



**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*

The Oxford Health groups and workshops are specifically for people who care for or support someone who is currently under the care of our Oxfordshire adult and older adult mental health services.

## **Bucks Virtual Carers' Workshops for 2023**

Free 2 hour seminars on a range of mental health topics. These workshops aim to help you get a better understanding of the mental health condition your loved one has and to help support you in your caring role. All workshops begin at 10am—12/12.30pm;

**Understanding and Supporting Someone with Depression on Tuesday 10th October**

**Understanding and Supporting Someone with Anxiety on Wednesday 29th November**

**Understanding and Supporting Someone who self harms and /or has suicidal thoughts on Wednesday 6th December**

A new programme of workshops will be available in 2024.

## **Bucks Virtual and In-Person Family and Carers' Support Group**

This is a safe space for family members or carers to listen, ask and share.

Dates are; Wednesdays; 25th Jan 2023, 22nd Feb, 29th Mar, 26th Apr, 31st May, 28th Jun, 26 Jul, 30 Aug, 27 Sept, 25 Oct and 29 Nov at 11am -12.30pm (virtual groups are via Microsoft Teams.)

## **Family and Carer Support Group—**

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## **Family and Carer Virtual Support Group- specifically for people caring or supporting 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, listen, ask and talk through any difficulties you may be facing.

Dates are; Thursdays, 19th Jan 2023, 16th Feb, 16th Mar, 20th Apr, 18th May, 15th Jun, 20th Jul, 17th Aug, 21st Sept, 19th Oct and 16th Nov at 6pm—7pm via Microsoft Teams

### **Book a place/Find out more**

To find out more or to book a place on a workshop or support group please email [icareyoucare@oxfordhealth.nhs.uk](mailto:icareyoucare@oxfordhealth.nhs.uk) or call 07775 816646

### **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.

### **Check with the service**

Additionally, the service you are accessing with your relative or friend may offer a support group, forum or workshop so do get in contact with a member of the team to find out.

Alternatively contact [icareyoucare@oxfordhealth.nhs.uk](mailto:icareyoucare@oxfordhealth.nhs.uk) and we can advise on this.

## Family and Carer Support Line



Are you looking after someone?

If you are feeling in need of support, 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**

## Buckinghamshire Talking Therapies

Buckinghamshire Talking Therapies 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?**

Buckinghamshire Talking Therapies 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 Buckinghamshire Talking Therapies.

## 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) or email [icareyoucare@oxfordhealth.nhs.uk](mailto:icareyoucare@oxfordhealth.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.

### **Coming in November 2023 is Carers Matter—You and Your Wellbeing.**

This course has been developed specifically for carers, taking into consideration demands and challenges that a caring role might bring.

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](mailto:mail@carersbucks.org)

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

## Your Feedback

Your feedback is incredibly valuable to us as it enables us to continually develop and improve our services. We want to hear about your experiences of accessing our services with your relative or friend. We have several mechanisms in place to capture your feedback, you can access our family and carer survey via the link or QR code below, or you can ask for a paper survey from the service your relative or friend is accessing.

<https://www.iwantgreatcare.org/trusts/oxford-health-nhs-foundation-trust> - scroll down to carer, family or friend survey on the list.



We would like to encourage you to share your feedback, concerns or issues with us at any time and this can be done directly to any member of staff.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto: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 noutra idioma ou num formato diferente.

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