



Wellbeing Week for our carers, family and friends
Monday 6th June to Friday 10th June 2022

At Oxford Health we recognise and value the carers, family and friends of our patients and during this year’s annual carers week we want to give something back for all the hard work you do all year round. We encourage you to take some time out for yourself and to remember that your wellbeing is just as important as the person you care for. We have a programme of FREE wellbeing related activities and carers of all ages are welcome. All activities will be held virtually (via Microsoft Teams) and you will have to book your place.

If you would like to book onto an activity, please email; icareyoucare@oxfordhealth.nhs.uk or phone Di Hilson, Carers Lead on 07775816646 with the following details;

Full name/Contact telephone/your choice of activity/activities

Name and service of person you are caring for

Please respond at your earliest opportunity as places are limited.

WEEK OF ACTIVITIES

| Monday 6th June 2pm-3.30pm | Tuesday 7th June 10am-11.30am | Wednesday 8th June 11am | Thursday 9th June 10am – 10.45am | Friday 10th June 10 – 11.30am |
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| Nurturing Hope | Healthy Sleeping | Relaxation | Meditation | Art for Wellbeing |
| This session explores what hope means to us and how we can increase a sense of hope in ourselves and others. This is an informal interactive workshop and we will share tips for appreciating the positive and taking small steps forward. | This session explores what healthy sleep is, how sleep affects our wellbeing, and how to improve our sleep. As a group we will consider what helps and hinders healthy sleep and share some tips to try out. This is an informal interactive workshop | In the current climate, finding ways to manage stress and cope with life’s difficulties is more important than ever. Relaxation exercises have been consistently proven to be useful in reducing the impact of stress, boosting your energy and mood, and improving your physical and mental health. This session will discuss the importance and benefits of relaxation, explore how to integrate relaxation into our daily routine, and give you the opportunity to be guided through several different exercises. | In today’s stressful world, meditation is no more a luxury, it is a necessity. The rest in meditation is deeper than the deepest sleep. When the mind becomes free from agitation, is calm and at peace, meditation happens. The benefits of meditation are manifold. A calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable strength, relaxation and rejuvenation are all natural results of meditating regularly. | This workshop is based on the 5 ways to wellbeing and how art can be used to help people engage with them. The workshop will be a mix of theory and practical work as well as demonstrations and group discussions. |