

that your place can be allocated to someone on the waiting list.

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 phone the office on 01865 901513 and leave a message if staff are absent, or email CarersTeam@oxfordhealth.nhs.uk to opt out.

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.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق 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 براہ 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
Website: www.oxfordhealth.nhs.uk



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

Summer Term 2022

Living Together Series



Understanding Medication **Thursday 21st April 2022** **10.00 am to 12.00 pm** **Trainer: Emma Pratt**

Please join us for a special information session presented by Emma Pratt from the Pharmacy Department within the Trust to talk about the different types of medication used to treat adults diagnosed with mental illness/disorders/difficulties and how this may be used effectively as part of the recovery process to achieve good mental health and wellness.

Understanding Addiction **Wednesday 4th May 2022** **10.00 am to 12.00 pm** **Trainer: Lucy Joy, One Recovery Bucks**

This workshop will aim to give participants a basic understanding of drug and alcohol addiction. It will include information about One Recovery Bucks and what we have to offer the service user and their families/carers. We will explore from the service user perspective which will include understanding treatment options, why someone would choose to change and expectations of treatment. This session will also look at the Family Support Service at ORB, this will include understanding the family/carer

perspective and have a look at the information/advice/referrals we provide for how families/carers can effectively cope with supporting someone who has an addiction or drug and alcohol problems.

Understanding Autism **Thursday 23rd June 2022** **10.00 am to 12.00 pm** **Trainer: Simon Tarrant, Autism and Crisis Care Pathway Development Manager**

This workshop will be an opportunity to learn about reframing Autism as Neurodiversity, Autistic Cognitive Functioning, Autism and Mental Health. This is a workshop not to miss and has content that will include coping strategies for supporting someone with Autism.

Understanding Psychosis **Thursday 7th July 2022** **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.

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. 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.

For further information or queries: Contact Carer Assessment Team on 01865 901513. In the event that you cannot attend please call the office as soon as possible (leave a message on the answering machine) so