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; 18 May, 15th Jun, 20th Jul, 17th Aug, 21st Sept, 19th Oct, 16th Nov

For more information contact Di Hilson, Carers Lead at Diane.Hilson@oxfordhealth.nhs.uk or call 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 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 name.

Portuguese Queira contactar-nos se pretender as informações noutro 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

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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

2022

Understanding and supporting someone with personality disorder
Thursday 21st September 2022
1.00pm– 3.30pm
Facilitator: Lauren Fuzi and Stuart Whitelaw, 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 PTSD (post-traumatic stress disorder)
Thursday 27th October 2022
10.00am to 12.30pm
Facilitator: Laura Wade and Jessica Hilton, Clinical Psychologists

This workshop will explore the impact of trauma on the brain and body, and how this can lead to post-traumatic stress disorder (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.

Understanding and supporting someone with bipolar
Thursday 8th December 2022
10.00am to 12.30pm
Facilitator: Dr 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.

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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 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.