

Oxfordshire Family and Friends Empowerment Service



Information Sheet

Complex Needs Telephone:
01865 455872

Who do I contact?

If you think that you would like to access either of these services please call **01865 455872**

We will make a record of your interest and pass your details onto Sara Sanders who is the lead facilitator for the Family and Friends Service

If you support someone with complex emotional issues it can be extremely demanding and this is where the Family and Friends Service can help.

It is an opportunity to meet other people in a similar situation, learn new ways of managing and relieve the sense of isolation (and possible frustration) that you may feel



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courage does not always roar.
sometimes courage is the quiet voice
at the end of the day saying,
"i will try again tomorrow"

(mary anne radmacher)

Family and Friends Service: What is it?

Are you supporting someone who has complex emotional needs or a personality disorder? Or do you know someone who does?

If so then you may be interested in the Oxfordshire Family and Friends Empowerment Service.

It is likely that someone has complex emotional needs if they display one of the following behaviours:

- A diagnosis of personality disorder
- Self harm (cutting, burning, pulling hair etc)
- Carries out criminal activity or violence towards others
- Makes frequent attempts at suicide or has thoughts of suicide
- Misuses alcohol or illicit or prescribed drugs
- Has an eating disturbance
- Ongoing symptoms of depression and/or anxiety

Supporting someone with these issues can be extremely demanding and that is where Family and Friends can help.

What do you do?

This group enables you to have a regular opportunity to get support and explore ways of moving forward in a confidential setting

Part of the group includes a psycho-educational aspect where the group cover certain topics. For example managing self - harm, maintaining boundaries and understanding why people may develop complex emotional needs



Where is it?

The address for the Oxford group is:

Manzil Resource Centre
Manzil Way
Oxford
OX4 1XE

The address for the Banbury group is:

The Mill Arts Centre
Spiceball Park
Banbury
OX16 5QE

When is it?

There are currently two friends and family groups:

Oxford - Runs on alternate Mondays from 4.30pm to 6.30pm

Banbury – Runs on alternate Mondays from 5pm to 7pm



The Family and Friends service has proved extremely beneficial so far and over 200 people have participated since the groups initially started in early 2007