

TalkingSpace Plus

Abell House,
The Slade,
Horspath Driftway,
Headington,
Oxford,
OX3 7JH

Tel: 01865 901222

Email: talkingspaceplus@nhs.net

www.talkingspaceplus.org.uk

Witney Congregational Church, 4 Welch Way,
Witney, Oxon, OX28 6JF

Meeting weekly Wednesdays 10.30-12.00pm

From the 5th February for 12 weeks

Please call 01865 901 222 to self-refer for an assessment

TalkingSpace
PLUS

NHS

Oxford Health
NHS Foundation Trust

Cognitive Behavioural Therapy (CBT) for Carers

A group for carers of people with
Dementia

Witney Congregational Church
5th February – 22nd April 2020



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What is CBT for carers?

Most carers of people with dementia experience feelings of burden and stress from time to time.

CBT stands for 'Cognitive Behavioural Therapy' and is an approach used to help people understand how their thoughts, feelings and behaviour are linked. It can help reduce feelings of stress and depression

Who is the CBT for carers group for?

The group is for carers of any age who are:

- Caring for someone with a diagnosed dementia
- Feeling stressed or depressed
- Looking for ways of managing stress
- Looking for ideas to care more effectively for their relative or friend

What does the group cover?

- Stress management
- Coping with difficult thoughts and emotions
- Ideas to help you care for your relative as effectively as possible, for as long as possible
- Understanding dementia and your reaction to it
- Identifying helpful ways of interacting with your relative to reduce your feelings of stress, distress or depression
- Identifying ways of responding when your relative is distressed and coping with the behaviour you find most difficult

You will also meet other carers and be able to share ideas and experiences of caring for someone with dementia.

How long does the group run for?

The group will run for 12 weekly sessions, each lasting one and a half hours. Tea and coffee will be provided.

Where is the group being held?

The group will be held at Witney Congregational Church in Witney. We can provide information on public transport and parking.

Who runs the group?

Each group is run by experienced clinicians, who vary depending on where the group is being held.

How do I refer?

If you are interested in attending a CBT for Carers group you can self-refer by calling TalkingSpace Plus on 01865 901222, or complete an online form www.talkingspaceplus.org.uk. Alternatively, speak with your Dementia Advisor, Dementia Support Worker, or Care Co-ordinator, who can give you advice and make a referral on your behalf.

If you need more information, please get in contact and a group facilitator can answer any questions you may have. This is a free group within the NHS and you will need to be registered with an Oxfordshire GP to access the service.