**Tide Monthly Newsletter**

The voice, friend and future of everyone affected by dementia

Welcome to our monthly newsletter! Here you will find some important news & updates about what has been happening at tide as well as information about upcoming events & opportunities for unpaid carers and dementia professionals.

Join our carer peer-support groups! These groups are friendly, informal and a safe space for you to discuss your concerns as a carer with other like-minded people who understand what you are going through.

Carers Coffee Morning (https://www.tide.uk.net/chat-and-change-group/) - Join our friendly fortnightly coffee morning on Wednesdays at 10.30am - 11.30am

Living Grief and Bereavement Group (https://www.tide.uk.net/living-grief-and-bereavement-group1/) - Caring for someone can be a challenging journey. We understand feelings of grief and bereavement can occur whilst the person you care for is still living. Join our monthly group on Mondays to unpack this complex emotion.

Young Onset Carers Group (https://www.tide.uk.net/young-onset-carers-inform-and-influence/) - Connect with other carers who understand the unique challenges in caring for someone with young onset dementia.

Rare Dementia Carers Group (https://www.tide.uk.net/rare-dementia-carers-inform-and-influence/) - It can be tricky to find information and advice as a carer for someone with a rare form of dementia as so much is unique to this diagnosis. Join our group for rare dementia carers who understand this feeling.

Former Carers Group (https://www.tide.uk.net/former-carers-inform-and-influence/) - Caring is complex journey. Even after the person has passed away you may be left with many unresolved feelings, concerns or trauma. You deserve the support you need to to process your caring experience.

Male Carers Group (https://www.tide.uk.net/male-carers-inform-and-influence/) - 46% of carers are men, despite this carers' support groups are often predominantly women. We wanted all our members to feel they had the safe space to talk about their experiences and concerns.

New Sessions for our Carer Development Programme

Our Carer Development Programme is designed to help you...

These events have been developed to make sure that you are as effective as you can be in expressing your views and experience. This might help you in your communication with health and social care professionals or to support you in speaking out as a carer representative in more formal settings. We want you to feel informed and advised on how to receive the level of support you are entitled to.

It is your voice as a carer that is vital in the process of calling for change to dementia support services. tide is here to help you speak out on important carer issues and access the support you need and deserve!

Join us for...

Getting Your Point Across on 15th March (https://www.tide.uk.net/getting-your-point-across-ask-negotiate-advocate12/) and 23rd May (https://www.tide.uk.net/getting-your-point-across-ask-negotiate-advocate13/)

\* Understanding your rights as a carer

\* Decoding body language and common barriers

\* How to complain and where

\* Hints and tips from our advocacy tool box

Understanding Living Grief and Bereavement on 28th March (https://www.tide.uk.net/understanding-living-grief-and-bereavement/)

\* Understanding anticipatory feelings of grief

\* The importance of validating unspoken thoughts and feelings

\* Advice from other carers who have experienced this

\* Hints and tips in supporting you with these feelings

Why You Can't Pour from an Empty Cup on 19th April (https://www.tide.uk.net/why-you-cant-pour-from-an-empty-cup/)

\* Understanding self-care and self-compassion

\* A carer's case study - taking the first steps in doing something for you

\* Tips and advice on how to "fill your cup"

Influencing and Making A Difference - Here's How! on 26th April (https://www.tide.uk.net/influencing-and-making-a-difference-heres-how1/)

\* The health and social care system and how to find your way through it.

\* Understanding Carers Rights to be involved and which legislation and policy is relevant

\* What is “engagement” and “consultation”

\* Exploring issues you may want to challenge, change or hope to influence on

\* The routes and platforms you or your group can use to get your voices heard

Sharing Your Lived Experience on 2nd May (https://www.tide.uk.net/sharing-your-lived-experience/)

\* Discuss fears about presenting and identify strategies to manage them and challenging emotions

\* Give you tools for preparing, structuring & delivering a presentation

\* Discuss visual aids and other techniques which can grab and maintain your audience’sattention

\* Tips on managing questions in yourpresentation

\* An opportunity to deliver shortpresentations and receive peer feedback to develop & improve your performance

For more information on each session please follow the links provided above. Alternatively, you can find any CDP session on our events page (https://www.tide.uk.net/events/) and clicking the Carer Development Programme button!

\*\* Join our FREE taster webinar for tide Training for Dementia Professionals

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Free taster webinar of tide Training for Dementia Professionals to give you the chance to experience our UK wide dementia training modules Knowing Me Pro, Distressed Behaviour, and Life Story Work. These topics are essential professional training covering dementia specific information and advice on how to deliver high-quality, person-centred care.

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At tide, we involve family caregivers in everything we do. That's why we call our training "carer co-produced". Carers understand what people affected by dementia really need. Over the years, we have learned from the perspective of those who care for their loved ones every day, and our Professional Training includes these essential perspectives alongside the national training framework.

Each module is the chance to deeply understand their experiences and how our training modules have been developed with real carers in mind. tide Training is accredited by Skills for Care and will help you towards your Continued Professional Development.

What attendees have to say...

"Without a doubt the best training for dementia professionals I have ever attended!"

" Brings things to life - important to really think about the people we are working alongside. Important to be reminded of how carers can feel dismissed and unheard by statutory services at such a vulnerable time in their lives. Lovely to see the videos and hear such personal, unique stories."

"The training was informative and effective to improve understanding distressed behaviour as daily basis on my role. We had the opportunity to discuss specific cases and actively interacted with each other."

"Direct personal experience is always compelling to hear about."

Book Taster Webinar (https://www.eventbrite.co.uk/e/tide-dementia-training-taster-webinar-tickets-533722106187)

We have some exciting news! We are organising a Carers Strike Action event for Dementia Action Week 2023.

Come and join tide in protesting about the lack of support for unpaid dementia carers. You all know that tide was created to support unpaid carers to speak out about the reality of caring for someone who has dementia. We are asking all our members to join us in an act of public solidarity to highlight the strain that too many carers are under.

We will be holding a protest event during Dementia Action Week on the 16th May 2023.

The main areas we want to highlight are:

\* Unpaid carers too often carry the entire weight of caring

\* Unpaid carers make largely invisible and poorly understood contributions to the whole of society

\* Unpaid carers are often in a state of mental, emotional and physical challenge

We are planning to have groups of carers protesting across all four nations with small delegations protesting outside government buildings. We know that many people won't be able to attend because of their caring role and will be backing the event up with media coverage and a social media campaign. So there will be plenty of ways to get involved!

If you would like to be part of helping the UK to wake up to the reality of being an unpaid carer, please contact samantha@tidecarers.org.uk (mailto:samantha@tidecarers.org.uk?subject=Carers%20Strike%20Action)

We would love for more people to know about tide! You can help unpaid carers and dementia professionals find out about us and the important work that we do by sharing this newsletter via email or on social networks! Thank you

tide is funded by trusts, donations, community fundraising and legacies.

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