

Update from



tide

In Scotland

**Welcome from the
tide team in Scotland!**



For those of you who may be reading this and are unfamiliar with who we are, tide (Together in Dementia Everyday) are a UK wide involvement network for carers and former carers of people with Dementia. We are funded in Scotland by Life Changes Trust and wanted to take this opportunity to update you all on what's been happening recently for tide in Scotland.

+ What's New?

May has been a very busy month for us in Scotland; we have released our tool kits for 'Restoring Relationships: The Recovery of Love, Family and Connection'. We also have an important update to tell you about.

Virtual Coffee Morning Catch Up's and Get Togethers

One of our key aims as an organisation is to connect carers with each other and enable people to share experiences as carers of those with dementia. There are a range of ways to connect available to our members and our virtual Coffee Mornings and Get Togethers are just a couple of options on offer to all members.

Scotland Coffee Mornings Tuesday at 10.30am

Join us on Tuesday mornings for a relaxed chat with our team in Scotland and other member of tide. Our Coffee Mornings are friendly, informal and attended by current carers, carers of those who are in residential care and former carers so are open to all.

We use zoom for this and can help you get set up and started if this is new to you.



National Coffee Mornings Fortnightly Wednesday at 10.30am

In addition each fortnight we hold a National Coffee Morning with members from each of the four nations. Come along for a chat with carers from across the UK.



If you would like to come along to either of these events please visit our [event page](#) or send an e-mail to carersconnect@tide.uk.net

Monthly Focus Groups

Do you care for someone? Do you often feel isolated, unheard or alone in this experience? Are you looking for support, information or advice from other unpaid carers?

At tide, we believe that lived experience of unpaid carers is the most important thing in shaping what is offered to those who care for someone. We have several focus groups for you to meet and connect with other carers who share similar experiences. These groups are facilitated by our Carer Involvement Leads and offer a safe space for you to have your voice heard or simply listen.

Young Onset Dementia Carers

**1st Tuesday
7PM-8PM**

Former Carers

**Last Wednesday
4PM-5PM**

Residential Carers

**2nd Tuesday
1.30PM-2.30PM**

Home Carers

**2nd Wednesday
7 PM-8PM**

**Rare Dementia Carers
Group**

**3rd Wednesday
2.30pm-4pm**

**Male Carers
Group**

**2nd Thurs
2.30PM-3.30PM**

The Practical Carers Group

**Wed 4th August
3 PM-4PM**

**Run in collaboration with
Pooja from Cogni-Health.**

**The session will focus on
Dementia Care and Personal
Hygiene. Please register your
place at this session [here](#).**

**After registering, you will
receive a confirmation email
containing information
about joining the meeting.**

**Living Grief and
Bereavement Group
Monday 28th June
1-3pm**

**The purpose of the group is
to offer connection for
carers and a safe space to
talk about your experiences
of living grief and
bereavement. Please register
your place at this session
[here](#)**

**After registering, you will
receive a confirmation email
containing information
about joining the meeting.**

**To book onto any of these events go to www.tide.uk.net/events
and click on 'Monthly Focus Groups'**

**To find out more about joining in in any of these events
please contact carersconnect@tide.uk.net**



Online Learning

Introduction to tide

- Meet other members
- Learn about what we do at tide
- How you can be more involved with us
- See what we can do to support you

You Can't Pour from an Empty Cup

- Self Care and Self Compassion
- Taking the first steps to doing something for you
- Some practical hints, tips and suggestions to help you "Fill your Cup"

Getting Your Point Across

- Phone Call or Meeting Toolbox
- Tips for Negotiating Effectively
- Safe, Constructive ways to Question
- Your Right to be Involved, Participate and Feedback
- Complaining Effectively

Living Grief and Bereavement

- Trigger points 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



Our Online Learning sessions will be taking a break through July for the holiday season. They will resume again in August. We will announce the dates shortly. If you have any questions contact Eleanor@tide.uk.net



Intro to tide Pro

Are you an organisation or project who works with or supports carers or former carers of people with dementia? Would you like to find out more about tide and what we can offer to the carers you support as well as compliment the work you are already doing?



If so please get in touch about our Introduction to tide Pro sessions. These are delivered at the moment online via zoom and can be adapted and delivered to suit a variety of days, times and settings.



They are ideal for any staff and team meetings or development days you have coming up where you would like us to virtually come and speak to several staff members at the one time or they can be done on a one to one basis if you prefer.



If you are interested in finding out more or discussing a bespoke plan for your session please get in touch with Amanda McCarren, our Head of tide Development and National Lead for Scotland on Amanda@tide.uk.net

Restoring Relationships

The Recovery of Love, Family & Connection

tide has created two Recovering Relationships toolkits, one for families and relatives and one for care home staff and managers. These toolkits are for anyone who knows someone living in a care home in Scotland or for anyone who works with care providers in Scotland.

We are now beginning phase 2 of our Care Home project that has been commissioned by the Scottish Government. Following up from our Restoring Relationships toolkits we are now looking to create toolkits to support families and relatives of people with dementia who will be making the decision to move into care in the future. Have you experienced this process with your loved one? Would you like to help other families in the future?

We are looking for family members and carers with this experience to join our steering group which will develop these new toolkits. If you are interested in joining the steering group or would like to find out more about what's involved then please email our project lead, Amanda McCarren at Amanda@tide.uk.net



You can download the toolkits for Families & Relatives and for Staff & Managers via our [website](#)

Crowded Isolation and Loneliness: Caring for someone with dementia

'I'm surrounded but I'm alone. I've never felt so isolated.'

Join us for this event hosted by carers and get free access to our new report Crowded Isolation and Loneliness – a carers perspective.

WHEN? Tues 22nd June 10AM-10.45AM

Caring for someone with dementia can be a lonely and isolating experience whilst at the same time your life feels crowded with the responsibility. You are dealing with a lot of different people, systems and reactions, trying to manage so many things and not knowing if you're doing it right.

Carers of someone with dementia have described experiencing; a crowded mind with all the responsibility; daily life filled with caring routines with the prospect of an isolated future; lonely as your social life and independence disappear; your home crowded with strangers who are home carers (not there for you) or isolated in the house caring for someone; a sense of loneliness as the person you care for isn't in your home or, if they are at home, they are they 'no longer there' as the person you knew.

All this, whilst, feeling a rollercoaster of emotions for the person you care for and for yourself. Ultimately, it can feel that really, you're on your own.



You can book onto the event via [eventbrite](#)



Watch the the Crowded Isolation [video](#) and [animation](#)

tide and Alzheimer Scotland Link & Learn Webinars

Building Confidence for Carers out of Lock Down

Alzheimer Scotland and tide are getting together to host a series of Carers Link and Learn Webinars. The last session is about 'Building confidence for carers coming out of lock down'.

If you care for or support a loved one who is living with dementia, this is a great way to find out more and ask questions along with others who may be in a similar position to you.

If you have access to a computer, smartphone or tablet with an internet connection then you'll be able to access our online meeting. To join please email amanda@tide.uk.net and you will be sent the link to register for the webinars.



**Missed our previous Link &
Learn Webinars? You can
watch the recordings on our
You Tube Channel [here](#)**

Our friends at Age Scotland, Dementia training team are running the following training sessions which may be of interest to you

Dementia Carers' Rights

We currently have five courses related to Dementia Carers' Rights and will be offering them all over the next quarter. They are all designed for the unpaid carers of people living with dementia.

Dementia Carers' Rights: An introduction to the Carers (Scotland) Act

An interactive online session for the unpaid carers of people living with dementia to introduce the Carers (Scotland) Act and what this means for carers, with a particular focus on the Adult Carer Support Plan. Learn more about what your rights are as a carer and how to access these.

Thursday 29th July 2 – 3:30: [BOOK NOW](#)
Monday 30th August 2 – 3:30: [BOOK NOW](#)

Dementia Carers' Rights: Hospital Admissions and Discharge

An interactive workshop for unpaid carers of people with dementia. The workshop will look at carers' rights as detailed in the Carers (Scotland) Act in relation to hospital discharge, and other considerations for carers during a hospital admission and stay.

Friday 23rd July 10:30 - 12: [BOOK NOW](#)
Thursday 16th September 10:30 - 12: [BOOK NOW](#)

Dementia Carers' Rights: Your rights and Self-Directed Support

Self-directed support aims to give people more choice and flexibility in how care and support is arranged. This workshop will provide an introduction to self-directed support, enabling participants to learn more about what this is, what this can mean for carers and how to access it.

Thursday 1st July 10 – 11:30: [BOOK NOW](#)
Thursday 19th August 10:30 - 12: [BOOK NOW](#)

Dementia Carers' Rights: Power of Attorney and other advanced decision making

This interactive workshop for unpaid carers of people with dementia gives an introduction to power of attorney, with a particular focus on the role of the attorney, and other forms of advance decision-making.

Thursday 12th August 2 – 3:30: [BOOK NOW](#)
Monday 27th September 10 – 11:30: [BOOK NOW](#)

Dementia Carers' Rights: Carers' Benefits

This interactive workshop is an introduction to disability benefits, carer's allowance and other forms of income maximisation for carers and people living with dementia.

Monday 23rd August 10 – 11:30: [BOOK NOW](#)
Thursday 23rd September 10 – 11:30: [BOOK NOW](#)



To see Age Scotland's other Dementia Training events visit their [Dementia Training calendar](#). For any queries, please email dementiatraining@agescotland.org.uk



A message from tide

Thank you for all the support you give us as a UK-wide carer network – your involvement is crucial in shaping our work and giving carers of people with dementia a strong voice.

Like many other charities, tide is going through a tough time. The pandemic continues to limit our fundraising activities and we are competing with bigger and longer established organisations for funding. We are having to adapt how we work and are therefore making some internal changes, so that we can secure our future and continue to offer our services to our carer members. These changes mean that the staff you are used to seeing are working on other projects to help tide develop and grow, so you may not hear from them in the same way.

However, our regular activities will continue and your feedback about what you want tide to focus on is as important as ever – you are the reason for tide's existence. We are working hard to identify new funding through grants, sponsorships and donations to make sure that tide is sustainable and can continue to help carers and former carers into the future. Keep a look out on our website for what is happening and please let us know if you want to get more involved.

Together we are working for a better future for carers of dementia.

Donate

Other ways to support us...

Amazon Smile will donate a proportion of what you spend on their website to tide. It is really easy to set up with no additional costs to anyone!

You just need to set 'Together in Dementia Everyday' as your charity of choice and use Amazon Smile to make your purchases

Follow the instructions [here](#) to set up

easyfundraising turns your everyday online shopping into free donations for your favourite cause. How? Just start your online shopping first at easyfundraising, then shop as normal. Our retailers will then make a small donation to say "thank you".

Follow the instructions [here](#) to set up

Join Us!

Are you a carer or former carer of someone with Dementia? Are you are interested in finding out more about tide please visit our webpage on www.tide.uk.net and click the join us button – it couldn't be easier

Are you a professional working with carers or former carers of people with Dementia? Please join our network too and you will receive regular information and updates on tide and what we are doing which you can pass on to your carers

Or alternatively, if you would like to find out more about any individual aspects of tide in Scotland then please contact our National Lead for tide in Scotland, Amanda McCarren at Amanda@tide.uk.net and she will be happy to talk to you

tiideTM

together in dementia everyday

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