



Buckinghamshire Family and Carers Support Group

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

Dates are Wednesdays; 26th Apr, 31st May, 28th Jun, 26th Jul, 30th Aug, 27th Sept, 25th Oct and 29th Nov 2023

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 براہ 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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Buckinghamshire Adult and Older
Adult Mental Health Services

Online workshops for Carers, Family & Friends

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

2023

Understanding and Supporting Someone with PTSD (Post Traumatic Stress Disorder)

Wednesday 13th September 2023

10.00am to 12.00pm

Facilitators: Stephanie Capon, Clinical Psychologist and Roisin Quinn, Trainee Clinical Psychologist

This workshop will explore the impact that trauma can have on the brain and body. This can lead to a range of consequences, which can sometimes (but not always) include Post Traumatic Stress Disorder. We will think about ways of understanding and managing the aftermath of trauma and talk through some helpful guidelines for family members or friends supporting loved ones. We will discuss the emotional impact supporting someone who has been through trauma, and how to look after yourself.

Understanding and Supporting Someone with Depression

Tuesday 10th October 2023

10.00am to 12.00pm

Facilitators: : Saima Iqbal and Sophia Kaatee, Trainee Mental Health and Wellbeing Practitioners

We all feel low from time to time. But what is Depression? How is this different from low moods? And why is depression so common in our society? We take a look at how professionals view depression and what we can do to prevent it from occurring and how to manage it when it is present.

Understanding and Supporting Someone with Anxiety

Wednesday 29th November 2023

10.00am to 12.00pm

Facilitators: Stephanie Capon, Clinical Psychologist

All of us will worry and feel anxious from time to time, however sometimes anxiety can develop into a mental health problem. This workshop aims to explore the following questions: what is anxiety? when it is “normal” to feel anxious and when does anxiety become a problem? What are the signs and symptoms? and what can you do to support someone experiencing symptoms of worry or anxiety?

Understanding and Supporting Someone who self harms and/or has suicidal thoughts

Wednesday 6th December 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

To book a place

These workshops are provided for carers of service users who are currently under the care of our Buckinghamshire Adult 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.