

## Support for Carers

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*If anything on this factsheet is unclear, or you're in need of further support, please don't hesitate to contact the Oxfordshire Mind Information Line on 01865 247 788, or [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk).*

### Rethink (<https://www.rethink.org/>)

Rethink supports the carers of people struggling with their mental health, including family and friends. They have a dedicated Oxford Carers Support Service (<https://www.rethink.org/help-in-your-area/services/carer-support/oxford-carers-support-service/>):

- **Telephone:** 01865 904 499.
- **Email:** [oxfordshirecarers@rethink.org](mailto:oxfordshirecarers@rethink.org) / [info@rethink.org](mailto:info@rethink.org)
- **Address:** The Rectory Centre, 29 Rectory Road, Oxford, Oxfordshire, OX4 1BU.

Rethink's Carers' hub (<https://www.rethink.org/advice-and-information/carers-hub/>) is an excellent source of information for people looking after a loved one. It features factsheets on carer's assessments, rules surrounding confidentiality, suicide and suicidal ideation, getting help in a crisis, going into hospital, responding to unusual behaviour, supporting someone with a mental illness and support for carers.

Rethink has also produced coronavirus-specific advice, which can be found here: <https://www.rethink.org/advice-and-information/covid-19-support/>.

The support that Rethink can offer varies according to location, but generally covers:

- One-to-one emotional support at a time and place convenient to the carer.
- Monthly support groups throughout Oxfordshire (see below).
- Carers' Education and Training Programme.
- Information, advice and advocacy.
- Support with carer's assessments.
- Funding for respite and 'time out' activities.

### Rethink Carers Support Groups (for Oxfordshire)

*Oxford City Carers Support Group* (<https://www.rethink.org/help-in-your-area/support-groups/oxford-city-carers-support-group/>).

- **Telephone:** 01865 904 499 (Alice).
- **Email:** [alice.young@rethink.org](mailto:alice.young@rethink.org)
- **Address:** Wesley Memorial Church, New Inn Hall Street, Oxford, Oxon, OX1 2DH.

*Vale Relatives Support Group* (<https://www.rethink.org/help-in-your-area/support-groups/vale-relatives-support-group/>).

- **Telephone:** 01865 904 499, (M) 07918 133 671 (Rosamund).
- **Email:** [rosamund.forbes@rethink.org](mailto:rosamund.forbes@rethink.org)
- **Address:** Tonkins/Pendarris Room, Abingdon Baptist Church, Abingdon, Oxon, OX14 5AG.

*Causeway Carers Bicester Group* (<https://www.rethink.org/help-in-your-area/support-groups/causeway-carers-group/>).

- **Telephone:** 07941 507 052 – Michael.
- **Address:** The Littlebury Hotel and Restaurant, King's End, Bicester, Oxon, OX26 6DR.

*Henley Rethink Friends & Family Empowerment Group* (<https://www.rethink.org/help-in-your-area/support-groups/henley-rethink-friends-family-empowerment-group/>).

- **Telephone:** (M) 07802 709 290 (Frank).
- **Email:** [frank@timelaps.co.uk](mailto:frank@timelaps.co.uk)
- **Address:** Function Room, The Catherine Wheel Hotel, 7-15 Hart Street, Henley-on-Thames, Oxon, RG9 2AR.

*Banbury Rethink Support Group* (<https://www.rethink.org/help-in-your-area/support-groups/banbury-rethink-support-group/>).

- **Telephone:** 01865 904 831, (M) 07436 830 799 (Deborah).
- **Email:** [deborah.smart@rethink.org](mailto:deborah.smart@rethink.org)
- **Address:** Waitrose Community Space, Waitrose, Southam Road, Banbury, Oxon, OX16 2FW.

*Oxford Mental Health Campaigners for Change* (<https://www.rethink.org/help-in-your-area/support-groups/oxford-mental-health-campaigners-for-change/>).

- **Email:** [oxfordcampaigners@rethink.org](mailto:oxfordcampaigners@rethink.org)

*Finally, Rethink's national contact information:*

- **Telephone:** 0121 522 7007
- **Email:** [info@rethink.org](mailto:info@rethink.org)
- **Visit:** <https://www.rethink.org/services-groups>

### **Carers Oxfordshire (<https://www.carersoxfordshire.org.uk/>)**

Carers Oxfordshire is a free service which offers information, advice and support to adult carers of someone living in Oxfordshire, whether that someone is another adult, child, or both.

**Telephone:** 01235 424 715

**Email:** [carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk)

**Website:** <https://www.carersoxfordshire.org.uk/>

How can Carers Oxfordshire help?

- See <https://www.carersoxfordshire.org.uk/we-help-you-to/>.

For carers' peer support groups, including groups for men and trans carers, see <https://www.carersoxfordshire.org.uk/groups/>.

### **The Archway Foundation**

The Archway Foundation is a charity that helps adults experiencing loneliness and isolation. They connect people with others via a diverse group of empathetic and diverse

volunteers, many of whom have experienced loneliness themselves.

**Oxford:** 01865 790 552

**Abingdon:** 07718 769 103

**Email:** [office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk)

**Online form:** <https://archwayfoundation.org.uk/contact/>

### **NHS Support for Carers**

Whether for yourself, or the person you're caring for, here is some useful support/information from the NHS: <https://www.oxfordhealth.nhs.uk/support-advice/support-for-carers/>

#### **NHS 24/7 mental health helpline.**

- Free telephone service to support anyone with mental health and wellbeing needs. This service is for anyone who lives in Oxfordshire and Buckinghamshire, and can be accessed by dialing 111.

### **Samaritans**

The Samaritans are piloting an online chat service, which serves as an alternative to phoning. See <https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/>.

### **Age UK Support for Carers**

Their team of experts can offer advice and support to adults aged 18 and over caring for another adult in Oxfordshire. See <https://www.ageuk.org.uk/oxfordshire/our-services/action-for-carers-oxfordshire/>

### **Condition-Specific Support Groups**

For condition-specific support groups, please use the following directory via the Oxfordshire County Council website: <https://livewell.oxfordshire.gov.uk/Categories/1>.

You can also contact the Oxfordshire Mind Information Line on 01865 247 788, or [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk).

Finally, you can search the 'Family Information Directory' for parent carer groups. Go to <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page>, click 'Disabilities' and then 'Parents/Carers Support'.