



## 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; 19th Jan 2022, 16th Feb, 16th Mar, 20th Apr and 18 May**

For more information contact Di Hilson, Carer Involvement Lead at [Diane.Hilson@oxfordhealth.nhs.uk](mailto:Diane.Hilson@oxfordhealth.nhs.uk) or call on 07775 816646.

### Terms and Conditions

Due to Covid-19 government restrictions, .

## 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.

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على

المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali

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](mailto:enquiries@oxfordhealth.nhs.uk)

Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)



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

2022

## **Understanding and supporting someone who self harms or has suicidal thoughts**

**Thursday 10th March 2022**

**10.00 am to 12.30 pm**

**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

## **Understanding & supporting someone with dementia**

**Thursday 7th April 2022**

**10.00 am to 12.30 pm**

**Facilitators: Bethany Woodward and Clare Hamblin, Mental Health Nurses**

This workshop is aimed at supporting the carers of people **who have recently been diagnosed with Dementia**. It aims to help explain and explore the different symptoms that people with Dementia may experience and what impact these might have. We hope to promote discussion on what supporting someone with Dementia might involve, and we will explore the services available to help both the carer and the person living with Dementia. We hope that this will be a space where carers feel able to ask any questions they may have.

## **Understanding and supporting someone with anxiety**

**Thursday 28th April 2022**

**10.00am to 12.30pm**

**Facilitator: TalkingSpace Plus**

Anxiety is a common mental health problem. But what is anxiety? Why does this occur? When is it 'normal' to be anxious? And when do we consider anxiety to be a mental health condition? A chance to answer these questions and develop some ways to manage anxiety.

## **Understanding and supporting someone with bipolar**

**Thursday 26th May 2022**

**10.00am to 12.30pm**

**Facilitator: Rebecca McKnight, Consultant Psychiatrist**

The workshop will think about what is bipolar (affective) disorder, the types of symptoms and experiences that patients with bipolar disorder may have and why they might have developed the illness. We will cover different treatments that are available and what you as family, friends or carer's can do at home to support someone with bipolar. We will touch on some specific topics that commonly occur such as links between bipolar disorder and illicit substances and self-harm/suicide. There will be time given throughout the session to ask questions and discuss any topics raised.

**Please note:** Carers' workshops will be held online using Microsoft Teams. There will be time allocated for breaks during the workshop.

## **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 [Diane.Hilson@oxfordhealth.nhs.uk](mailto: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.

