



Oxfordshire Carers Open Space  
Take some time out for you

Come join us;

Dates: 19 Jan 2022, 16 Feb, 16 Mar,  
20 Apr, 18 May and 15 Jun

Time: 11am-12.30pm

This group is open to anyone looking after someone who is accessing our adult and older adult mental health services in Oxfordshire.

This is a safe space for family members or carers to take some time out, meet new people, enjoy friendly conversations and find support from others.

The group will take place online using Microsoft Teams.

If you would like to join this group or want some more information please contact;

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