

Update from



tide

In Scotland

**Welcome from the
tide team in Scotland!**



For those of you who may be reading this and are unfamiliar with who we are, tide (Together in Dementia Everyday) are a UK wide involvement network for carers and former carers of people with Dementia. We are funded in Scotland by Life Changes Trust and wanted to take this opportunity to update you all on what's been happening recently for tide in Scotland.

+ What's New?

April has been a very busy month for us in Scotland; we have released our manifesto for the upcoming Scottish Parliament election and are working on our new project commissioned by the Scottish government.

Virtual Coffee Morning Catch Up's and Get Togethers

One of our key aims as an organisation is to connect carers with each other and enable people to share experiences as carers of those with dementia. There are a range of ways to connect available to our members and our virtual Coffee Mornings and Get Togethers are just a couple of options on offer to all members.

Scotland Coffee Mornings Tuesday at 10.30am

Join us on Tuesday mornings for a relaxed chat with our team in Scotland and other member of tide. Our Coffee Mornings are friendly, informal and attended by current carers, carers of those who are in residential care and former carers so are open to all.

We use zoom for this and can help you get set up and started if this is new to you.



National Coffee Mornings Wednesday at 10.30am

In addition each week we hold a National Coffee Morning with members from each of the four nations. Come along for a chat with carers from across the UK.



If you would like to come along to either of these events please visit our [event page](#) or send an e-mail to carersconnect@tide.uk.net

Monthly Focus Groups

Do you care for someone? Do you often feel isolated, unheard or alone in this experience? Are you looking for support, information or advice from other unpaid carers?

At tide, we believe that lived experience of unpaid carers is the most important thing in shaping what is offered to those who care for someone. We have several focus groups for you to meet and connect with other carers who share similar experiences. These groups are facilitated by our Carer Involvement Leads and offer a safe space for you to have your voice heard or simply listen.

Young Onset Dementia Carers

**1st Tuesday
7PM-8PM**

Former Carers

**Last Wednesday
4PM-5PM**

Carers of people in Residential Care

**2nd Tuesday
1.30PM-2.30PM**

Home Carers

**2nd Wednesday
7 PM-8PM**

Rare Dementia Carers
Group

3rd Wednesday
2.30pm-4pm

Male Carers
Group

Fortnightly Thurs
2.30PM-3.30PM

The Practical Carers Group

1st Wednesday
3 PM-4PM

Run in collaboration with
Pooja from Cogni-Health.

The session will focus on
Dementia Care and Personal
Hygiene. Please register your
place at this session [here](#).

After registering, you will
receive a confirmation email
containing information
about joining the meeting.

**Living Grief and
Bereavement Group**
Monday 24th May
1-3pm

The purpose of the group is
to offer connection for
carers and a safe space to
talk about your experiences
of living grief and
bereavement. Please register
your place at this session
[here](#)

After registering, you will
receive a confirmation email
containing information
about joining the meeting.

To book onto any of these events go to www.tide.uk.net/events
and click on 'Monthly Focus Groups'

To find out more about joining in in any of these events
please contact carersconnect@tide.uk.net



Online Learning

Introduction to tide

- Meet other members
- Learn about what we do at tide
- How you can be more involved with us
- See what we can do to support you

You Can't Pour from an Empty Cup

- Self Care and Self Compassion
- Taking the first steps to doing something for you
- Some practical hints, tips and suggestions to help you "Fill your Cup"

Getting Your Point Across

- Phone Call or Meeting Toolbox
- Tips for Negotiating Effectively
- Safe, Constructive ways to Question
- Your Right to be Involved, Participate and Feedback
- Complaining Effectively

Living Grief and Bereavement

- Trigger points 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



If you would like to attend any of these sessions please register through our events section on our [events page](#) or email Eleanor at eleanor@tide.uk.net if you have any questions or queries about the sessions



Intro to tide Pro

Are you an organisation or project who works with or supports carers or former carers of people with dementia? Would you like to find out more about tide and what we can offer to the carers you support as well as compliment the work you are already doing?



If so please get in touch about our Introduction to tide Pro sessions. These are delivered at the moment online via zoom and can be adapted and delivered to suit a variety of days, times and settings.



They are ideal for any staff and team meetings or development days you have coming up where you would like us to virtually come and speak to several staff members at the one time or they can be done on a one to one basis if you prefer.



If you are interested in finding out more or discussing a bespoke plan for your session please get in touch with Amanda McCarren, our Head of tide Development and National Lead for Scotland on Amanda@tide.uk.net

tide's 2021 Manifesto: Make Carers Count

Make carers count is the overwhelming ask from the members of tide. Unpaid carers of people living with dementia require urgent action to address the many challenges they face. Unpaid carers – usually family or friends of the person with dementia – are the largest “workforce” in dementia care, saving the UK economy at least £13.9 billion a year. Without the dedication, commitment and significant sacrifice of these carers the whole care economy would simply collapse.

The pandemic has seen a rise in almost 400,000 new carers in Scotland, taking the total number to just over 1 million. Their contribution running into the millions every month that lock down restrictions continued and they remained invisible with little or no support.

It is vital that their contribution is recognised and respected and they are treated as equal partners in care alongside professionals by the next Scottish Government

Tide are calling on all candidates to take this opportunity to answer their ask – make carers count!

**Read the full manifesto [here](#).
If you agree with our 3 priorities outlined in the manifesto then please consider supporting it. To find out more on exactly how you can support it go to our website [here](#).**

Together we can Make Carers Count.



**Dan, who cares for his wife who has PCA (a rare form of dementia) talks to us about why our 3 priorities are important to him.
Watch the video [here](#).**

Our friends at Age Scotland, Dementia training team are running the following training sessions which may be of interest to you

Dementia Carers' Rights

This includes four courses related to Dementia Carers' Rights and will be offering them all over the next quarter. They are all designed for the unpaid carers of people living with dementia.

Dementia Carers' Rights: Adult Carer Support Plan

An interactive online session for the unpaid carers of people living with dementia to introduce the Carers (Scotland) Act and what this means for carers, with a particular focus on the Adult Carer Support Plan. Learn more about what your rights are as a carer and how to access these.

Friday 30th April 10 - 11:30: [BOOK NOW](#)

Thursday 20th May 2 - 3:30: [BOOK NOW](#)

Dementia Carers' Rights: Hospital Admissions and Discharge

An interactive workshop for unpaid carers of people with dementia. The workshop will look at carers' rights as detailed in the Carers (Scotland) Act in relation to hospital discharge, and other considerations for carers during a hospital admission and stay.

Friday 25th June 10 - 11:30: [BOOK NOW](#)

Dementia Carers' Rights: Your rights and Self-Directed Support

Self-directed support aims to give people more choice and flexibility in how care and support is arranged. This workshop will provide an introduction to self-directed support, enabling participants to learn more about what this is, what this can mean for carers and how to access it.

Thursday 22nd April 10 - 11:30: [BOOK NOW](#)

Thursday 3rd June 2 - 3:30: [BOOK NOW](#)

Dementia Carers' Rights: Power of Attorney and other advanced decision making

This interactive workshop for unpaid carers of people with dementia gives an introduction to power of attorney, with a particular focus on the role of the attorney, and other forms of advance decision-making.

Thursday 7th June 2 - 3.30: [BOOK NOW](#)

Thursday 17th June 10 - 11:30: [BOOK NOW](#)



**Please contact rachel.davison@agescotland.org.uk
if you have any questions.**



Starting Your Own Local Support Group

As a carer or relative to someone with dementia, your experience is important in shaping how we approach dementia care. Sharing thoughts, feelings and experiences with other people who are going through something similar can be very powerful and can motivate you to use your work skills or experiences to be creative, and to 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 that can improve your own sense of wellbeing, and helps others.

Frank, a tide member is going to talk about the support groups he started and has run for the last 10 years. Eleanor and Frank will give you advice on setting up your own support group. We'll talk about the benefits, the challenges, top tips and things to think about. There will also be time for your questions.

Why set up a support group? Some words from Frank...

- Talk about what you are going through, with people who will understand, in a safe and confidential environment**
- Learn from each other. No one person will have all the answers**
- Discuss situations you find challenging and gain ideas, tips, coping strategies, etc**

**Saturday 8th May
11AM-12PM**

[Book here](#)



Mini Maze Runner

When you have someone in your life diagnosed with dementia, it can feel like you are navigating a maze, with referrals to various medical and social work professionals.

The maze becomes even more challenging when you want to ask for services, complain or you want to influence change in the system. The situation can get complicated and confusing, because we need the right information to speak to the right people.

We need to recognise there is a system but within the system, there are opportunities to influence.

What we are going to talk about:

- The Health & Social Care landscape in Scotland including devolved matters**
- Understanding Your rights to be involved and which legislation and policy is relevant**
- What is "engagement" and "consultation"**
- Issues you want to challenge, change or hope to influence on**
- Routes and platforms you can use to get your voice heard**

**Tuesday 11th May at
1.30pm.**

**To book your place
or find out more
please email
eleanor@tide.uk.net
or call 07719 957876**

Carer's Spotlight

The carers on our network are what make tide. We love to hear your stories and so do other carers across the UK. Your stories inspire us and many others. If you want to submit a story for our Carers Spotlight or for our website please contact Rebecca@tide.uk.net



Hi, I am Sam aged 72 and care for my wife Rosaleen who has a vascular dementia diagnosis. I registered as a carer with tide in Sept 2020 and at that point Rosaleen was still awaiting confirmation of a diagnosis. I found out about tide through my sister. I am so grateful for the information I have received since registering with tide. Entering into a whole new world of living with dementia has not been easy to adjust to at all.

To let you understand Rosaleen did everything in the house, washing, cooking, ironing, shopping – I mean everything, she would leave my clothes out for me, I was a pandered to man. So you can imagine the challenges that I had to face as Rosaleen's memory and mobility deteriorated. I had to learn so many new skills.

My cooking skills are getting better and my daughter and son-in-law keeps me right on how to prepare and cook food. I make a mean prawn cocktail, well so Rosaleen tells me. She also says to me I am a good heater upper. I can look back and laugh at many things I have had to ask, gadgets I have bought to make life easier, but to be honest I did not anticipate our life to be like this, no one does.

My mum had dementia but I wasn't involved in the practicalities of her care, so this is a new ball game for me. My sister keeps me well informed and is a good listening ear when I dip – and that can be often. Dealing with GP, Consultants, Social Worker, Occupational Therapists, Physiotherapists, District Nurses, Continence Team, Dementia Support Worker, Dept of Work & Pensions, Council Tax, Hospital to home, Home Care and lawyer to set up Power of Attorney has been a mine field. However signposting from tide has made all these things a little easier for me as I would not have known where to start or even known what as a carer I am entitled to. I feel much more confident to deal with these tasks and to give others involved in supporting us my perspective on decisions to be made.

I receive the newsletter from tide and it's great to know that there are many online events I can go to when I am ready. I am not the kind of man who goes out to pub with mates, or has many hobbies. Everything I do is with Rosaleen however our conversations are not the same now, so if you were to ask me what has been the hardest thing to deal with I would say, isolation and loneliness. Lockdown has impacted on that too. I know tide has a male carers group and I may attend this later on as it would be useful to hear others experiences and know I am not alone.

We have a trip planned to go to a cottage in Fort Augustus so I am looking forward to the break. My sister is always telling me about self care and that it is so important to look after my own mental health and wellbeing.

So I am sharing a little bit of my story in the hope that other carers reach out to tide and spread the word of the amazing work they do – without them I would have been lost! I feel comfortable saying to anyone I am Sam, Rosaleen's carer and I know what my wife likes, needs and wants better than anyone else who may only be getting a screenshot of her day!

Together we are working for a better future for carers of dementia.

Donate

Other ways to support us...

Amazon Smile will donate a proportion of what you spend on their website to tide. It is really easy to set up with no additional costs to anyone!

You just need to set 'Together in Dementia Everyday' as your charity of choice and use Amazon Smile to make your purchases

Follow the instructions [here](#) to set up

easyfundraising turns your everyday online shopping into free donations for your favourite cause. How? Just start your online shopping first at easyfundraising, then shop as normal. Our retailers will then make a small donation to say "thank you".

Follow the instructions [here](#) to set up

Join Us!

Are you a carer or former carer of someone with Dementia? Are you are interested in finding out more about tide please visit our webpage on www.tide.uk.net and click the join us button – it couldn't be easier

Are you a professional working with carers or former carers of people with Dementia? Please join our network too and you will receive regular information and updates on tide and what we are doing which you can pass on to your carers

Or alternatively, if you would like to find out more about any individual aspects of tide in Scotland then please contact our National Lead for tide in Scotland, Amanda McCarren at Amanda@tide.uk.net and she will be happy to talk to you

tiideTM

together in dementia everyday

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