

CARERS

Rethink Oxfordshire Carers Support Service

Coronavirus support link

For any support that yourself, your carer or your family need now regarding Coronavirus, access the link below:

Visit: <https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/>

Rethink offer support for the family and friends supporting somebody with a mental health problem. The service offers a range of support depending on a person's needs including:

- (1) One to one emotional support at a time and place convenient to the carer
- (2) Monthly support groups throughout Oxfordshire
- (3) Careers Education and Training Program
- (4) Information, Advice and Advocacy
- (5) Support with careers assessments.
- (6) Funding for respite and 'time out' activities.

For further information or to access support please contact the service. Manzil Way Resource Centre, Manzil Way Oxford OX4 1GH

Telephone: 01865 904499

Email: oxfordshirecarers@rethink.org

Visit: <https://www.rethink.org/services-groups/services/oxford-carers-support-service>

Rethink are currently having problems with their general enquiries and advice line, so ask if possible, if you can email at: info@rethink.org

RETHINK CARER SUPPORT GROUPS

During these difficult times, and while people are physically keeping apart, it is important to stay in contact and we advise that groups keep in touch by phone and email. They are currently exploring ways of supporting groups to meet virtually e.g. Through online service providers, Skype, Teleconference etc. They will issue further guidance shortly.

Banbury Rethink Support Group

The group aim to provide carers with emotional and practical support.

Contact: Deborah Smart on 01865 904831, **(Mobile)** 07436 830799. **Email:** deborah.smart@rethink.org

Henley Rethink Friends Family Empowerment Group

The group aims to provide members with a safe understanding forum in a confidential setting where help & support can be obtained together with an opportunity to make positive changes to their lives.

Contact: Frank King on 07802 709290 **Email:** frank@timelaps.co.uk

Oxford City Carers Support Group

The intended activities of the group are to provide peer support for carers, invite speakers to the group and provide information. The group provides a social outlet to break isolation of being a Carer.

Contact: Alice Young on 01865 904499

Email: alice.young@rethink.org

Vale Relatives Support Group

The aim of the group is to provide peer support and training. Carers can self-refer by contacting the Group Co-Ordinator.

Contact: Rosamund Forbes on 01865 455884, **(Mobile)** 07918 133671 **Email:**

rosamund.forbes@rethink.org

Trans Carers Group

A group that is totally inclusive for carers, family members and friends of people who identify as transgender or gender variant. The group offered peer support, networking opportunities and transgender awareness training.

Contact : **Mobile:** 07843 850 028 **Email:** transcarersgroup@rethink.org.

Oxford Mental Health Campaigners for Change

A group of people affected by mental health issues, either directly, or as family/friends, or working in the field who believe the voice of lived experience should be heard. They aim to act as a forum for the exchange of innovative ideas around areas of mental health and inclusion, to network and take positive action to change perceptions and improve people's lives. They listen to a range of speakers, discuss ideas and plan campaigns. They meet monthly. Please contact them for more information.

Email: oxfordcampaigners@rethink.org

For further information nationally about Rethink's groups and services:

Telephone: 0121 522 7007

Email info@rethink.org

Visit: <https://www.rethink.org/services-groups>

Carers Oxfordshire

Based on a partnership between Action for Carers Oxfordshire, Rethink and Oxfordshire County Council, Carers Oxfordshire is a free service which offers information, advice and support to someone aged 18 and over, who is looking after someone aged 18 and over, living in Oxfordshire, who could not manage without this help. The Carers Oxfordshire service aims to make it easier for carers, whatever their situation to access information and support.

Carer support groups- (Open to carers caring for people with any type of condition or disability, including mental health issues).

Due to the Coronavirus, all face to face groups have been suspended until further notice and a new phone service has been set up.

Telephone Service-

This will include a friendly, regular weekly call to see how people are, to chat and problem solve if people are facing practical problems.

If you think you would benefit from this service, please phone 01865 411 288 which will connect straight to an answerphone where you can leave your name and contact number.

A member of their team will then ring you back as soon as they are able during normal working hours. Please feel able to be in touch with your outreach worker or adviser or stay in touch via email.

The service offers:

A telephone and web-based information service: Providing information about benefits and entitlements, support services, carer's breaks, emergency back-up, employment, helping carers to look after themselves, training opportunities to support carers in their caring roles and much more.

Telephone: 0345 050 7666

Email: carersoxfordshire@oxfordshire.gov.uk

Sign up for e Newsletter - <http://www.carersoxfordshire.org.uk/cms/content/our-newsletter>

Abingdon Carers Support group

Telephone: Berglijot on 07468 862 175

Bicester Carers Group

Telephone: Emma Hessian on 07887 430 878

Chalgrove: Carers support group

Telephone: Audrey Mannering on 01865 890531

Didcot Carers Support

Telephone: Cath Evans on 07557 430877

Tackley Carers

Telephone: Christine Stanbridge on 07827 235456

Witney Carers Support

Telephone: Anney Harris on 07557 430874

Woodstock Carers Group

Telephone: Anney Harris 07557 430874

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.

Call, email, or complete an online contact form:

Oxford: 01865 790552

Abingdon: 07718 769103

Email: office@archwayfoundation.org.uk

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

Coronavirus update: For the time being, their supportive social groups and individual support service will still be providing emotional support. However, this will not be done face to face for now but instead, will revert to telephone, post and email support for now.

NHS support for carers link:

Whether for yourself or the person you're caring for, here is some useful support/information from the NHS.

Visit: <https://www.oxfordhealth.nhs.uk/support-advice/support-for-carers/>

NHS 24/7 mental health line

Free phone line service to support anyone with mental health and wellbeing needs. This service is for anyone who lives in Oxfordshire and Buckinghamshire and is an alternative to 111.

Adults: 01865 904 997 **Children and Teenagers:** 01865 904 998

Samaritans have a new web chat service

Face to face support to anyone in need from home. It is an alternative to phoning. However, it is still a new, pilot service that they are running therefore, it is not available to everyone now. So, if you visit the link to find out for the latest information.

Visit: <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.

Visit: <https://www.ageuk.org.uk/oxfordshire/our-services/action-for-carers-oxfordshire/>

SUPPORT GROUPS (CONDITION SPECIFIC)

During the Coronavirus lockdown, we would advise you contact these support groups to enquiry as to whether they are running any kind of revised support. This is while face to face groups cannot occur.

Abingdon: Multiple Sclerosis Group

Open days include entertainment or talks, lunch, information and therapies. Carer and cared for welcome.

Contact: John Chipperfield- **Telephone:** 01865 374877 or **Email:**

mjpchipperfield@yahoo.co.uk

Venue: Northcourt Road, Abingdon OX14 1NS

Meets: Open days - First Friday of the month (except January).

Contact: Carolyn: **Telephone:** 01295 267068. Phil: **Telephone:** 01295 250939.

Venue: Stanbridge House, Ruskin Road, Banbury OX16 9FZ

Meets: Second and fourth Friday, 10.30-12

Banbury: MS Society

A group for Multiple Sclerosis sufferers and those whose lives are affected, including carers and family members.

Contact: **Telephone:** 01295 710 680

Email: banbury@mssociety.org.uk

Banbury: Breath Easy Group

For people with lung problems and breathing difficulties. It is also for their families, carers and friends.

Contact: British Lung Foundation.

Telephone: 0300 303 0253 or **Email:**

jeni@breatheeasybanbury.info

Venue: Army Reserves Centre, 5 Squadron, Oxford Road, Banbury OX16 9AN

Meets: 1st Monday of the month, 2-4pm.

Banbury: Stroke Support Group

Not just for carers but cared for and family too.

Contact: Helen Braisby **Telephone:** 01295 267595

Email: helenbraisby@live.co.uk

Venue: General Foods Social Club, Spiceball Park Road, Banbury OX16 2PA

Meets: First and third Monday of the month, 12-2.30pm

Banbury: Dementia and Alzheimer's Support

For people who care for someone with Dementia or Alzheimer's.

Bicester: Greenfields Care and Support

For people with life limiting conditions and their carers. Christine Stanbridge of Carers

Oxfordshire will be there on the first Tuesday of each month, 10am-1pm. Come along for coffee, cake and conversation. Complementary therapies at reduced cost.

For further details, **Telephone:** 01869 233 444 or **Email:**

info@greenfields.support.co.uk

Venue: "Youth Centre", Kingsmere Community Centre, Whitelands Way, Bicester, OX26 1EG

Meets: Tuesdays, 10am-2pm (general drop-in), dates are 28th May and 25th June.

Chipping Norton Dementia Carers Support Group

For those who care for someone with Dementia.

Contact: Anney Harris **Telephone:** 07557 430 874

Venue: Bitter and Twisted, Middle Row, Chipping Norton OX7 5NH

Meets: Fourth Thursday of the month, 10:45 - 12.00 noon.

Didcot Dementia Support

All carers welcome. Please ring for dates and details.

Contact: Alzheimer's Society. **Telephone:** 01235 531989

Venue: Didcot Health Centre, Britwell Road, Didcot OX11 7JH

Meets: First Thursday of the month, 10-11.30am

Oxford: Oasis Partnership Carers' Support Group

For family and carers of those with drug or alcohol problems.

Contact: Gail Corcoran. **Telephone:** 01865 455601 or **Mobile:** 07799 413761

Venue: Rectory Centre Rectory Road, Cowley OX4 1UB

Meets: Weekly Saturday, 2-4pm

Oxford: Barton Young at Heart

Friendly club for people with memory difficulties or dementia and their carers.

Telephone: 01451 810637 or **Email:** enquiries@memoryclubs.co.uk

Venue: Meadowbrook, 59 Stowford Road, Oxford OX3 9PP

Meets: First and third Wednesday of the month, 10.30am-12.30pm

Oxford: Isis Dementia Careers Support Group

Regular speakers. Please contact Joyce before attending first session.

Telephone: 01865 872176

Venue: Shotover View Assisted Living, Crawford Road, Oxford, OX4 2RA

Meets: Oxford (Cowley) Weekly Fridays, 10:30am-12:00pm Contact: Brenda Green

Telephone: 07827 235449

Oxford Parkinson's Society Support Group

For those affected by Parkinson's and their carers. Please contact Campbell before attending first meeting. Can help with transport.

Contact: Dr Campbell Ferguson

Telephone: 01865 331704

Email: campbellferguson@btinternet.com

Venue: WI Hall North Hinksey, North Hinksey Lane OX2 0LT

Meets: First Wednesday of the month, 7-9pm

Witney: Dementia Careers Support Group

All careers welcome. Please ring for dates and details.

Contact Alzheimer's Society. **Telephone:** 01235 531989

Venue: Blue Lounge, Richmond Village, Coral Springs way, Witney, OX28 5DG

Meets: first Monday of the month 1.30-3pm

Parent Carers - Support to Disabled children and their families in Oxfordshire

In Oxfordshire there is a team of social workers and support staff working with disabled children and their families. Carers Oxfordshire work in partnership with agencies to provide services which:

- Give priority to those most in need.
- Support children to live safely in their own families and communities.
- Are responsive to their needs, culture, and disability.
- Ensure they are supported as they grow into adults.

You can find information about families with disabled children on Oxfordshire County Council's website:

Visit: <http://www.carersoxfordshire.org.uk/cms/content/parent-carers>

Address: Social and Health Care Team, PO Box 780, Oxford, OX1 9GX

Tel: 0345 050 7666

Fax: 01865 783111

Email: carersoxfordshire@oxfordshire.gov.uk.

Careers Allowance

Career's Allowance is the main benefit for carers. If you are looking after someone for 35 hours a week or more, you may be eligible.

Click here to apply online or download a claim form: <https://www.gov.uk/carers-allowance/how-to-claim>

Download the forms here and follow instructions to claim by post:
<https://www.gov.uk/government/publications/carers-allowance-claim-form>

Benefits for Better Mental Health

If you have mental health problems and support accessing benefits, then BBMH can help you. Oxfordshire Mind's Benefits Advice workers are here to help you. They can advise on any aspect of PIP/ ESA and Universal credit.

To arrange support via the phone with one of the advisors, please call 'The Information Line' on 01865 247788 (Monday to Thursday, 9.30am to 4.30pm, and 9.30am – 4pm on Friday) to make an appointment.