

## 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 12.30 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 بتسوية 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 noutro idioma ou num formato diferente.

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

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**Oxford Health**  
NHS Foundation Trust



Carer Assessment Team

Online workshops for  
Carers, Family &  
Friends

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

**Autumn 2021**

## Living Together Series



### **Understanding Depression**

**Monday 4th October 2021**

**10.00 am to 12.00 pm**

**Trainer: Robert Corteen**

What does this much over-used term mean?  
What is it to be depressed and how does this illness affect the individual?

This session will explore both the physical and psychological basis of depression and indicate some of treatments for it.

### **Understanding Anxiety**

**Thursday 21st October 2021**

**10.00 am to 12.00 pm**

**Trainer: Robert Corteen**

Anxiety either as a primary or secondary mental illness or caused as a consequence of the caring role can be debilitating.

What does it mean to be anxious?

Is anxiety ever useful?

This session will explore what it means to have an Anxiety disorder and suggest possible ways of dealing with it.

### **Understanding Psychosis**

**Thursday 18th November 2021**

**10.00 am to 12.00 pm**

**Trainer: Robert Corteen**

What does the term 'Psychosis' actually mean?

This session will examine the symptoms of Psychotic illnesses including Schizophrenia and Bi-polar Affective Disorder and seek to offer some practical strategies for caring for such individuals as well as examining treatment intervention currently available.

### **Coping Strategies for the Festive Season**

**Thursday 9th December 2021**

**10.00 am to 12.00 pm**

**Trainer: Tania Emiliou**

Whilst the festive season can bring time for fun and relaxation for many, for some the excess expectations and plans can feel overwhelming. Being a carer for someone can make this even more challenging. Stress related to changes in routine (for both you and the person you look after) can make it difficult to take a break. We will be discussing this topic and considering what stress management strategies may help you to manage. We will be offering some tips and tools using evidence based strategies based on Cognitive Behavioural Therapy.

## 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 10.00am to 12.00pm 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.

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.

For further information or queries:  
Contact the Carer Assessment Team on 01865 901513.