

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

For more information contact Di Hilson, Carer Involvement Lead at <u>Diane.Hilson@oxfordhealth.nhs.uk</u> or call on 07775 816646.

## 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/

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

Arabic يُرجى الاتصال بنا إذا كنتم تر خبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف. المعلومات بلغة أخرى أو بتنسيق مختلف. আগনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali গেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন। (গতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন। اگر آپ يہ معلومات ديگر زبان يا مختلف فار ميٹ ميں چاہتے بيں تو برائے مہرباتى ہم سے رابطہ كريں۔ 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

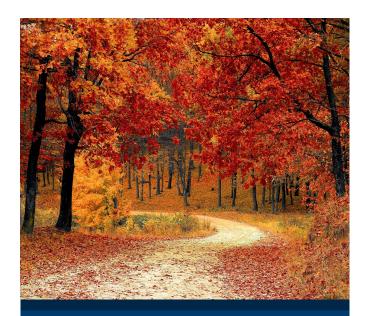
noutro idioma ou num formato diferente.

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Oxfordshire Adult and Older Adult Mental Health Services

## Online workshops for Carers, Family & Friends

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

2021

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#### Understanding and Supporting someone who self harms or has suicidal thoughts <u>Thursday 2nd September 2021</u> 10.00 am to 12.30 pm Facilitators: Karen Lascelles, Nurse Consultant and a Mental Health Carer

Self-harm does not inevitably lead to an act of suicide but people who self-harm may also struggle with suicidal thoughts. This session will seek to explain the differences and links between self-harm and thoughts of suicide and offer strategies for dealing with both.

If you are experiencing suicidal thoughts yourself we do not advise attendance at this session but urge you to seek support from your GP, mental health team or via the Mental Health Helpline 0800 783 0119.

#### Understanding & supporting someone with dementia <u>Thursday 7th October 2021</u> 10.00 am to 12.30 pm

### Facilitators: Bethany Woodward and Clare Hamblin, Mental Heath Nurses

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. Understanding and supporting someone with a drug or alcohol addiction or problem <u>Wednesday 20th October 2021</u> 10.00am to 12.30pm Facilitator: Michael Robertson, Turning Point Oxfordshire

The workshop will aim to give participants a basic understanding of drug and alcohol addiction.

We will explore from the service user perspective; understanding treatment options, why someone would choose to change and expectations of treatment. This will give carers a better understanding and insight into supporting people in their recovery.

The session will include understanding the family/carer perspective and look at how carers can better cope supporting someone who has an addiction or drug and alcohol problems.

You will hear about Turning Point and what it has to offer the service user and their families/carers.

## Terms and Conditions

Due to Covid-19 government restrictions, carers' workshops will be held online using Microsoft Teams. Sessions are held in the morning from 10.00 am to 12.30pm and are free of charge.

There will be time allocated for breaks during the workshop.

# Applications and Booking System

These workshops are 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, telephone number and the course/s you would like to attend. Written email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.

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.

