



Tide (Together in Dementia Everyday) - Activities for Carers

Activities to Keep Carers Connected

- You can become a member of Tide by signing up here:
<https://www.tide.uk.net/>
- Join our private peer support group on Facebook here: [Facebook Group](#)
- We have a WhatsApp group to connect & support BAME carers in Rochdale. For further information or to join this group, please click [here](#)
- Take part in our **Wednesday Coffee Mornings** on Zoom, 10.30 - 11.30 am. You can join with the following link: 976 6356 4502 (Password 343561)
- Follow us on [Facebook](#) & [Twitter](#)
- We are continuing to share the experiences of carers through our social media channels & website.
- There are opportunities to be involved in projects that influence policy, research, & practice

Specific Carer Groups:

- Carers of people living with Young Onset Dementia, first Tuesday of the month, 7.00pm - 8.00 pm.
- Carers of someone living in residential care, second Tuesday of the month, 1.30pm - 2.30pm
- Former Carers, last Wednesday of the month, 4.00pm - 5.00pm

Please contact CarersConnect@tide.uk.net to join

Tide Carer Development Programme

4 of our Carer Development Programme sessions are running online using Zoom are available to all Tide members. Please contact Amanda@tide.uk.net to book your place. The dates for the end of September & October are:

Tue 29 th September:	Living Grief & Bereavement	7.00pm - 8.00pm
Wed 30 th September:	Getting Your Point Across	11.00am - 12.00 noon
Mon 5 th October:	Introduction to Tide	11.00am - 12.00 noon
Mon 12 th October:	You Can't Pour from an Empty Cup	1.30 - 2.30pm
Tue 13 th October:	Living Grief & Bereavement	11.00am - 12.00 noon
Wed 14 th October:	Getting Your Point Across	7.00pm - 8.00pm
Tue 20 th October:	Introduction to Tide	11.00am - 12.00 noon
Thur 22 nd October:	Getting Your Point Across	1.30pm - 2.30pm
Tue 27 th October:	You Can't Pour from an Empty Cup	11.00am - 12.00noon
Thur 29 th October:	Living Grief & Bereavement	1.30pm - 2.30pm

If you are interested in getting involved or have any questions, please contact:

Sarah Butler-Boycott

Carer Involvement Lead (Merseyside & Cheshire)

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Email: SarahBB@tide.uk.net Phone: 07704 168867