**February 2022 Newsletter**

Welcome to our February newsletter, we have some updates about what will be happening at tide, information about some upcoming events as well as some other opportunities!

We are delivering a programme of online events for carers living in Scotland. This has been funded by the Scottish Government to expand on our work and deliver more direct support to carers. We have some informal, social events for you to meet and share with other carers as well as several webinars focusing on practical caring solutions.

We have some fantastic events over the next few weeks. We are running our usual sessions from our Carer Development Programme, social events such as Mindfulness Coffee Mornings with a special guest Martin Stepek, as well as some webinars on Purposeful Activity (https://www.tide.uk.net/scottish-carers-purposeful-activity/) , Influencing as a Group (https://www.tide.uk.net/scottish-carers-influencing-as-a-group/) , and Setting Up a Group (https://www.tide.uk.net/scottish-carers-setting-up-a-group/)

If you are a carer or dementia professional living in Scotland then have a look at what we have on.

Please share with anyone you think would be interested!

Scottish Carers Events Programme (https://www.tide.uk.net/scottish-carers-events-programme/)

Thank you for the support many of you have shown for our new campaign with Roche: Front of Mind: Recognising and supporting people with dementia and their carers. To mark the launch of the campaign we have released a report titled ‘Creating a fairer future for people living with Alzheimer’s disease’ (https://www.tide.uk.net/seecmsfile/?id=58) . This report outlines the challenges in the dementia pathway and advocates for the changes needed to fix them.

Now it's time to have your say. If any of you have experience caring for someone with dementia, we want to hear from you. We are looking for stories around...

\* Lack of adequate pre-diagnostic & post-diagnostic support and the difference a proper dementia pathway could have made

\* Caring during the pandemic

\* Trying to balance working and caring

\* How caring for someone has impacted you and your emotional, mental, and/or physical well-being

Your experiences are valid and your voice is important. tide wants to make sure we make the changes to the caring system that carers need.

If you want to share your story but sending in a written piece isn't for you, then don't worry! We can arrange an alternative method (either by phone or video call for example).

Please get in touch with Rebecca at Rebecca@tide.uk.net

Share Your Story (mailto:rebecca@tide.uk.net?subject=My%20Caring%20Story%20for%20Front%20of%20Mind)

Moving Forward: A guide for families and relatives involved in or supporting someone to move into a care home

The decision to move someone into a care home is an extremely hard decision to make. Alongside carers, we have created a toolkit to assist you through this process.

Moving Forward was named, developed and created by families who have gone through the journey of a loved one moving into a care home.

To find out more and download the toolkit please visit our website or click the button below.

Moving Forward (https://www.tide.uk.net/moving-forward/)

Get involved in a study with at the University of Liverpool...

The role of pets in spousal caregivers of dementia: how pets support spousal caregivers and contribute to their quality of life and resilience.

Find out more (https://mcusercontent.com/6d828bc801ad2aeef09fd76ad/files/a25de8a8-3d28-a858-2c02-47112174d469/Uni\_LPool\_Pets\_Study.docx)

A Research Opportunity for Carers..

tide is working with the University of Exeter on a research project to explore potential interventions for primary care to help with sleep management for people with dementia, which we know affects a lot of people and can cause additional stress for carers. We want to recruit about five carers or former carers to join the advisory group, to share their knowledge and experiences, starting in April. If you are interested, please contact Ruth Eley for further information: ruth@tidecarers.org.uk or 07786 979997

\*\* Keeping carers connected

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Our coffee mornings give you a chance to connect with other carers. The coffee mornings 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 focus groups 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 Monthly Focus group button

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

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

Connect to Facebook group. (https://www.facebook.com/groups/tidecarerssupport/)

We have set up a new Instagram account - give us a follow! You can find us at tidecarers

Follow us (https://www.instagram.com/tidecarers/)

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

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mailto:carers@tide.uk.net

https://www.instagram.com/tidecarers/

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