

Formerly known as Healthy Minds



**Buckinghamshire  
Talking Therapies**

# **Cognitive Behavioural Therapy (CBT) for carers of people with dementia Group**

## **Let's Talk. We're here to help**

**Are you nervous, anxious, or on edge?  
Feeling low, depressed or stressed?**

**Our fast, effective, and free NHS Talking Therapies  
Service can provide support during your time of need.**



**[www.bucks-talking-therapies.nhs.uk](http://www.bucks-talking-therapies.nhs.uk)  
Scan the QR Code to book now  
or phone 01865 901 600**



**for anxiety and depression**

Service provided by Oxford Health NHS Foundation Trust

**Working together to improve wellbeing**

# What is the Group?

This group is for people caring for someone with a diagnosis of Dementia, who are looking for extra support with some of the emotional challenges linked to their role.

It is a structured programme based on Cognitive Behavioural Therapy (CBT). CBT helps you develop coping skills for dealing with different situations. It can help you change how you feel by changing the way you think and behave.

## What will be covered in the Group?

- **Information on Dementia**
- **Exploring the role of thoughts, feelings and behaviours as a carer**
- **Coping with caring and stress management**
- **Dealing with challenging behaviour and difficult feelings**

## What are the benefits of the Group?

- **A chance to meet with others in similar situations**
- **Increased understanding of both stress and Dementia**
- **Advice on supporting the person you care for**
- **New skills for managing difficult thoughts and feelings, and ways to reduce stress, low mood or worry**

# Frequently Asked Questions

## **Who facilitates the Group?**

The group is facilitated by various psychological professionals. All clinicians are trained in delivering evidence based treatments and applying these strategies to different groups of people, as well as knowledge about Dementia.

## **How long does the group last?**

It is delivered over 12 weekly sessions, each session is 1 hour and 30 minutes long with a short break.

## **Where is the group held?**

It is delivered either online or at a community venue.

## **How many people will attend?**

This can vary, but approximately 6-8 people attend.

## **Do I need to attend every session?**

Missing sessions will affect the benefit of the group to you, so we would encourage you to attend all sessions. If you miss two sessions, you may be offered a place on the next course.

## **What will I need to bring?**

All materials are provided on the course, but please do bring any glasses or hearing aids as needed.

# How can I be referred to the Group?

You can self-refer by completing an online referral at **[www.bucks-talking-therapies.nhs.uk](http://www.bucks-talking-therapies.nhs.uk)** or by calling our main admin team on **01865 901600**

Your GP, or other health professionals can also refer on your behalf (Please state that it is for this course so they are assessed by a relevant member of the team)

You will then be booked into an assessment telephone call to discuss whether the group is right for you, and any other treatments which might be helpful.



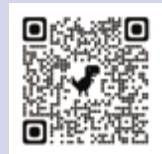
## Feedback from previous Groups:

I found it helpful, the fact that there were others in the group was helpful and hearing about their problems and their ways of coping helped. It was worth doing.

I was not sure what to expect, but it was a good course and meeting other people was good. The handbook was beneficial.

### Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Patient Advice and Liaison Service (PALS), The Whiteleaf Centre  
Bierton Road, Aylesbury, Buckinghamshire HP20 1EG

Freephone: **0800 328 7971** Email: **pals@oxfordhealth.nhs.uk**

# This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

আপনি এই তথ্য অন্য ভাষায় অনুবাদ করাতে চাইলে, অনুগ্রহ করে হেল্থ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی ہیلڈی مائنڈز ٹیم سے اس پر رابطہ کریں:  
**bucks-talking-therapies@oxfordhealth.nhs.uk**