



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 Diane.Hilson@oxfordhealth.nhs.uk 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 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.

Oxford Health NHS Foundation Trust
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Website: www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership

OH 248.20

NHS

Oxford Health
NHS Foundation Trust



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

Understanding and Supporting someone who self harms or has suicidal thoughts
Thursday 2nd September 2021

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

Thursday 7th October 2021

10.00 am to 12.30 pm

Facilitators: Bethany Woodward and Clare Hamblin, Mental Health 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

Wednesday 20th October 2021

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.

