



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 براہ 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 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

NHS

Oxford Health
NHS Foundation Trust



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

May to September 2024

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

Understanding and Supporting Someone with Dementia

Thursday 27th June 2024

10.00am to 12.30pm

Facilitators: Robert Standen, Dementia Nurse Specialist, Bucks Memory Assessment Service

This workshop will look at different types of dementia, symptoms and behaviour. We will look at challenging behaviours and strategies to support the person you are caring for. The session will also cover support for you as a carer and where to obtain this. This is an interactive session and there will be time available to share experiences and ask questions.

Understanding and Supporting Someone who Self Harms or has Suicidal Thoughts

Thursday 25th July 2024

10.00am to 12.30pm

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

Medication for Mental Health

Thursday 19th September 2024

10.00am to 12.30 pm

Facilitator: Louisa Rowlands, Pharmacist

This session will explore why and when medication is used in mental health, the types of medication used, the benefits, the side effects and how to manage these. There will be plenty of time for questions or discussion.

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 07824 103370 or 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.