



Oxfordshire Carers Open Space

This group will offer a safe and supportive space for you to come and chat with other family members, friends or carers.

Coming Soon

To register for more information contact Di Hilson, Carer Involvement Lead at Diane.Hilson@oxfordhealth.nhs.uk or call on 07775 816646.

Family and Carer Befriending Line



If you are feeling lonely, have a friendly chat with someone who can listen to you and try help you get through.

Find out about the help and support that is available to you as a carer.

Call our dedicated line for family, friends and carers anytime and one of our volunteers will call you back between 11am-12pm, Monday to Friday.

Call 01865 901012

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

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على

المعلومات بلغة أخرى أو بتسبيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

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.

Oxford Health NHS Foundation Trust
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Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

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NHS

Oxford Health
NHS Foundation Trust



Oxfordshire Older Adult Mental
Health Services

Understanding and
supporting someone
with dementia

For families, friends and carers

About the workshop

This workshop is aimed at supporting the carers of people who have recently been diagnosed with Dementia. It aims to help explain and explore the different symptoms that people with Dementia may experience and what impact these might have.

We hope to promote discussion on what supporting someone with Dementia might involve, and we will explore the services available to help both the carer and the person living with Dementia.

We hope that this will be a space where carers feel able to ask any questions they may have.

When? **Thursday 7th October**

What time? **10.00 am to 12.30 pm**

The workshop will be led by Bethany Woodward and Clare Hamblin, Mental Health Nurses

To book a place

This workshop is provided for carers of service users who are currently under the care of our Oxfordshire Mental Health Teams.

Places are limited. If we are unable to offer you a place we will add you to the waiting list and contact you nearer the time to advise if one becomes available.

You can apply by emailing Diane.Hilson@oxfordhealth.nhs.uk with your name and telephone number.

Written email confirmation will be sent to you with joining instructions.

If you need to cancel your place

In the event that you cannot attend please call or email Di Hilson as soon as possible so that your place can be allocated to someone on the waiting list.

Terms and Conditions

Due to Covid-19 government restrictions, this workshop will be held online using Microsoft Teams. It is held in the morning from 10.00 am to 12.30pm and is free of charge. There will be time allocated for breaks during the workshop.



I Care, You Care Webpages

To find out about other information, advice and support for you in your caring role please visit the Oxford Health NHS carers webpages at;

<https://www.oxfordhealth.nhs.uk/carers/>