



Buckinghamshire Family and Carers' Support Group

Dates are Wednesdays; 31st Jan, 28th Feb, 27th Mar, 24th Apr, 29th May, 26th Jun, 31st Jul, 28th Aug, 25th Sep, 30th Oct and 27th Nov 2024

Buckinghamshire and Oxfordshire Family and Carers' Support Group *specifically for those supporting someone who self harms and/or has suicidal thoughts*

Dates are Thursdays; 18th Jan, 15th Feb, 21st Mar, 18th Apr, 16th May, 20th Jun, 18th Jul, 15th Aug, 19th Sep, 17th Oct and 21st Nov 2024

For more information contact icareyoucare@oxfordhealth.nhs.uk or call 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



Buckinghamshire 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

January to May 2024

Understanding and Supporting Someone with Drug and/or Alcohol Addiction

Wednesday 24th January 2024

10.00am to 12.00pm

Facilitators: One Recovery Bucks

This workshop will aim to give participants a basic understanding of drug and alcohol addiction. It will also include understanding the impact on families when a loved one uses substances, it will also look at how families assume 'roles' as a coping mechanism. We will explore healthy coping strategies and how the One Recovery Bucks service can support people who use substances and also their families.

Understanding and Supporting Someone with Psychosis

Thursday 7th March 2024

10.00am to 12.30pm

Facilitators: : Dr Owen Curwell-Parry, Consultant Psychiatrist

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 with Personality Disorder

Wednesday 24th April 2024

10.00am to 12.30pm

Facilitators: David Glover-Wright, Approved Mental Health Practitioner

The diagnosis of 'personality disorder' has powerful and of-ten negative connotations. The reality is that this is a complex subject and medical labels don't really help us with our understanding and responses. This session will focus on some of the causes of personality disorders. It will also look at the care and support needed to help create stability and positive progress.

Understanding and Supporting Someone with Autism

Tuesday 28th May 2024

10.00am to 12.30pm

Facilitators: Simon Tarrant, Autism and Crisis Care Pathway Development Manager

The webinar aims to frame autism as a naturally occurring form of neurodiversity and what these 'autistic' differences mean for the person and those who love, care and support them. The session will introduce the model developed in Oxford Health for considering and providing adjustments for autistic people and a reasonable adjustment passport now being used across Buckinghamshire Oxfordshire and Berkshire West Adult Mental Health Services.

To book a place

These workshops are only provided for carers, family or friends of service users who are currently under the care of our Buckinghamshire Adult Mental Health Services.

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 icareyoucare@oxfordhealth.nhs.uk or call 07775816646 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.