**Tide September 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!

Setting Up A Peer Support Group

Join us for our events on Setting Up A Peer Support Group!

WHEN?

Tues 4th October 10AM-12PM (https://www.tide.uk.net/setting-up-a-peer-support-group/)

Tues 25th Oct 7PM-9PM (https://www.tide.uk.net/setting-up-a-peer-support-group1/)

There is one word we hear frequently when we ask what members of our network are looking for; Recognition.

Sharing your thoughts, feelings and experiences with other people who are going through something similar can be powerful and can motivate you to use your skills or experiences to be creative and make a difference in your local community.

The idea of creating your own support group can be daunting, especially if you already have a full-time job, family and caring responsibilities. However, it can provide a release and a purpose which can improve your sense of well-being and help others.

These sessions gives examples from carers who have done it themselves and includes how to get started, format, structure, benefits, challenges and top tips.

Book 4th Oct (https://us06web.zoom.us/meeting/register/tZwpcu2vqT8qHNYHKUhDgblia\_TIlAZekKa4)

Book 25th Oct (https://www.tide.uk.net/setting-up-a-peer-support-group1/)

\*\* Training for Carers with Age Scotland

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Tide will be hosting a training event delivered by Age Scotland 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.

WHEN? Tues 11th October 10.30AM-12PM

To register for this event please use the link below:

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

A new survey which polled 4,027 across England has found that one in four people are supporting someone living with Alzheimer’s disease or another form of dementia by; providing company or someone to talk to (54%), helping with shopping and meal preparation (33%), house cleaning/maintenance (29%) and contacting healthcare professionals (27%).^1 These were the results of the ‘Keeping Alzheimer’s Front of Mind’ survey which was funded by Roche Products Ltd in partnership with the charity, together in dementia everyday (tide).

Read the Press Release (https://www.tide.uk.net/one-in-four-across-england-provide-support-for-someone-with-dementia/)

\*\* Why Self-Efficacy is Important in Carers?

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We conducted a project looking into Self Efficacy amongst carers of people with dementia alongside Carers of West Lothian and West Lothian College. This report shares the findings of a project to assess changes in feelings of self efficacy or self belief in carers of people living with dementia.

This project was prompted from the findings of an evaluation review completed by the University of West of Scotland and tide (together in dementia everyday) that highlighted the importance of context and relevance.

Please download a copy of the report here. (https://www.tide.uk.net/seecmsfile/?id=112)

Key messages:

\* self-efficacy is people's beliefs in their capabilities to exercise control over their own functioning and over events that affect their lives.

\* measuring changes in self-efficacy helps to identify the factors influencing our motivation, well-being and personal accomplishment.

\* using a general scale to measure self-efficacy creates ambiguity about what is being measured and the benefits of interventions.

\* studies should use both quantative and qualitative methods for measuring changes in self-efficacy, and should recognise the lack of predictability associated with a carers journey.

\* High levels of self-efficacy is linked to positive outcomes, including resilience, good health and improved performance.

\*\* What's In A Name? Taking a look at the language around 'dementia'

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The language we use is vital for shaping the way we think and feel about things. This blog is taken from an essay by tide Head of Delivery, Sarah Merriman, who is studying Dementia Studies at Hull University. She talks about how using more positive and inclusive language around dementia has the power to change the way we think about the disease which could lead to better approaches to support and treatment of those affected by dementia.