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| Happy New Year and welcome to our first newsletter of 2022!In this newsletter, we have some updates about what will be happening at tide and some upcoming events.  |

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| New events are up on the website for Intro to tide, You Can't Pour from an Empty Cup, Living Grief and Bereavement and Getting Your Point Across.  Go to our events page and click on 'Carer Development Programme'.  |

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| [**Events Page**](http://www.tide.uk.net/events) |

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| tide has recently secured a grant from the Rural Communities Ideas into Action fund managed by Inspiring Scotland to do a study into the lives of rural carers of people living with Dementia in Scotland. This is an under-researched area and our study will help give rural carers the evidence they need to influence policy makers to improve services in their area. The project will run till 31st March 2022. **Call out to Carers**Like all of tide’s work, this study is being co-produced with our carers. If you are a Scottish Rural Carer or Former Carer and would like to join our Steering Group, please register at the link below. The Steering Group will meet every Tuesday at 3pm for the next few weeks. **If you have any questions please contact Stephen@tidecarers.org.uk** |

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| [**Book**](https://us06web.zoom.us/meeting/register/tZUvfu-qrT4tEtK9kS46sexRsF5W5yZoGzlG) |

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| **Watch our new animation** **'**[How Do We Assign Monetary Value to Feelings?](https://www.tide.uk.net/how-do-we-assign-monetary-value-to-feeling/)**'**As a small charity, it can be hard to sum up what "success" is. This animation highlights the pressures many charities feel to measure success in numbers which has the potential to detract from important ambitions and aims. We want to look at ways that we can redefine success and a more inspiring way to measure it - that goes beyond surveys and numbers! |

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| [**Watch**](https://www.tide.uk.net/how-do-we-assign-monetary-value-to-feeling/) |

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| **Thank you to everyone who got involved with YuleTIDE!** |

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| We've had such a fantastic response to our YuleTIDE memories page. Thank you to everyone who donated. We have loved seeing your photos and reading your kind words. The page will close on January 31st. If you haven't seen it already and would like to, head on over to the YuleTIDE page. |

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| [**YuleTIDE Page**](https://www.tide.uk.net/your-stories/yuletide-memories-2021/) |

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| **Tell Us Your Story!**It is our mission to ensure that the needs of carers are recognised and valued. We believe in the power of sharing your story, so everyone can understand what it takes to care for a loved one.  *How to tell your story?*You can share via a written piece, a poem, a story or simply film yourself on a phone. Send yours to Rebecca.We can also set up a recording session via Zoom. To know more contact Rebecca@tidecarers.org.uk  |

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| [**Read Carer's Stories**](https://www.tide.uk.net/your-stories/) |

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| **A word from our friends at Marie Curie...**For people who care for and about people living with dementiaacross Wales  When visiting local businesses, we understand you and the person you care for want to feel welcomed, understood and supported.**Find out how the Dementia Friendly Communities Project can help** Marie Curie is working with businesses and organisations in Cardiff and the Vale of Glamorgan so that they can become more aware and supportive of the needs of local people, and the needs of the people they care for. This will mean that people can feel confident to continue to visit local businesses, and businesses will feel confident that they are supporting them to remain part of their local community. **How you can become involved** We’re interested in understanding the perspectives, priorities and experiences of carers of people living with dementia across Wales to help inform this work. If you’re interested in sharing your thoughts to the following questions, please let [Bethan Morris](http://Bethan@tidecarers.org.uk/) know, and we will arrange a group discussion online at a time to suit you. *What do you think will make your local community more welcoming and accessible? What are the types of businesses you visit that you’d like to become more aware and supportive of your needs – and/or who you think are doing a good job already?*  If you’d like to know more about the work of the project in the meantime, please email ingrid.patterson@mariecurie.org.uk. Thank you. |

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