**April 2022 Newsletter**

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

Step Up for tide Carers

We've all heard the expression "walk a mile in their shoes". Well, tide are asking you to do just that.

This fundraiser is asking people to do a walking challenge (distance to be set by the participant).

Anne, one of members who came up with the idea, has already started her challenge of walking a marathon every six weeks until October 2022! You can check out her fundraising page (http://https://tide.enthuse.com/pf/anne56-6e02f-f7d7c-8378a-05bee-521d9) .

Step Up for tide Carers (https://tide.enthuse.com/cf/step-up-for-carers-22)

Anne also wrote a blog about how she is getting on! You can have a read on our website news page here (https://www.tide.uk.net/step-up-for-tide-carers-annes-blog/)

\*\* After Our Loved One with Dementia Has Passed Away

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The tide Former Carers group created this helpful leaflet as guidance and advice on how you can help or show your support for someone who is grieving for a loved one. Caring for someone with dementia is a 24/7 role and once they have gone it can be very difficult to cope with that sudden absence.

We hope this leaflet will give people some insight into what this bereavement can feel like for carers. It includes advice on things you can say or do to help and also some things you may want to avoid. Situations will vary from person to person and it's important to realise that what might be a comfort to someone may not be the same for someone else. We hope this leaflet helps everyone to feel more comfortable about having open conversations about grief and bereavement.

You can download a copy of the leaflet via our website (https://www.tide.uk.net/after-our-loved-one-with-dementia-has-passed-away/)

Find out more (https://www.tide.uk.net/after-our-loved-one-with-dementia-has-passed-away/)

\*\* Supporting Welsh Speaking Carers Report

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\*\* Cefnogi Gofalwyr Cymraeg eu Hiaith

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The purpose of this survey is to find out if Welsh speakers living with dementia receive care and support through the medium of Welsh if they need it. It was sent out in both Welsh and English and shared with people who support, or have supported someone living with dementia in the last five years.

Download the survey report in English (https://www.tide.uk.net/seecmsfile/?id=76)

Pwrpas yr arolwg yw darganfod os yw’r Cymry Cymraeg, sy’n byw gyda dementia, yn cael gofal a chefnogaeth drwy gyfrwng y Gymraeg os oes angen arnynt. Fe anfonwyd yr arolwg allan yn Gymraeg a’r Saesneg. Fe rannwyd yr arolwg â phobl sy'n cefnogi, neu sydd wedi cefnogi rhywun sy'n byw gyda dementia yn ystod y pum mlynedd diwethaf.

Lawrlwythwch yr adroddiad yn y Gymraeg (https://www.tide.uk.net/seecmsfile/?id=75)

"When I asked what was wrong, the doctor just said ‘well, he’s got dementia’ and left me there… That was my diagnosis.”

Hazel shares her story of caring for her husband with vascular dementia to support our Front of Mind campaign. From struggling to get a proper diagnosis, to finding little to no support, to caring throughout the pandemic... Have a read of her story on our website.

We are calling for real changes to be made to dementia policy in our joint campaign with Roche Front of Mind: Recognising and Supporting The Needs of People with Dementia and their Carers.

You can find out more about the campaign here (https://www.tide.uk.net/tide-launches-front-of-mind-campaign/)

Read Hazel's Story (https://www.tide.uk.net/well-hes-got-dementia-that-was-my-diagnosis/)

Hazel also recorded a short video for us telling her story. You can watch this on our YouTube Channel. (https://www.youtube.com/watch?v=KnfxiSM8qCA&t=9s)

Are you a carer living in Scotland? Come along to one of our informative training sessions!

We have teamed up with Age Scotland to deliver training for carers. Each session will focus on a different topic relating to caring for someone with dementia. We will be running an hour and a half long session on each of the following:

\* Carers Scotland Act (https://www.tide.uk.net/training-with-age-scotland-scotland-carers-act2/)

\* Hospital Admissions and Discharge (https://www.tide.uk.net/training-with-age-scotland-hospital-admissions-and-discharge/)

\* Self Directed Support (https://www.tide.uk.net/training-with-age-scotland-self-directed-support/)

\* Power of Attorney (https://www.tide.uk.net/training-with-age-scotland-power-of-attorney/)

\* Welfare Benefits (https://www.tide.uk.net/training-with-age-scotland-welfare-benefits/)

A national inquiry into adult unpaid carers' experiences of social work and social care.

The Care Inspectorate is asking unpaid carers living in Scotland about their experiences of social work and social care. Please complete this short survey.

As part of the inquiry, the national unpaid carer survey opens today Thursday 14 April and will be open until Friday 3 June. We are keen to hear from unpaid carers from all across Scotland. The survey covers all adults who care and need care but not children and young carers. The survey takes no more than 15 minutes to complete.

The survey can be accessed on this web page. (https://link.edgepilot.com/s/02c4126d/XYsEKPUUgUydtJ4uaWseVg?u=https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA0MTQuNTY0MTk1NDEiLCJ1cmwiOiJodHRwczovL3d3dy5jYXJlaW5zcGVjdG9yYXRlLmNvbS9pbmRleC5waHAvbmV3cy82NjM4LWNhcmUtaW5zcGVjdG9yYXRlLXVucGFpZC1jYXJlci1pbnF1aXJ5P3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.IyhdKkeRug5B19vLJUf2Tr4zVti4IaWAQ\_kfsvGUjpA/s/2188119218/br/129818993106-l)

\*\* 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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Donate (https://tide.enthuse.com/donate#!/)

https://www.facebook.com/tidecarers

https://www.twitter.com/tide\_carers/

http://www.tide.uk.net

https://www.facebook.com/groups/tidecarerssupport

https://www.linkedin.com/company/tide-together-in-dementia-everyday

mailto:carers@tide.uk.net

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

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