



### **Buckinghamshire Family and Carers' Support Group**—online with in person meet ups/activities throughout the year

Dates are Wednesdays 11am –12.30 pm;  
29th Jan, 26th Feb, 26th Mar, 30th Apr,  
28th May, 25th Jun, 30th Jul, 27th Aug,  
24th Sep, 29th Oct, 26th Nov and 17th  
Dec 2025

**Buckinghamshire and Oxfordshire Family and Carers' Support Group** specifically for those supporting someone who self harms and/or has suicidal thoughts. A mix of online and in person sessions.

Dates are Thursdays 6—7 pm; 16th Jan,  
20th Feb, 20th Mar, 17th Apr, 15th May,  
19th Jun, 17th Jul, 21st Aug, 18th Sep,  
16th Oct and 20th Nov 2025

### **Oxfordshire Carers Open Space Carers Support Group**

Dates are Wednesdays; 11am –12.30 pm;  
15th Jan, 19th Feb, 19th Mar, 16th Apr,  
21st May, 18th Jun, 16th Jul, 20th Aug 17th  
Sept, 15th Oct, 19th Nov and 17th Dec  
2025

## 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 بتسيق 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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Switchboard: 01865 901 000

Email: [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)

Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)



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

July to December 2025

### **Understanding and Supporting Someone who self harms and/or has suicidal thoughts**

**Thursday 10th July 2025**

**10.00am—12.30pm**

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

### **Understanding and Supporting Someone with Autism**

**Thursday 18th September 2025**

**10.00am—12.30pm**

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 Social Care Assessment**

**Thursday 9th October 2025**

**10.00am —12.30pm**

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 Depression**

**Thursday 23rd October 2025**

**10.00am—12.30pm**

We all feel low from time to time. But what is Depression? How is this different from low moods? And why is depression so common in our society? We take a look at how professionals view depression and what we can do to prevent it from occurring and how to manage it when it is present.

### **Understanding and Supporting Someone with Anxiety**

**Thursday 20th November 2025**

**10.00am—12.30pm**

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 it is "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 and Supporting Someone with Psychosis**

**Thursday 4th December 2025**

**10.00am—12.30pm**

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.

### **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 and Oxfordshire Adult Mental Health Services.

Places are free of charge and are limited.

### **You can apply by emailing**

[icareyoucare@oxfordhealth.nhs.uk](mailto:icareyoucare@oxfordhealth.nhs.uk) or call 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.