

Support for Carers

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 247788, or 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 904499.

Email: oxfordshirecarers@rethink.org / 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; on rules surrounding confidentiality; on suicide and suicidal ideation; on getting help in a crisis; on going into hospital; on responding to unusual behaviour; on supporting someone with a mental illness; and on 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 904499 (Alice).

Email: 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 904499, (M) 07918 133671 (Rosamund).

Email: 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 507052 – 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 709290 (Frank).

Email: 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 904831, (M) 07436 830799 (Deborah).

Email: 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

Finally, Rethink's national contact information:

Telephone: 0121 5227007.

Email: 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 adult or child.

Telephone: 01235 424715.

Email: 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 volunteers, many of whom have experienced loneliness themselves.

Oxford: 01865 790552.

Abingdon: 07718 769103.

Email: 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 or 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 247788, or 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'.