**tide** (together in dementia everyday) is a UK wide involvement network of carers/former carers and health and care professionals who are working together to build a better future for carers of people living with dementia

We are determined to change the way that carers are recognised, valued and treated and so we aim to empower, motivate, inform and help carers and give them the skills they need to do that .

**tide** is a registered charity and the network is free to join <https://www.tide.uk.net/join_tide/>

If you sign up, you will receive a monthly newsletter and if you would like to be more involved, then you can take part in :

**Carer Development Programme**

* **Introduction to tide**
* **You can’t pour from an empty cup**
* **Getting Your Point Across – Ask, Negotiate, Advocate**
* **Living Grief and Bereavement**

These are all zoom sessions currently, for more information and to book click on link below

<https://www.tide.uk.net/get-involved/carers-development-programme/>

if you already have a group running with carers and would like me to come to your session to run one of these programmes, please e mail sarah@tide.uk.net

If you are an Organisation and would like an intro to tide session for your staff, so they can understand a little more about what we offer, please email sarah@tide.uk.net

There are opportunities to share carer experiences, be involved in research & campaigns

**Zoom Coffee Mornings and specific Zoom themed groups**

* National Weekly Coffee Mornings – Every Wednesday, 10.30am – 11.30am
* Former Carers - Last Wednesday of the Month, 4.00pm - 5.00pm
* Young Onset Dementia Carers - 1st Tuesday of the Month, 7.00pm - 8.00pm
* Carers of someone at home - 2nd Wednesday of the Month, 7.00pm - 8.00pm
* Carers whose loved one is in Residential care - 2nd Tuesday of the Month, 1.30pm - 2.30pm

If you would like to join any of these zoom groups e mail **sarah@tide.uk.net**to signup

**Social Media**

We have a **twitte**raccount **@tide\_carers .**

We have a **Facebook** account **https://www.facebook.com/tidecarers/**

We also have a closed **Facebook** group specifically for carers/former carers to connect with each other **https://www.facebook.com/groups/tidecarerssupport**