

Carer Development Programme



**Interactive
Supportive Sessions**

**Connect with other
carers**

**Co-produced with
carers for carers**



What is our Carer Development Programme?

We have developed with carers a series of online events that are designed to help you on your caring journey. This programme has been co-produced with carers of people with dementia who have direct lived experience of what this is like.

We offer a safe space to discuss and better understand your own emotional wellbeing and unpack some of the complex feelings of being a carer of someone with dementia. We also offer practical workshops that will give you some advice on important aspects of caring and having to advocate for both yourself and the person you care for.



Introduction to tide

Participants will be given an overview of tide's work, our purpose and the variety of opportunities available to become more involved with the network. You will learn about the history, mission, and background of tide, meet our team and see and hear from carer members across the UK and find out more about what they have done with tide.

What we will talk about...

What we do at tide and how you can get involved
What all the modules on our carer development programme are
How you can meet and interact with carers on the tide network!

You Can't Pour from an Empty Cup

When you spend so much of your life taking care of someone else it can be easy to forget we need to take care of ourselves too! Talking about our own experiences or what is happening in our own lives is an extremely emotive process and this workshop aims to help understand the triggers and give participants key practical tools which they can implement both throughout any activities with tide and in every day life.

What we will talk about...

How to prioritise your mental health and emotional well-being
Tips for taking a day for yourself
How you can meet and interact with carers on the tide network!

Getting Your Point Across

We often hear from carers that they feel that they have to fight for the support and services they need. You are expected to advocate for yourself and the person you care for. This can be very overwhelming and emotional for people. Anger, frustration or sadness can become barriers to being heard. We will take you through some strategies to you prepare for these conversations and to help you get your point across effectively.

What we will talk about...

What support you are entitled to
How to be prepared for conversations with professionals
Hints and tips from our advocacy tool box

Living Grief and Bereavement

We understand feelings of grief when someone has passed. But what about when the person is still living? We understand carers of people with dementia can feel this way. This session offers a safe, supportive space to unpack these complex feelings that carers often don't know they feel, let alone have the opportunity to talk about.

What we will talk about...

Trigger points and different circumstances 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

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Empty Cup

This session will help participants to look at their emotional wellbeing and how to look after it both throughout any involvement with tide and beyond. Talking about our own experiences or what is happening in our own lives is an extremely emotive process and this workshop aims to help understand the triggers and give participants key practical tools which they can implement both throughout any activities with tide and in every day life.



**These online sessions will run using Zoom.
Don't worry if you have never used Zoom before, we will
support anyone who needs help setting up a Zoom
account and give guidance on how to access the
sessions.**

**If you are interested in participating check out our
events page to see what we have on:
www.tidecarers.org.uk/events**

You can always get in touch at carers@tidecarers.org.uk

