Recovery College
	6pm – 6.30pm	Evening meditation	Details as previous	Becca