

What are the Complex Needs Services?

The Complex Needs Services provide services for people who have emotional or mental health difficulties - sometimes described as 'personality disorders' or 'complex needs'. Such difficulties are often treatable consequences of earlier experiences of poor treatment or exclusion.

Complex Needs Services help people face their difficulties and find new ways of coping. People who have already used our services are employed by us to help ensure that what we offer is relevant and accessible.

There are Complex Needs Services in Berkshire, Buckinghamshire and Oxfordshire via the respective mental health Trusts and the services work in collaboration with local partners.

This leaflet contains information about the Oxfordshire Complex Needs Service.

You can visit these websites for further details:

www.psox.org/ocns

www.personalitydisorder.org.uk

Our services are provided by the Oxford Health NHS Foundation Trust and we work in collaboration with Elmore Services, Connection Floating Support, Mind and other local partners.

"Sometimes I wonder why I come to this group, but then I realise it is helping. My life is changing for the better."

If you decide to refer yourself to us or you are referred to us, you will be invited to a group or individual meeting with one or two staff. This will give you a chance to ask any questions you have and for us to assess your needs and to decide if our services are going to be relevant to you; we may suggest other options.

Office Hours: Monday - Friday (9am - 5pm)

Telephone: 01865 455 872/455 815

Fax: 01865 455 859

Email: tvi@oxfordhealth.nhs.uk

Address: Manzil Way Oxford OX4 1XE

If you need the information in another language or format please ask us

Nese ky informacion ju nevojitet ne një gjuhë apo format tjetër, ju lutem na kontaktoni

आपनि यदि এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ନି ନମନି ବନ୍ଧୁ ଯାହାକି କିଛି ସୂଚନା ଆପଣଙ୍କ ନିଜ ଭାଷାରେ, ନା କିଛି ନିଜ ଭାଷାରେ ଯୁକ୍ତି

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ନେବ ବ୍ରତର୍ଥୁ ଯିବ ନାହାଣୀ ଦିନୀ ଜ୍ଞାନୀ ନା ନରକ ବିକ୍ରୀଣୀ ତିନି ବା ଚିରମା ଧର ବି ନର୍ତ୍ତ ପଣ୍ଡା

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے دیکھنا چاہتے ہیں تو براہ کرم ہم سے پوچھیں۔۔

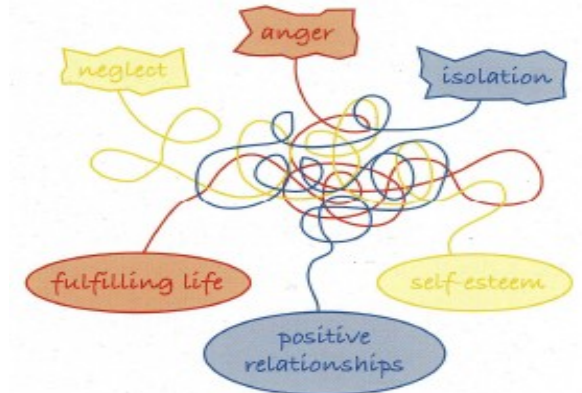
Oxford Health NHS Foundation Trust
Trust Headquarters 4000 John Smith Drive
Oxford Business Park South

Oxford
OX4 2GX

Tel: 01865 741717 Website: www.oxfordhealth.nhs.uk

Complex Needs Service / May 2011

Oxfordshire Complex Needs Service



"Once you get to know people in the therapy group, you realise you all have similar problems and you don't feel so alone!"

FROM REJECTION TO RECOVERY
'Therapeutic services for people with emotional or mental health difficulties'

Oxford Health 
NHS Foundation Trust

Oxford Health NHS Foundation Trust
Trust Headquarters 4000 John Smith Drive
Oxford Business Park South Oxford
OX4 2GX

Tel: 01865 741717 Website: www.oxfordhealth.nhs.uk

COFC 
COMMUNITY OF COMMUNITIES

What Do We Offer?

We offer pre therapy groups, therapy groups and post therapy groups for those with complex needs and support groups for friends and family members of those with complex needs.

Although you may be unsure about joining a group, the group environment enables people to explore their problems, gain support and practice new things in ways that are not possible through individual therapy.

People with longstanding and severe emotional problems come together in the groups to change how they see themselves and how they relate to others. They may have experienced abuse, neglect, trauma, deprivation or loss; often in childhood. They may find it difficult to value themselves and to form satisfying relationships.

We will help you work towards a full recovery and as our services are provided through the NHS, they are free of charge.

Therapeutic Communities

The groups run as Therapeutic Communities. They offer open communication and shared examination of problems in a safe and supportive environment to enable members to find their strengths.

The Therapeutic Community enables members to take responsibility for themselves while being aware of their interactions with others. In this supportive environment members can change and grow towards a more fulfilling future.



'Creative sessions help people to explore how they feel in a safe and supportive environment.'

What Will It Be Like?

If you decide to start any kind of therapy, you must be willing and ready to change. It is a big commitment.

All group members agree to complete confidentiality; nothing that is said in a group can be repeated outside. In some circumstances staff may have a duty to disclose information and/or to liaise with other team members, GP's and/or other professionals.

You will need to make any arrangements to enable you to attend appointments such as organising childcare etc and you can talk to us about what help may be available.

More About Our Services

We offer a variety of group therapy services at locations throughout Oxfordshire including:

🌟 Pre Therapy - Options Groups

Following assessment, everyone starts an Options Group which allows you to explore what you may want to change about yourself. If you decide to go on in to therapy, the group will help you to prepare for this. Groups meet once a week for about two hours in Banbury, Oxford, Wallingford and Witney.

🌟 Part-Time Therapy - Spoke Groups

These are 18 month programmes which run in Banbury, Wallingford and Witney and consist of two group sessions a week lasting roughly 1 1/4 hours and 3 to 5 hours.

🌟 Oxford Therapeutic Community

A 3 weekday group programme with individual activity/employment on the other two weekdays.

🌟 After Therapy - Moving On Group

This fortnightly group an eight week programme supporting transition to life beyond therapy.

🌟 Carers Support - Family and Friends Group

We currently run fortnightly groups in Oxford and in Banbury.

For more details about these services and our service in general please go to

www.psox.org/ocns

or you can call the main office in Oxford on

01865 455 872/455 815

''I left my first group session feeling as if a great weight had been lifted from my shoulders''