



By Carers, For Carers Event

Invitation to carers, and former carers, of people living with dementia in Greater Manchester to run an event

tide and Dementia United are facilitating and supporting carers, and former carers, of people living with dementia to run their own local events in communities across England. These events have carers at their heart, leading the way.

The first event will take place in **Manchester on Wednesday 18th April 2018**. This event will be organised by a steering group of people with experience of caring for someone living with dementia. If you are a current or former carer, with the lived experience of caring for a family member or friend with dementia, if you live in Greater Manchester, and if you like the idea of taking part, here is what is involved and information on how to register your interest.

Steering Group Purpose

The purpose of the steering group is to enable carers to come together and to use their individual and collective knowledge and expertise to plan, organise and host a local event, by carers for carers living in Greater Manchester.

What does it involve?

Steering Group members will need to design an event that reflects the needs and interests of fellow carers of people with dementia in Greater Manchester, this will involve:

- **Logistics** - Deciding the size and format of the event, and contribute to making practical arrangements for the event
- **Creativity**- Helping to decide on the "look and feel" of the event through branding and communications ideas
- **Promotion** - Helping to promote the event across communities and groups in Greater Manchester
- **Project Planning** - Participate on the day of the event to ensure the day runs smoothly
- **Presenting** - Speaking or contributing on the day, you can share your experiences in whatever format feels best for you, but we would love it if you would speak on the day or host a workshop or table discussion. tide will support you to feel prepared to do this.

Commitment

This steering group will run from January 2018 to April 2018 (see key dates below). We would like steering group members to actively participate in all meetings and to attend the event itself, which will take place on **April 18th in Manchester**.

Some meetings will be all day (timings specified below) and some half a day, but all will take place in a central Manchester location and include a free lunch.

Steering Group Meetings

Meeting One - 22nd February (10.30am - 3.30pm)

((Agenda will be circulated prior to the meeting, but will roughly include getting to know each other, event timeline/tasks and event format/programme)

Meeting Two - 8th March (12noon - 3.30pm)

(Agenda to be confirmed by Steering Group)

Meeting Three - 21st March (12noon - 3.30pm)

(Agenda to be confirmed by Steering Group)

Meeting Four - 11th April (10.30am - 3.30pm)

(Agenda to be confirmed by Steering Group)

Benefits

Participating in the Steering Group will give you the opportunity to use skills you already have, and develop new skills and experience. Some of the benefits and learning you may gain are:

- Skills development, including in leadership, team working, communication, analytical thinking, decision making, project planning and influencing
- Sense of belonging and peer support
- Sense of accomplishment
- Opportunity to share own knowledge and learning
- Broadening of social circle
- Confidence-building
- Increasing the vision and ownership of the community
- Free training on presenting to influence and events planning
- 'Buddy Up' scheme with tide staff members on key duties

It will also be fun!

Expenses and Support

Steering group members will be able to claim reasonable expenses for travel to and from meetings.

tide will also make a reasonable contribution to the cost of looking after the person with dementia they care for. This will support carers to attend meetings and the event itself, if carers are unable to make alternative arrangements (for example, through family or friends). For both, receipts must be provided with expense claims.

Legacy, Transition and Future Involvement

As above, there will be space for steering group members to reflect on their personal experience and learning. It will be important for carers to take some time to consider whether or not they want to continue to be involved in some way. Any commitment following the completion of the event process will be based on individual preferences. Opportunities will be facilitated by tide. For example, there may be the opportunity to contribute to producing peer to peer resources, advising and mentoring a future steering group, sharing the learning with others in the UK and possibly beyond.

Get Involved

We are looking for any carers, or former carers who are interested in being involved with the Steering Group. We do not require any formal experience, just enthusiasm, ideas and commitment! We would be very interested in the involvement of people with skills, or interest in:

- Communications
- Events
- Budgeting
- Fundraising
- Public Speaking

We are also looking for someone to co-chair the meetings with a tide staff member, and would welcome someone who wished to take on this experience!

If you would like to get involved as described here, please contact Lena at tide before 24th January 2018. You can also contact Lena if you have any questions or require more information.

Contact Lena on lena@lifestorynetwork.org.uk or 0151 237 2669

tide Contact Details

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