**Tide’s December 2022 Newsletter**

Welcome to our December newsletter! Here you will find some updates about what has been happening at tide as well as information about some upcoming events & opportunities in the new year!

We wish you all well during the festive period and we hope you have a wonderful time whatever you choose to be doing. Christmas is a time of joy. It's a time to celebrate with our loved ones. It can also be a time of reflection and a period in which many of us think back to old memories. We wanted to take a moment to recognise that this can be a very emotional time for those dealing with change or loss. Whatever you may be going through, we hope you know that tide is here for each and every one of you.

We are very happy to announce that with the help of some wonderful members who have agreed to volunteer their time, we will be continuing many of our peer-support groups. These groups are friendly, informal, and a safe space for you to discuss your concerns as a carer with other like-minded people who understand what you are going through!

Peer Support Groups

Chat and Change Group (https://www.tide.uk.net/chat-and-change-group/) - Join our friendly fortnightly coffee morning on Wednesdays at 10.30am - 11.30am

Living Grief and Bereavement Group (https://www.tide.uk.net/living-grief-and-bereavement-group1/) - Caring is a complex journey and feelings of grief and bereavement can happen whilst the person you care for is still living. Join our monthly group on Mondays

Each month we hold inform and influence meet ups to enable specific groups of carers to meet up virtually and discuss topics related to their experiences as carers

Young Onset Carers Inform and Influence Group (https://www.tide.uk.net/young-onset-carers-inform-and-influence/)

Rare Dementia Inform and Influence Group (https://www.tide.uk.net/rare-dementia-carers-inform-and-influence/)

Former Carers Inform and Influence Group (https://www.tide.uk.net/former-carers-inform-and-influence/)

Male Carers Inform and Influence Group (https://www.tide.uk.net/male-carers-inform-and-influence/)

New Sessions for our Carer Development Programme

Kick off the new year with sessions for our Carer Development programme in 2023. Register now!

These events have been designed to make sure that you are as effective as you can be in expressing your views and experience. This might help you in your communication with health and social care professionals or to support you in speaking out as a carer representative in more formal settings. We know that carer's voices are vital in the process of calling for change to dementia support services. tide is here to help you speak out on important carer issues and access the support you need and deserve!

Join us for...

Getting Your Point Across on 12th January 2023 (https://www.tide.uk.net/getting-your-point-across-ask-negotiate-advocate12/)

Information, tips & advice on advocating for yourself and the person you care for!

Influencing and Making a Difference on 17th January 2023 (https://www.tide.uk.net/influencing-and-making-a-difference-heres-how1/)

Your caring experience is vital for shaping and changing local and national dementia policy!

Carer Co-Production and Participation Meeting on 17th January 2023 (https://www.tide.uk.net/co-production-and-participation-group-meeting/)

Join us to find out how you can inform tide services to best suit unpaid carers' needs

Sharing Your Lived Experience on 7th and 14th February 2023 (https://www.tide.uk.net/sharing-your-lived-experience/)

Sharing your caring experience can be powerful and help to make a difference in your community

Setting Up A Peer Support Group on 28th February (https://www.tide.uk.net/setting-up-a-peer-support-group2/)

Have you ever thought you could benefit from a local support group? Why not set up your own!

For more information on each session please follow the links provided above. Alternatively, you can find any CDP session on our events page (https://www.tide.uk.net/events/) and clicking the Carer Development Programme button!

\*\* My Home Matters

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Home is such an important place for us all - without a home we can feel lost or insecure, with it we can have a place of refuge and comfort. And our home contains so many memories, objects, relationships that contribute to our sense of who we are.

As we age, our needs change and living independently can become more challenging. This may be due to changes in our physical mobility. It may be because we are now alone and feeling isolated and or lonely. Maybe people who are important to us have moved far away.

The My Home Matters booklet has been designed to support you and the person you care for with all aspects of creating and nurturing a home. We will help you unpack what home means to you and the person you care for. There are many important considerations for making the person you care for feel at home. Keeping these things in mind can help a person living with dementia feel more settled, comfortable, and happy. My Home Matters can help to support you and the person you care for through transitional periods of moving home or moving into residential care.

Find out more (https://www.tide.uk.net/resources/my-home-matters1/)

\*\* Anne's letter to carers and former carers this Christmas...

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Christmas is such an emotive time. It's a time filled with love, giving and receiving, family and sharing. It's also a very lonely time. You often think back and miss loved ones that are no longer with us. Even more so than any other day of the year! That empty chair at the dinner table can be very obvious. Even if we are still lucky enough to have our loved ones with us, living grief is all the more obvious at times like this.

My happiest childhood Christmas memories are of sitting around the wonderful open coal fire that we had. Lights out, listening to it crackling with a small Christmas tree with sparkly tinsel in the corner. Then sending my letter to Santa up the chimney. I was always full of hope and expectations! If only we could bottle all that nostalgia and love and bring them out now!

I came across some Christmas day dinner table photographs recently. It was both warming and sad. We have come down from a table of 8 to just 3 now. My mum in law isn't aware its Christmas due to her dementia which is very sad. But we are just so pleased to still have her with us to celebrate.

tide has been an emotional crutch for me since I joined 2 years ago. They have boosted my self-confidence and helped me to find my voice. If I had to describe how I feel about the warmth that has been offered to me, I would say it has felt like I’ve had a long and comforting hug from everyone that I have been involved with during my time with tide. Both professionals and carers alike! Everyone feels like a friend!

From Anne (Former Carer & tide Member)

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

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