



Caring for, and supporting someone can be a lonely and isolating place. Come along to connect with other carers who are in similar situations. The groups we offer below will provide a supportive environment to share, listen, seek guidance and advice, and talk through any difficulties you may be facing.

Buckinghamshire Family and Carers' Support Group

Dates are Wednesdays 11am –12.30 pm;
28th Jan, 25th Feb, 25th Mar, 29th Apr,
27th May, 24th Jun, 29th Jul, 26th Aug,
30th Sept, 28th Oct and 25th Nov.
This group takes place online via MS
Teams and in person.

**Buckinghamshire and Oxfordshire
Family and Carers' Support Group**
specifically for those supporting someone
who self harms and/or has suicidal
thoughts.

Dates are Thursdays 6—7 pm; 29th Jan,
26th Feb, 26th Mar, 30th Apr, 28th May,
25th Jun, 30th Jul, 27th Aug, 24th Sept,
29th Oct and 26th Nov.
This group takes place online via MS
Teams and in person.

Oxfordshire Carers Open Space Carers Support Group

Dates are Wednesdays 11am—12.30pm,
21st Jan, 18th Feb, 18th Mar, 15th Apr,
20th May, 17th Jun, 15th Jul, 19th Aug,
16th Sept, 21st Oct and 18th Nov..
This group takes place online via MS
Teams.

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

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

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.

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Website www.oxfordhealth.nhs.uk



Adult and Older Adult Mental
Health Services

Online workshops for
Carers, Family &
Friends

Mental Health related seminars
Free of charge

August to December 2026

Problem Solving for Carers
Thursday 13th August 2026 10am – 11.30pm
Facilitator: Kathleen Millar

We will look at what happens to a family's problem-solving skills when they are stressed? You will be introduced to a 6-step process to identify a problem and strategies to find a resolution

Understanding and Supporting Someone with Depression
Thursday 20th August 2026 3.30pm—5pm
Facilitator: Mariana Murray and Sally Wells

This workshop will look at Depression and how it differs from low mood. It will cover the types of treatment available, how to support a loved one who is depressed and the importance of looking after yourself when in a caring role.

Understanding and Supporting Someone with Dementia
Thursday 17th September 2026 10am—12.30pm
Facilitator: Robert Standon

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 time available to share experiences and ask questions.

Understanding and Supporting Someone with Psychosis
Thursday 15th October 2026 10am—12.30pm
Facilitator: Owen Laughton-Curwell

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. There will be time given throughout the workshop to ask questions and discuss any topics raised.

Understanding and Supporting Someone with Anxiety
Thursday 5th November 2026 2pm—3.30pm
Facilitator: Mariana Murray and Sally Wells

All of us will worry and feel anxious from time to time, however sometimes anxiety can develop into a mental health problem. This workshop aims to explore the following questions: what is anxiety? when is it "normal" to feel anxious and when does anxiety become a problem? What are the signs and symptoms? and what can you do to support someone experiencing symptoms of worry or anxiety?

Understanding Social Care Assessments
Thursday 19th November 2026 10am– 2.30pm
Facilitator: Lilly Kenyon

This workshop aims to guide you through how Social Care works in the context of the mental health system to support your family members who are experiencing mental health difficulties. It will look at Social Care assessments, reviews and safeguarding concerns under the Care Act (2014) and Section 117 aftercare (Mental Health Act 1983, revised 2007). The workshop will also cover the importance of recognising your caring role and your right to have your needs assessed under Section 10 of the Care Act (2014) - known as a Carer's Assessment.

Understanding and Supporting Someone with Autism
Wednesday 2nd December 2026 10am– 2.30pm
Facilitator: Simon Tarrant

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.

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, Oxfordshire Adult Mental Health Services.

Places are free of charge and are limited.

You can apply by emailing

icareyoucare@oxfordhealth.nhs.uk or call Sally Wells on 07824 103370 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.