NHS
Oxford Health
NHS Foundation Trust

For family, friends and carers

Oxfordshire
Adult and Older Adult
Mental Health Services

Jan - May 2024

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.

Oxfordshire Virtual Family and Carers' Workshops for 2024

Free 2 .5 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—12.30pm;

- Understanding and supporting someone with Personality Disorder on Wednesday 24th January

- Understanding and supporting someone with Autism on Thursday 29th February

- Understanding and supporting someone with Psychosis on Thursday 18th April

- Understanding and Supporting Someone with PTSD (post traumatic stress disorder) on Wednesday 8th May

Oxfordshire Carers Open Space—Virtual Family and Carers' Support Group

This provides an opportunity to take some time out from your caring role, it offers a safe space for carers and family members to ask, share and listen.

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.

Family and Carer Support Group specifically for people looking after 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 your experiences and talk through any difficulties you may be facing.

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

Book a place/Find out more
To book a place or find out more about a workshop or support groups email icareyoucare@oxfordhealth.nhs,uk or call Di Hilson, Trust Carers Lead on 07775816646

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. Contact number above.

Family and Carer Support Line

If you are feeling lonely, have a friendly chat with someone who can listen to you and try 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

Oxfordshire Talking Therapies

Oxfordshire Talking Therapies is a service for any person experiencing anxiety, stress or low mood who is registered with an NHS Oxfordshire GP. Find out more at

www.oxfordhealth.nhs.uk/talkingspaceplus or call 01865 901222

Oxford Health Mental Health Helpline

24/7 helpline for people in Oxfordshire 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. Speak to your loved one's care coordinator or mental health team about how to get an assessment, or alternatively contact icareyoucare@oxfordhealth.nhs.uk where someone will be able to help you.

Rethink Mental Illness

Rethink Mental Illness provides emotional and practical support to unpaid mental health carers.

If you are caring and supporting somebody with a mental illness, we can help and support you. We offer;

- One to One support
- Virtual monthly support groups
- Online Training

How can you access our Carer Support service?

Our referral process is very simple and takes approximately 15 mins, most referrals are completed by telephone where we will take some very basic details about you and your current situation and the person you are caring for.

Give us a call on 07918133671/07436830799/07881517288 or email oxfordshirecarers@rethink.org

Carers Oxfordshire

We provide support and information to unpaid carers. If you are 18 or older and care for someone who lives in Oxfordshire we can help.

Carers Oxfordshire is a partnership between the charities Action for Carers Oxfordshire and Rethink Mental Illness. We are commissioned by Oxfordshire Health and Social Care, and work closely with them to provide support. Our team lives in Oxfordshire and are familiar with the area you live in. Many of our staff have experience of unpaid caring, therefore we understand the highs and lows of caring. We know that caring can be stressful, while also being incredibly fulfilling and rewarding.

Website: www.carersoxfordshire.org.uk
Email: carersinfo@carersoxfordshire.org.uk
Call: 01235 424715

Oxfordshire Recovery College

Oxfordshire Recovery College delivers free courses and work-shops on mental health and wellbeing to adults across Ox-fordshire. Our courses are designed for anyone who has struggled with their mental health, as well as carers, family and friends of anyone struggling with a mental health issue. We all learn together and support each other. On all our courses at least one of our tutors has their own experience of managing mental health issues, or of caring for someone else struggling.

We offer an online course **Introduction to the Caring Role**. Carers are also welcome on all our other courses , which can include **nurturing hope, relationships and mental health, art workshop and finding your pathway through services** Give us a call us on 01865 779 613 or take a look at our course dates on our website , where you can also enrol as a student:. https://oxfordshirerecoverycollege.org.uk/

Your feedback is important to us

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. Please ask a member of the team for the service code.

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

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