



Oxford Health
NHS Foundation Trust



For family, friends and carers

Oxfordshire Adult and Older Adult Mental Health Services

July to December 2026

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

Oxford Health NHS Foundation Trust—Caring, safe and excellent

Oxford Health support groups and workshops are specifically for people who care for or support someone who is currently under the care of our Oxfordshire , Bath & NE Somerset, Swindon and Wiltshire 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.

Carers Open Space, Family and Carers' Support Group

Dates are Wednesdays 11am –12.30 pm; Dates are 21st Jan, 18th Feb, 18th Mar, 15th Apr, 20th May, 17th Jun, 15th Jul, 21st Oct and 18th Nov..

This group takes place online via MS Teams.

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.

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 book a place or find out more about a workshop, support group, or relaxation session, email icareyoucare@oxfordhealth.nhs.uk or call Diane Hilson on 07775816646.

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.

Oxfordshire Talking Therapies

Oxfordshire Talking Therapies is a service for any person experiencing anxiety, stress or low mood who is registered with an NHS Oxfordshire GP. Find out more at

Call: 01865 901222

Visit: www.oxfordhealth.nhs.uk/talkingspaceplus

24/7 Mental Health Helpline

24/7 helpline for people in Oxfordshire 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 option for Mental Health option.

All calls are free

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 an assessment too. Speak to your relative's key worker or mental health team about how to get an assessment, or alternatively email;

icareyoucare@oxfordhealth.nhs.uk

Carers Oxfordshire

We are a free service offering information, advice, and personalised support to unpaid adult carers — those aged 18 or over who look after someone living in Oxfordshire.

If you care for an adult, a child, or both, and they rely on you to manage everyday tasks, support is available for you.

We'll work with you to understand your needs and help you make informed choices about how and when you're supported. Your health and wellbeing matter, and we're here to make caring easier.

Call: 01235 424715

Visit: www.carersoxfordshire.org.uk

Email: carersinfo@carersoxfordshire.org.uk

Be Free Young Carers (BFYC)

BFYC is an independent charity creating lasting change for children and teenagers aged 8—17 years, who care for their loved ones. The support provided by BFYC helps them to re-discover their childhood, build confidence and thrive. This offer includes; befriending, activities, counselling, emotional support, youth groups and more.

Call: 01235 838554

Email: yc@befreeyc.org.uk

Visit: www.befreeyc.org.uk

Oxfordshire Recovery College

Oxfordshire Recovery College delivers free courses and workshops on mental health and wellbeing to adults across Oxfordshire. Our courses are designed for anyone who has struggled with their mental health, as well as carers, family and friends of anyone struggling with a mental health issue. We all learn together and support each other. On all our courses at least one of our tutors has their own experience of managing mental health issues, or of caring for someone else struggling.

Give us a call on 01865 779 613 or take a look at our course dates on the Restore website.

Visit: www.restore.org.uk - select Learning to find details for the Oxfordshire Recovery College

Oxford Health NHS 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 copy.

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



Scan the QR code to access the handbook

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.

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



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 بتسبيق 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 nami.

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

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