**January 2023 Newsletter**

Welcome to our monthly newsletter and our first one of 2023! 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!

Join our monthly 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...

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!

\*\* tide Training for Dementia Professionals

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New dates have been announced for 2023 for our bespoke carer-led and 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.

Each course is co-delivered by tide's training team with long-established careers in dementia services and carers of people living with dementia who have lived experience. 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.

We have sessions for modules on Distressed Behaviour and To see details and dates please refer to our eventbrite page.

Find out more (https://www.eventbrite.co.uk/o/tide-together-in-dementia-everyday-16449477924)

The Archbishop's Commission have launched the report Care and Support Reimagined (https://www.churchofengland.org/about/archbishops-commissions/reimagining-care-commission) . The Commission calls for a National Care Covenant to deliver on a new and improved way of approaching care and support. It addresses current needs and concerns through three action areas of rethinking attitudes, rebalancing roles & responsibilities and redesigning the system.

Ruth, tide Chair and Co-Founder, says:

"The report of the Archbishop’s Commission includes those from all faiths or none. It is a radical attempt to reframe and re-imagine what social care is and how it should be provided. It's strong value base of fairness, inclusion and equality affirm that social care is everybody’s business, as every one of us will either need help from someone else or give it at some point in our lives. I particularly welcome the ‘New Deal’ for unpaid carers that recognises the voluntary nature of the relationship between carer and cared for, the rights of carers for their own independent life and the need for provision of resources to make these a reality. The Commission proposes a National Care Covenant to set out expectations and responsibilities for all parties. Let’s hope government pays attention and takes the necessary action which is long overdue."

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

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mailto:carers@tide.uk.net

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