



Oxford Health
NHS Foundation Trust



For family, friends and carers

**Buckinghamshire
Over 18
Mental Health Services**

July—December 2026

Visit us at: <https://www.oxfordhealth.nhs.uk/carers/>

Oxford Health NHS Foundation Trust—Caring, safe and excellent

Oxford Health NHS support groups and workshops are specifically for people who care for or support someone who is currently under the care of our Buckinghamshire adult and older adult mental health services.

Carers' Workshops for 2026

Free online seminars on a range of mental health topics. These workshops aim to help you gain a better understanding of the mental health condition your relative has and to help support you in your caring role.

Problem Solving for Carers on Thursday 13th August at 10am to 11.30am

Understanding and Supporting Someone with Depression on Thursday 20th August at 3.30pm to 5pm

Understanding and Supporting Someone with Dementia on Thursday 17th September at 10am to 12.30pm

Understanding and Supporting Someone with Psychosis on Thursday 15th October at 10am to 12.30pm

Understanding and Supporting Someone with Anxiety on Thursday 5th November at 2pm to 3.30pm

Understanding Social Care Assessments on Thursday 19th November at 10am to 12.30pm

Understanding and Supporting Someone with Autism on Wednesday 2nd December at 10am to 12.30pm

Register with us to receive further updates on workshops, groups and events as they happen throughout 2026.

Email: icareyoucare@oxfordhealth.nhs.uk

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.

Bucks 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.

Family and Carers' Support Group- specifically for people caring or supporting someone affected by self harm and/or 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.

Are you caring for someone over the age of 65 and/or with dementia? Come along and join one of our family and carers groups in person.

This group is held at Whiteleaf Centre, Aylesbury

Dates are Mondays 1pm-3pm; 6th July, 3rd Aug, 7th Sept, 5th Oct, 2nd Nov and 7th Dec.

This group is held at Saffron House, High Wycombe

Dates are Mondays 1.30pm-2.45pm: 20th Jul, 17th Aug, 21st Sept, 19th Oct, 16th Nov and 21st Dec.

Relaxation for Carers

Take a little time out of your caring role to focus on you and your wellbeing by joining our free relaxation sessions. Sessions are online and in the comfort of your own home, you will be guided through relaxation techniques to give you time to pause and relax. No experience is required. Sessions take place on the first Thursday of every month at 9.30am-10.30am on 2nd Jul, 6th Aug, 3rd Sept, 1st Oct, 5th Nov and 3rd Dec.

Book a place/Find out more

To find out more or to book a place on a workshop or support group please email icareyoucare@oxfordhealth.nhs.uk or call Sally Wells on 07824 103370

Check with the service

Additionally, the service you are accessing with your relative may offer a support group, forum or workshop so do get in contact with a member of the care team to find out. Alternatively email icareyoucare@oxfordhealth.nhs.uk and we can advise on this.

Buckinghamshire Talking Therapies

Buckinghamshire Talking Therapies is a service for any person experiencing worry, anxiety, stress or low mood who is registered with an NHS Buckinghamshire GP. In your caring role you may need some extra support. To find out more;

Call: 01865 901600

Visit: www.oxfordhealth.nhs.uk/bucks-talking-therapies/

Text: TALK and your name to 07798 667169.

24/7 Mental Health Helpline

Helpline for people in Buckinghamshire 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** and select the mental health option.
All calls are free

Family, Friends and Carers Handbook for over 18's Mental Health Services



For information, advice and guidance to support you in your caring role. The handbook can be accessed via the link or QR code below or alternatively ask the care team for a printed copy.

www.oxfordhealth.nhs.uk/carers/handbook/



Scan the QR code to access the handbook,

Buckinghamshire Recovery College

Buckinghamshire Recovery College provides free, educational courses for the family, friends and carers of service users of Oxford Health. Courses help to build up resilience, skills and confidence. Carers can often experience a sense of isolation and lose their personal identity, becoming a student can help break this pattern. Allowing yourself some 'me time' and learning something new can be really rewarding.

To find out more about the courses offered;

Call: 01865 901515

Visit: www.oxfordhealth.nhs.uk/bucksrecoverycollege/

Mobilise (new support for carers across Buckinghamshire)

Mobilise has now been commissioned to provide the full **All Age** carers service in the county from 1st July 2026 (replacing Carers Bucks).

Mobilise provides one to one support, opportunities to connect with other carers, access to practical information and guidance and is designed to reach you in a way that works for you.

There is no waiting list or obligation, just support that is there when you need it.

Get in touch

Visit: www.mobiliseonline.co.uk/buckinghamshire

Call: 0300 131 2121

Email: buckinghamshire@mobiliseonline.co.uk

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. Young Carers are entitled to have an assessment too. Speak to your relative's key worker or mental health team about how to get an assessment, or alternatively contact icareyoucare@oxfordhealth.nhs.uk

Your Feedback

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 is accessing.

<https://www.iwantgreatcare.org/trusts/oxford-health-nhs-foundation-trust> - select the service you are accessing with your relative. And click on the carers survey.



Please scan the QR code to access the carers survey

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

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 innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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