**March Newsletter**

The voice, friend and future of everyone affected by dementia

Welcome to our monthly newsletter! We've included some important updates about what has been happening at tide as well as information about upcoming events & opportunities for unpaid carers and dementia professionals.

Join our carer 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.

Carers Coffee Morning (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 for someone can be a challenging journey. We understand feelings of grief and bereavement can occur whilst the person you care for is still living. Join our monthly group on Mondays to unpack this complex emotion.

Young Onset Carers Group (https://www.tide.uk.net/young-onset-carers-inform-and-influence/) - Connect with other carers who understand the unique challenges in caring for someone with young onset dementia.

Rare Dementia Carers Group (https://www.tide.uk.net/rare-dementia-carers-inform-and-influence/) - It can be tricky to find information and advice as a carer for someone with a rare form of dementia as so much is unique to this diagnosis. Join our group for rare dementia carers who understand this feeling.

Former Carers Group (https://www.tide.uk.net/former-carers-inform-and-influence/) - Caring is complex journey. Even after the person has passed away you may be left with many unresolved feelings, concerns or trauma. You deserve the support you need to to process your caring experience.

Male Carers Group (https://www.tide.uk.net/male-carers-inform-and-influence/) - 46% of carers are men, despite this carers' support groups are often predominantly women. We wanted all our members to feel they had the safe space to talk about their experiences and concerns.

New Sessions for our Carer Development Programme

These events have been developed 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 want you to feel informed and advised on how to receive the level of support you are entitled to.

It is your voice as a carer that is 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...

Why You Can't Pour from an Empty Cup on 19th April (https://www.tide.uk.net/why-you-cant-pour-from-an-empty-cup/)

\* Understanding self-care and self-compassion

\* A carer's case study - taking the first steps in doing something for you

\* Tips and advice on how to "fill your cup"

Influencing and Making A Difference - Here's How! on 26th April (https://www.tide.uk.net/influencing-and-making-a-difference-heres-how1/)

\* The health and social care system and how to find your way through it.

\* Understanding Carers Rights to be involved and which legislation and policy is relevant

\* What is “engagement” and “consultation”

\* Exploring issues you may want to challenge, change or hope to influence on

\* The routes and platforms you or your group can use to get your voices heard

Sharing Your Lived Experience on 2nd May (https://www.tide.uk.net/sharing-your-lived-experience/)

\* Discuss fears about presenting and identify strategies to manage them and challenging emotions

\* Give you tools for preparing, structuring & delivering a presentation

\* Discuss visual aids and other techniques which can grab and maintain your audience’sattention

\* Tips on managing questions in yourpresentation

\* An opportunity to deliver shortpresentations and receive peer feedback to develop & improve your performance

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!

We have some exciting news! We are organising a Carers Strike Action event for Dementia Action Week 2023.

Come and join tide in protesting about the lack of support for unpaid dementia carers. You all know that tide was created to support unpaid carers to speak out about the reality of caring for someone who has dementia. We are asking all our members to join us in an act of public solidarity to highlight the strain that too many carers are under.

We will be holding a protest event during Dementia Action Week on the 16th May 2023.

The main areas we want to highlight are:

\* Unpaid carers too often carry the entire weight of caring

\* Unpaid carers make largely invisible and poorly understood contributions to the whole of society

\* Unpaid carers are often in a state of mental, emotional and physical challenge

We are planning to have groups of carers protesting across all four nations with small delegations protesting outside government buildings. We know that many people won't be able to attend because of their caring role and will be backing the event up with media coverage and a social media campaign. So there will be plenty of ways to get involved!

If you would like to be part of helping the UK to wake up to the reality of being an unpaid carer, please contact samantha@tidecarers.org.uk (mailto:samantha@tidecarers.org.uk?subject=Carers%20Strike%20Action)

"Would you ever put your mum into a nursing home?" - Steve's Story

"Being honest with yourself and acknowledging you cannot care for someone you love is very difficult. It takes longer to affirm in your head what you know in your gut."

Deciding to move a loved one into a care home can be a tough decision which is often complicated by guilt. Steve has written about his experience putting his mum into a care home and why he believes he made the best decision for both himself and his mum.

Read Steve's Story (https://www.tide.uk.net/would-you-ever-put-your-mum-in-a-nursing-home-steves-story1/)

We love sharing your stories! One of the most important things we do at tide is create a platform for the voices of unpaid carers. We believe that allowing carers to voice their experiences and opinions is the first step towards positive change.

You can read their stories on our website. You can send in your own any time to rebecca@tidecarers.org.uk (mailto:rebecca@tidecarers.org.uk?subject=My%20Caring%20Story)

Have a read of Sarah's blog piece "Carers are experts by experience out of necessity not choice"

In my role, working for a charity that champions and values unpaid family carers of people with dementia , I facilitate a monthly peer support group for carers of people with Young Onset Dementia ( that is a diagnosis of dementia under the age of 65 ). At the last meeting, as I listened to the conversation topics, it struck me that possibly more so than any other group , these carers had become Experts by Experience through necessity not choice and not just in their loved one’s preferences but in medical and legal matters as well. The conversation moved from a discussion around medications and their side effects and suggestions as to different medications , less likely to be aggression causing, right through to Power of Attorney, capacity and safeguarding issues at a local care home.

Read Sarah's Blog (https://www.tide.uk.net/carers-are-experts-by-experience-out-of-necessity-not-choice/)

We would love for more people to know about tide! You can help unpaid carers and dementia professionals find out about us and the important work that we do by sharing this newsletter via email or on social networks! Thank you