



Oxfordshire and Buckinghamshire Mental Health 
NHS Foundation Trust



Monthly support group for those caring for someone with a Mental Illness

Jules May and Sue Puttergill, the South West Community Mental Health Team, invite you to join us at the:
Carers Bucks High Wycombe Offices, 9 Amersham Hill, High Wycombe, Bucks, HP13 6NR (entrance at rear of building)

19th January 2010 12 ~ 2pm

This is the programme for the Support Groups starting Jan 2010 :

- **19th January** - Come for a sandwich lunch and a chance to meet other carers. There will be a short talk from the new Healthy Minds service in Bucks
- **16th Feb** - The Emotional Side of Caring a talk by Jo Woolf (Please bring your lunch along)
- **16th March** - Taster relaxation therapy session (Please bring your lunch along)
- **20th April** – Help us review the group and plan for the future (Please bring your lunch along)

If you need further information and to book a place please contact Jules May on 01494 463536 julie.may@carersbucks.org