



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; 17th Jan, 21st Feb, 20th Mar, 17th Apr, 15th May, 19th Jun, 17th Jul, 21st Aug, 18th Sept, 16th Oct and 20th Nov via Microsoft Teams.

For more information email icareyoucare@oxfordhealth.nhs.uk or call Di Hilson, Carers Lead 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.

Oxford Health NHS Foundation Trust
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Oxford OX3 7JX

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

NHS

Oxford Health
NHS Foundation Trust



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

Jan—May 2024

Understanding and Supporting Someone with Personality Disorder

Weds 24th January 2024

10.00am to 12.30pm

Facilitators; Stuart Whitelaw and Catriona Colmanseed, Team 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 Autism

Thursday 29th February 2024

10.00am to 12.30pm

Facilitator: Chris 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.

Understanding and Supporting Someone with Psychosis

Thursday 18th April 2024

10.00am to 12.30pm

Facilitators: Early Intervention Service

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. 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.

Understanding and Supporting Someone with PTSD (post traumatic stress disorder)

Wednesday 8th May 2024

10.00am to 12.30pm

Facilitator: Mary-Jane Marffy and Saba Hassan, Clinical Psychologists

This workshop will explore the impact of trauma on the brain and body, and how this can lead to PTSD. We will think about ways of understanding and managing the symptoms of PTSD, the impact on families, and talk through some helpful guidelines for family members supporting loved ones.

For information:

This is a rolling programme of workshops so please do keep a look out for other mental health topics that we cover including, bipolar, anxiety, depression and more. The programme can be found on the Oxford Health carers webpages along with other support for carers.

<https://www.oxfordhealth.nhs.uk/carers/>

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 icareyoucare@oxfordhealth.nhs.uk or call Di Hilson, Carers Lead on 07775816646. 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 contact us as soon as possible so that your place can be allocated to someone on the waiting list.