**August 2022 Newsletter**

Welcome to our monthly newsletter, we have some updates about what has been happening at tide, information about some upcoming events as well as some other opportunities!

Carer Development Programme Events

Living Grief and Bereavement, 3rd Sept 10.30AM-12PM Living Grief and Bereavement, 18th Oct 7PM-8.30PM (https://www.tide.uk.net/living-grief-and-bereavement-copy2/)

What we are going to talk about:

\* Trigger points and different circumstances where you may feel feelings of grief and bereavement

\* Unspoken thoughts and feelings

\* Advice from other carers who have experienced this

\* Hints and tips in supporting you with these feelings

Book Living Grief 3rd Sept (https://us06web.zoom.us/meeting/register/tZEvc-uorDIpGtxM-cfngTwnFIKJNHbDHnj-)

Book Living Grief 18th Oct (https://us06web.zoom.us/meeting/register/tZErdeGtqjotHtILysXLMSH\_ln2pKqnMdb78)

You Can't Pour from an Empty Cup, 28th Sept 10AM-11.30AM (https://www.tide.uk.net/you-cant-pour-from-an-empty-cup12/)

What we are going to talk about:

\* How to prioritise your mental health and emotional well-being

\* Tips for taking a day or a moment for yourself

\* Understanding trigger points and how to cope with difficult emotions

Book Empty Cup (https://us06web.zoom.us/meeting/register/tZcudeGvrDstGNzWwuvEUaJoag1OU8SLCVfd)

We have some exciting changes in store for our Carer Development Programme. We will shortly be running extra modules including Speaking to Influence and Setting Up a Group. We hope these modules will help you feel confident in joining our campaigning work and making the changes you want to see for unpaid carers. Please stay tuned for further details!

\*\* Training for Carers with Age Scotland

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Tide will be hosting training event delivered by Age Scotland on the 6th of September. The training will be around Power of Attorney. As a carer, you may need to be responsible for making decisions for the person you care for. It's important to learn what you can about Power of Attorney.

To register for this event please use the link below:

https://www.tide.uk.net/training-with-age-scotland-power-of-attorney/

This will be followed by a further training session about Welfare Benefits on 27th September. As a carer, you may be entitled to certain benefits and deserve to feel informed about what you can claim.

You can register for this training using the link below:

https://www.tide.uk.net/training-with-age-scotland-welfare-benefits/

tide Training for Dementia Professionals

Life Story Work

A person’s story is at the heart of who they are and how they have arrived at the here and now. Life Story Work is embedded in Human Rights and is the basis for moving into a relationship-based and person-centred care culture.

Many of those working in the care sector are still feeling the impact of the COVID-19 pandemic. New research has found that there was an increase in anti-psychotics of more than 50% in care homes. Clinical evidence has shown that this can be very harmful to a person living with dementia and cause serious medical issues. Methods taught in our Life Story Work training can help you move away from medication to ease symptoms in people living with dementia and reduce the use of antipsychotics in your service

Wed, 7 September, 09:30 – 16:30

£140 + VAT

Book Life Story Work Training (https://www.eventbrite.co.uk/e/life-story-work-training-to-support-people-living-with-dementia-cpd-tickets-379659891957)

Ray Fallan, tide Development Officer and former tide member, features in Chat Magazine (https://www.tide.uk.net/tide-development-officer-ray-shares-her-caring-story-with-chat-magazine/) and The Glasgow Times. (https://www.tide.uk.net/tide-features-in-glasgow-times-article/) She speaks about caring for her husband and the relief she felt to find tide and become a part of our network. We are glad to see that carers of people with dementia are being given a platform to speak about their experiences.

\*\* Keeping carers connected

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Our Chat and Change groups give you a chance to connect with other carers. The chat and change groups are held weekly are informal and everyone is welcome. To see the dates click on the website link (https://www.tide.uk.net/events/) and hit the connecting carers button. You will receive a booking confirmation in your emails (make sure to check your junk folder!)

Our Inform and Influence will continue to be held monthly. These group meet-ups are for specific groups of carers to meet up virtually and discuss topics related to their experiences as carers. Click on the website link (https://www.tide.uk.net/events/) and hit the Inform and Influence group button

Events (https://www.tide.uk.net/events/)

Please note: We are currently working on offering groups that are run through a peer-to-peer support model. tide want to reach out to many more carers and this will enable us to do that. We know there are both carers and former carers who are willing to facilitate groups and tide are looking to invest in their development. This move will also support tide in returning back to our pre-Covid mission of influencing dementia policy and services in relation to carers of people with dementia. We will update our website to reflect any upcoming changes.

If you would like to volunteer to run our peer support groups please get in touch at Sarah@tidecarers.org.uk (mailto:Sarah@tidecarers.org.uk)

We have a private Facebook group where you can chat with other carers.