



Oxfordshire Carers Open Space

This group offers a safe and supportive space for you to come and chat with other family members, friends or carers.

Dates are Wednesdays; 16th Nov, 21st Dec, 25th Jan 2022, 15th Feb, 15th Mar, 19th Apr, 17th May, 21st Jun

For more information contact Di Hilson, Carers Lead at Diane.Hilson@oxfordhealth.nhs.uk or call on 07775 816646.

I Care, You Care Webpages

To find out about other information, advice and support for you in your caring role please visit the Oxford Health NHS carers webpages at;

<https://www.oxfordhealth.nhs.uk/carers/>

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 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 noutra idioma ou num formato diferente.

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Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk



Oxfordshire Adult and Older
Adult Mental Health Services

Online workshops for
Carers, Family &
Friends

2.5 hour seminars held online via
Microsoft Teams, free of charge

2022

Understanding and supporting someone with bipolar

Thursday 8th December 2022

10.00am to 12.30pm

Facilitator: Dr Rebecca McKnight, Consultant Psychiatrist

The workshop will think about what is bipolar (affective) disorder, the types of symptoms and experiences that patients with bipolar disorder may have and why they might have developed the illness. We will cover different treatments that are available and what you as family, friends or carer's can do at home to support someone with bipolar. We will touch on some specific topics that commonly occur such as links between bipolar disorder and illicit substances and self-harm/suicide. There will be time given throughout the session to ask questions and discuss any topics raised.

Understanding and supporting someone with psychosis

Wednesday 18th January 2022

10.00am to 12.30pm

Facilitator: Dr Tom Barker

Psychosis is something of an umbrella term referring to a wide range of experiences and symptoms. This workshop will consider what is psychosis and will offer a clear conceptual framework to help make sense of the varied presenting symptoms and the overlap with other clinical and non-clinical groups. The workshop will also consider the causes of psychosis and treatment interventions that can help. Four broad types of help will be thought about: Self-help and help from friends, family and

communities; Practical and emotional help from professionals; Medication; and Psychological and talking therapies. There will be time given throughout the workshop to ask questions and discuss any topics raised.

Understanding and supporting someone who self harms or has suicidal thoughts

Thursday 9th March

10.00am to 12.30pm

Facilitators: Karen Lascelles, Nurse Consultant and a Mental Health Carer

Self-harm does not inevitably lead to an act of suicide but people who self-harm may also struggle with suicidal thoughts. This session will seek to explain the differences and links between self-harm and thoughts of suicide and offer strategies for dealing with both.

If you are experiencing suicidal thoughts yourself we do not advise attendance at this session but urge you to seek support from your GP, mental health team or via the Mental Health Helpline 0800 783 0119

Please note: Carers' workshops will be held online using Microsoft Teams. There will be time allocated for breaks during the workshop.

To book a place

These workshops are provided for carers of service users who are currently under the care of our Oxfordshire Mental Health Teams.

Places are free of charge and are limited. If we are unable to offer you a place we will add you to the waiting list and contact you nearer the time to advise if one becomes available.

You can apply by emailing Diane.Hilson@oxfordhealth.nhs.uk with your name, telephone number and the course/s you would like to attend. Written email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.

In the event that you cannot attend please call or email Di Hilson as soon as possible so that your place can be allocated to someone on the waiting list.

