



## 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](mailto: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 براہے 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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Website: [www.oxfordhealth.nhs.uk](http://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 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.

**Understand Research—what it means and how you can get involved**

**Wednesday 5th May 2023**

**10.00am to 11.30am**

**Facilitators: Sarah Mather and Francesca Waddington, Research and Development**

Research is key to providing evidence-based treatment and improving the care and outcomes for patients. A broad range of research is available for patients and carers to take part in. Those who have taken part report a positive experience of being part of a study. This session will focus on busting some of the myths around research. It will also look at how carers, friends and families can be involved. This workshop would be beneficial to anyone wanting to contribute to improving treatments and know more about how research is carried out.

**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.

**Understanding and supporting someone with anxiety**

**Wednesday 5th July 2023**

**10.00am to 12.30pm**

**Facilitators: Talking Space Plus**

Anxiety is a common mental health problem. But what is anxiety? Why does this occur? When is it 'normal' to be anxious? And when do we consider anxiety to be a mental health condition? A chance to answer these questions and develop some ways to manage anxiety.

**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](mailto: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.