

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 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 contact us :
By phone 01865 901513 or
Email CarersTeam@oxfordhealth.nhs.uk.

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

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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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

Spring 2022

Living Together Series



Managing Stress and Coping as a Carer **Thursday 20th January 2022**

10.00 am - 12.00 pm

Trainer: Robert Corteen

Stress for both the carer and cared for person is inevitable, so how can we understand it and how do we manage it? What strategies can we employ to cope with and contain our response to stress and deal with the distress and uncertainty of mental illness? This 2-hour session will provide an opportunity to explore these questions and develop appropriate responses.

Understanding Low Motivation and Difficult Behaviours

Thursday 17th February 2022

10.00 am - 12.00 pm

Trainer: Robert Corteen

Is poor motivation an inevitable consequence of mental illness? Does low motivation produce so called 'difficult behaviours' and what do we understand by that term? How do both carers and the cared for cope with the strains and difficulties that inevitably arise as a consequence of mental illness? What strategies both

conscious and subconscious do we employ and how do we understand such behaviours?

Change and Recovery – Moving On **Thursday 10th March 2022**

10.00 am – 12.00 pm

Trainer: Robert Corteen

How do people change behaviours and what is involved in the process? How do mentally ill people recover and what does recovery actually mean in this context? This session will examine what it means to recover from mental illness from both the point of view of both the cared for person and the carer. This 2-hr session will highlight the important aspects of this subject and give participants the opportunity to ask questions of concern!

Understanding Autism

Thursday 3rd February 2022

10.00am - 12.00 pm

Trainer: Simon Tarrant, Reasonable Adjustment Service for People with Learning Disability and Autism

This specialist workshop is to inform carers, family and friends on autism through the lens of neurodiversity and reasonable adjustments for autism (combined in one session).

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 10.00 am to 12.00 pm and are free of charge.

Applications and Booking System

These workshops are provided for carers, family and friends 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. 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) or email CarersTeam@oxfordhealth.nhs.uk, so that your place can be allocated to someone on the waiting list.

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