



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; 25 Jan 2023, 15 Feb, 15 Mar, 19 Apr, 17 May and 21 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.

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital, Warneford Lane
Oxford OX3 7JX

Switchboard: 01865 901 000
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

2023

Understanding and supporting someone with bipolar

Thursday 9th February 2023

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. During the latter part of the workshop we will be joined by Bipolar UK who will share information on the support they offer to families and carers.

Understanding and supporting someone who self harms or has suicidal thoughts

Thursday 9th March 2023

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

Understanding and supporting someone with personality disorder

Wednesday 26th April 2023

10.00am to 12.30pm

Facilitators: Lauren Fuzi and Stuart Whitelaw, Therapists, Complex Needs Service

This workshop aims to provide an overview of 'personality disorders', exploring the underlying causes and the subsequent complex emotional difficulties which may contribute towards a diagnosis of a personality disorder. The latter half of the workshop will focus upon strategies and tips for friends and family members who are supporting someone who has a diagnosis of a personality disorder.

Understanding and Supporting Someone with OCD (Obsessive Compulsive Disorder)

Thursday 25th May 2023

10.00am to 12.30pm

Facilitators: Kim Fredmanstein and Bryony Insua-Summerhays, Clinical Psychologists

This workshop will think about what OCD is, how it can develop and the kind of things that keep it going. We will cover what treatment for OCD consists of, common challenges for loved ones, and what family members and friends can do to support and empower individuals with OCD. We will also have some space to think about looking

after yourself and your relationship. There will be time given throughout the session to ask questions and discuss the topics raised. There will also be signposting to relevant resources to help support people with OCD and their loved ones.

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.