



Oxford Health
NHS Foundation Trust



For family, friends and carers

Buckinghamshire Adult and Older Adult Mental Health Services

Visit us at: <https://www.oxfordhealth.nhs.uk/carers/>

Oxford Health NHS Foundation Trust—Caring, safe and excellent

Do you look after someone? Then who is looking after you? The Oxford Health groups and workshops are specifically for people who look after someone who is currently under the care of our Buckinghamshire mental health services.

Bucks Virtual Carers' Workshop

Free 2 hour seminars on a range of mental health topics, to help and support you in your caring role. All workshops begin at 10am - 12pm.

Understanding Medications on Thurs 21 April

Understanding Addiction on Weds 4 May

Understanding Autism on Thurs 23 June

Understanding Pyschosis on Thurs 7 July

To find out more call the Carers' Assessment team on 01865 901513 or email them at CarersTeam@oxfordhealth.nhs.uk

Bucks Virtual Family and Carers' Support Group

This is a safe space for family members or carers to meet, chat, ask questions and share experiences if they are comfortable to do so. Guest speakers will be invited to attend to talk about topics you would like to hear about.

Dates are; Wednesdays; 27th Apr, 25th May, 29th Jun, 27th Jul, 31st Aug, 28th Sept, 26th Oct and 30th Nov at 11am - 12.30pm via Microsoft Teams.

Email CarersTeam@oxfordhealth.nhs.uk or call 07775816646 and you will be sent the joining details.

Family and Carer Support Group—

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Family and Carer Support Group- Specifically for people looking after someone affected by self harm or suicidal thoughts

Come along to connect with other carers who are in similar situations. The group will provide a supportive environment to share your experiences and talk through any difficulties you may be facing.

Dates are; Thursdays, 21st Apr, 19th May, 16th Jun, 21st Jul, 18th Aug, 15 Sept, 20th Oct and 17 Nov at 6pm—7pm via Microsoft Teams

Email Diane.Hilson@oxfordhealth.nhs.uk or call 07775 816646 and you will be sent the joining details.

Can we help?

If you feel apprehensive about joining a group and this is something new to you, call us for a reassuring chat first. Call Diane on the number above.

Family and Carer Support Line



Are you looking after someone?

If you are feeling lonely, have a friendly chat with someone who can listen to you and help you get through. Find out about the help and support that is available to you as a carer.

Call our dedicated line for family, friends and carers anytime and one of our volunteers will call you back between 11am-12pm, Monday to Friday.

Call 01865 901012

Healthy Minds

Healthy Minds is a service for any person experiencing worry, anxiety, stress or low mood who is registered with an NHS Buckinghamshire GP. Find out more at <https://www.oxfordhealth.nhs.uk/healthyminds/> call 01865 901600 or text TALK and your name to 07798 667169.

Are you caring for someone with a diagnosis of dementia?

Healthy Minds offer Cognitive Behavioural Therapy (CBT) for carers of people with dementia. CBT is an approach used to help people understand how their thoughts, feelings and behaviours are linked.

This 12-week group can help carers reduce stress, find ways to cope with their caring role, and connect with others in similar situations.

To find out more about the programme, see website details above or contact Healthy Minds.

24/7 Mental Health Helpline

Helpline for people in Buckinghamshire to get the right advice they need for their mental health and emotional wellbeing. As a family member, friend or carer you can call this line if you are worried about someone.

Adults , Children & Young People: Call NHS 111

All calls are free

A Carer's Assessment

As a carer you are entitled to a carer's assessment. This is a discussion about your caring role and how it affects your life and your wellbeing. It can help you become more aware of the help and support available to you. Young carers can have an assessment too. Speak to your loved one's care coordinator or mental health team about having an assessment. You can find out more here;

[Support and benefits for carers - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Buckinghamshire Recovery College

Buckinghamshire Recovery College provide free, educational courses for the family, friends and carers of service users of Oxford Health. Courses help to build up resilience, skills and confidence. Carers can often experience a sense of isolation and lose their personal identity, becoming a student can help break this pattern. Allowing yourself some 'me time' and learning something new can be really rewarding.

Courses can include; **Stressbusters, Five Ways to Wellbeing, Artscape and Sleep and Wellbeing.**

To find out more visit [Buckinghamshire Recovery College | Oxford Health NHS Foundation Trust](#)[Buckinghamshire Recovery College](#) or call 01865 901515 / 07584150653

Carers Bucks/Young Carers Bucks

Carers Bucks is here for you. Young Carers Bucks is here for young people aged 5 to 16 years old.

Are you looking after someone who cannot manage without you?

We offer information, advice, guidance, emotional support and a listening ear.

New carers are always welcome.

Find out about our carers support groups too.

Call Carers Bucks/Young Carers Bucks on 0300 777 2722

Email; mail@carersbucks.org

Or visit <https://carersbucks.org/>

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 بتسيق 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.

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