**March 2022 External Newsletter**

Welcome to our March newsletter, we have some updates about what has been happening at tide, information about some upcoming events as well as some other opportunities!

Carers Co-Production and Participation in tide Training Session

This can be a one-off if you have a specific topic you feel strongly about sharing with others, or it can be ongoing participation, whichever works best for you. It can be live involvement or through pre-recorded films or other mediums you feel will support getting the details of your lived experience over to the audience.

You will hear from those who have been involved since January and future opportunities.

This is a follow-up from our meetings in January.

Even, if you did not attend in January and are interested in Co-Production & Participation in tide's training, please do register and join us.

If you have any questions please email Eleanor@tidecarers.org.uk

\*\* “Being involved in a recent webinar, I was able to tell part of my dementia journey and hopefully help others to get on board and help others in a similar situation”.

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\*\* Hazel Barrow, carer member of tide

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Book (https://www.tide.uk.net/co-production-and-participation-in-tide-training2/)

\*\* Kiltwalk 2022 - Glasgow

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24th April

Kiltwalks are mass participation walking events that raise much-needed funds for Scottish charities and projects.

Kiltwalkers can raise funds for any charity of their choice and thanks to the generosity of Sir Tom Hunter and The Hunter Foundation, all funds raised will be topped up by 50%\*.

Since 2016, our Kiltwalk Heroes have raised £16.5 million and The Hunter Foundation have added £8.5 million – that’s a total of £25 million for over 2,000 charities.

You can help fundraise for tide by doing your own kiltwalk! If you have any questions please contact fundraising@tidecarers.org.uk

Find out more (https://www.thekiltwalk.co.uk/)

Our Strategic Fundraising Manager, Stephen, will be participating!

"I've signed up to do the Mighty Stride at the Glasgow Kiltwalk. This means on Sunday 24th April, I'll be walking 22 miles from Glasgow City Centre to the shores of Loch Lomond (this is the same distance between Liverpool and Wigan!)"

Stephen's Kiltwalk Fundraising Page (https://glasgow.thekiltwalk.co.uk/fundraising/GlasgowKiltwalk2022-tide)

We have started a memory journal for former carers. This idea came from our YuleTIDE memories page we set up for Christmas 2021 for former carers to light a virtual candle for their loved ones.

We loved your memories so much that we wanted to turn them into a journal! If you would like to add a memory for a loved one please get in touch.

We are launching this project today, on mother's day. This will be an ongoing project throughout the year to celebrate the memory of those we cherish; mothers, fathers, sisters, brothers, wives, husbands, aunts, uncles. Anyone you hold close to your heart. You can have a look at the journal here (https://www.tide.uk.net/your-stories/memory-journal/) .

If you would like to submit a memory, please get in touch. The journal is open to any former carers who wish to share with us a memory of a loved one.

Carer's Memory Journal (https://www.tide.uk.net/in-memory-journal/)

You can also fundraise for the In Memory project!

Celebrate your loved one by doing something they loved and raising money for tide. Whether their thing was walks in the country side, watching movies or drinking cups of tea, tide is here to support your fundraising.

Please contact fundraising@tidecarers.org.uk (mailto:fundraising@tidecarers.org.uk) or set up a fundraising page at the link here (https://tide.enthuse.com/cf/in-memory) "

We are recruiting! An exciting new role has come up at tide. We are looking for a Training Development & Delivery Coordinator to help with the planning and delivery our dementia-specific training programmes. The ideal candidate will have previous experience delivering training of some capacity and service and/or clinical experience supporting varying progressions of dementia.

Skills required for this role are:

- Experience of planning and delivering training programmes

- Effective communication skills and digital delivery

- Experience working in services supporting People living with dementia

If this sounds like you please get in touch! For more information head to our website

Apply (https://www.tide.uk.net/were-hiring-training-development-delivery-coordinator/)

A Research Opportunity for Carers..

Would you like to take part in a study that is working to develop online materials that help people like you who support and care?

To volunteer to take part in this research study you need to:

\* Be based in or around Norfolk, Nottinghamshire or Bradford

\* Have the time to take part in an interview which takes place online

\* Have access to a computer or tablet

\* Know how to use Zoom for video calls

\* Be able to speak and read English at an everyday level

Interviews take place at a time that suits you and you can take a break during it if needed. All information provided is confidential.

To express your interest please email carecoach@uea.ac.uk (mailto:carecoach@uea.ac.uk)