**Tide July Newsletter**

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

Carer Development Programme Events

We are running two sessions from our Carer Development Programme:

You Can't Pour from an Empty Cup, 16th Aug 7PM-8.30PM (https://www.tide.uk.net/you-cant-pour-from-an-empty-cup12/)

What we are going to talk about:

\* How to prioritise your mental health and emotional well-being

\* Tips for taking a day or a moment for yourself

\* Understanding trigger points and how to cope with difficult emotions

Book Empty Cup (https://us06web.zoom.us/meeting/register/tZUrf-ugqzkpE9YRx1xBzPvtPwtVWc8dqFrZ)

Living Grief and Bereavement, 3rd Sept 10.30AM-12PM (https://www.tide.uk.net/living-grief-and-bereavement11/)

What we are going to 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

Book Living Grief (https://us06web.zoom.us/meeting/register/tZEvc-uorDIpGtxM-cfngTwnFIKJNHbDHnj-)

tide Training for Dementia Professionals

tide is delighted to be launching two bespoke carer-led, co-produced training programmes. Focusing on strategies for dealing with Distressed Behaviours and best practice approaches of Life Story Work for Health & Social Care Professionals.

The courses are co-delivered by paid professionals with long established careers in dementia services and carers of people living with dementia who have lived experience in dealing with and using strategies to prevent distressed behaviour in the person they care for. Throughout the course material, you will be able to draw on professional experience, speak with carers directly and will be provided with a resource pack of provisions to support you in your role.

Distressed Behaviour Training

When looking after someone with dementia, it is important to understand what that person might be telling you through their behaviours and non-verbal communication about what they want, need and feel. This level of understanding is vital for their happiness and well-being.

Wed 24th and Wed 31st August 9.30am-1pm

£140 + VAT

Book Distressed Behaviour Training (https://www.eventbrite.co.uk/e/distressed-behaviour-in-people-living-with-dementia-cpd-training-tickets-379576301937)

Life Story Work Training

A person’s story is at the heart of who they are and how they have arrived at the here and now. Life Story Work is embedded in Human Rights and is the basis for moving into a relationship-based and person-centred care culture.

Wed, 7 September, 09:30 – 16:30

£140 + VAT

Book Life Story Work Training (https://www.eventbrite.co.uk/e/life-story-work-training-to-support-people-living-with-dementia-cpd-tickets-379659891957)

We caught up with Anne, one of our tide Advisory Group members, about her sponsored walking challenge. She is walking a marathon every week to raise money for tide! tide with her fundraiser! She's written a blog about her experience.

Go have a read! Plus, it's not too late to sponsor her fundraiser!

Anne's Blog (https://www.tide.uk.net/annes-sponsored-walking-challenge/)

Recommended Reading: Gina Awad's book United is the representation of caring we need!

Gina Awad recently published ‘United: Caring for our loved ones living with dementia’, a book of moving tales from people caring for those with dementia and beautifully illustrated by Tony Husband.

We've written a review about it on our website with some input from two tide members who feature in United as Penny and Emma

United Blog (https://www.tide.uk.net/gina-awads-united/)