

Selsey Community Forum Annual Report 2021 - 2022

As a registered Charity the **Selsey Community Forum** is required to provide an **Annual Report** and this year we thought we would include this as part of our December Newsletter. So here we will both remind and inform you as to what goes on in our Charity with some updates from each of our Projects.

Message from our Chairman

*I have the privilege of being Chair of **Selsey Community Forum**. This year we have expanded our work even more responding to the increased need in our community.*

The section reports will highlight the variety of work we undertake through our staff and volunteers. We owe them and all our partners a great debt of gratitude.

I hope you enjoy and are inspired by all that has been accomplished.

Mike Nicholls

Charity Structure

Patron:

Amanda Waring

Trustees:

Mike Nicholls

Mike Beal

Janet Sorrell

Richard Lamdin

Kim Long

Liz Ball

Linda Edwards

Neil Kimber

Karen Pirks

Chair

Vice Chair

Secretary

Chris Butler

John Fletcher

Colin Rickman

Nicola Collins

Gill Walsh

Liz Woodsell

Deb Heath

Accountant:

We are fortunate to have 11 caring part time staff and some 140 amazing volunteers to carry out our work.

Selsey Care Shop

This is our hub and acts as a one-stop-shop in the High Street, helping and supporting people in lots of ways. The **Selsey Care Shop** works to coordinate and deliver a wide range of support for the local community for which we are open 7 days a week.



To date this year there have been 4,745 people visiting the **Care Shop** compared to 3,806 in 2021 for the full year. There have been 2006 people visiting the **Selsey Pop-Up Pantry** to date compared to last year when there were 1,034 during the whole year.

We seem to have been more of hit on our social media activity, getting 981 likes whilst for the full year last year there were 780.



Selsey Befriending Activities

Each week there are a number of activities helping to draw isolated and lonely people more closely into the community.

Morning Live – Every Monday morning at the Selsey Venture Club, we enjoy refreshments and conversation with up to 20 of our service users and Venture Club members. Transport is provided by the Venture Bus or some attend with carers. This is a safe venue with easy access to local shops for those who cannot easily get out and demonstrates a good partnership with the Selsey Venture Club.



Shop Talk – tea and cake at The SHOP for up to 14 guests. This is a small group run by volunteers, especially for those who prefer socialising in smaller numbers.

Movies For Memories – this takes place twice a month in the Methodist Church Hall and can accommodate up to 30 guests. We show a classic film and provide a home-made 3 course lunch cooked by our very own caterer. The films are suitable for those living with dementia and are not too long. It is particularly good for those who are unable to get to films elsewhere due to their age or transport difficulties.

Grow Selsey Tea Garden – takes place in the summer months at The Bridge. The guests enjoy refreshments and are shown around the gardens by Paul and volunteers. Fresh produce and plants are available for all for a small donation.

Thursday Tea/Lunch/Handmade Groups – at Selsey Methodist Church Hall every Thursday. Tea and cake throughout the day and lunches provided by our local pubs and cafes. Earlier in the year the Handmade Group made knitted/crochet squares for blankets that were sent to Ukraine.

ResBite Teas – 4 Sundays a month at each of the local churches. An afternoon of entertainment such as quizzes, games, music and refreshments.



Ronelle Juleff

Good Morning Call

This Service offers a friendly, daily phone call to those who might appreciate a friendly chat or could be vulnerable or housebound. The Service has proved very successful, not only in offering the opportunity for a chat each day, but also in alerting for immediate or other assistance when the need has arisen.

There are currently 112 people who appreciate a **Good Morning Call** and in any given week over 300 phone calls will be made.

Carers Support Selsey

As a carer, it is vitally important that you take time for yourself, to look after your own health and wellbeing. One way is to take opportunities to relax and de-stress. Being able to recharge your batteries is an important part of most people's lives and is especially important for carers. It can affect you emotionally, physically, financially and in many other ways.

In the **Care Shop** we hold information signposting unpaid carers to the help they need; we can provide support, advice, information and representation to and for carers in the community. Our aim is to make life better for carers.



When speaking to active carers they all expressed that what affects them most is "lack of sleep" and the "need for time out".

Carers agreed that they would not have coped without having a local support group to attend like the carer's afternoon tea or the men's breakfast club, both designed to improve their quality of life, help them form new friendships, and share information.

The outcomes of these groups being

- The Carer feels less isolated as they realise they are not alone.
- Carers are supported to stay mentally and physically well.
- Carers are supported to have a life outside the caring role.

From the **Care Shop** we continue to support the unpaid carer and 2022 has been a busy year seeing many new faces who suddenly realise and recognise themselves as a carer when a loved one became ill and needed looking after. We work with TuVida who offer emergency respite cover should the carer suddenly be in a position that takes them away from the home. We also work with Carers Support West Sussex who have many services to offer including a wellbeing fund. Money from this fund can be used to enhance the carer's health and wellbeing.



During 2022, we held over 50 carer's afternoon teas and 12 men's breakfast clubs. Our annual summer tea party at the Selsey Golf Club was enjoyed by over 90 carers.

We receive many kind messages; this is just a couple of examples: -

“For a lot of people, the chance to get out and meet up with like-minded people does not happen too often. We thoroughly enjoyed the day, the food, the entertainment and the company. Thanks to all concerned”

“As a Carer, I feel a weight has been lifted off my shoulders. Knowing I have a port of call when I have any concerns for my father’s well-being

“Amazing people and service. Walking in off the street to have a chat has helped change my life as a carer for my mother. I feel I can pop in any time and talk to them. They do an amazing job for the community”

I would like to take this opportunity to thank everyone for their continued support and kind messages, please remember “you do not have to care alone”.

Sue White

Selsey Buddy Support

This is our band of volunteers in the community looking out for their neighbours. The Buddies continue to collect prescriptions, shopping and offer lifts to appointments such as Covid Boosters and Flu jabs. They hand deliver 1,100 of these Newsletters every month to our Service Users, local Care Homes and shops.



There are 59 Buddies on a WhatsApp group so they can respond to requests for help as soon as is practicable. Buddies support each other with peer support and training and a Buddy Steering Group has representation from 3 Buddies meeting bi-monthly with members of staff. We held a summer ‘thank-you’ event for our Buddies and volunteers.

Jo Hughes

Selsey Wellbeing Services

This Service consists of four elements and some 70 people are supported at any one time.

Family Support comprises one-to-one and group work in partnership with local schools and the Medical Practice.

Bereavement Support again comprises both group work and one-to-one help.

The **Counselling** element sees up to 20 people being supported at any one time.

It's Ok Not To Be Ok sessions deal with low level mental health needs, offering a sympathetic environment where individuals can be directed to professional counselling or other appropriate support. More serious needs are dealt with in the **Hope in the Dark** afternoon session.

Selsey Money Support

In 2022, 376 people have so far been supported through help with debt, benefits, form filling, applications for blue badges and lasting power of attorneys, energy support, referrals to government funding and money management. Our advisors have been very busy, and it is anticipated the winter will see an even greater demand.

Selsey Dementia Action Alliance

This seeks to make Selsey a truly dementia-friendly community and supports those living with dementia. It is registered with the Alzheimer’s Society and the National Dementia Action Alliance, and we work in partnership with many local and regional organisations. This can be so helpful when we might come across a situation which we have not encountered before.

We have our very own Dementia Ambassador who helps to run training sessions giving all those involved in supporting people with dementia insight into what might be required.

We hold several activities that are dementia inclusive such as the Sing Your Heart Out Friday Club and Mobility Mindfulness (as part of Together Time) and it is so gratifying to see carers enjoying time and activity together with their cared for.

Grow Selsey

The Grow Selsey Project at The Hidden Garden has had a very successful 12 months with many new volunteers joining and lots of visitors enjoying the space we have to offer. The garden is a place for people of all ages to come and enjoy and to help look after. We have weekly get togethers on Tuesday and Saturday mornings from 10am. The Hidden Garden also supports other projects run by the **Selsey Community Forum** including the weekly Tea Garden on Thursdays throughout the summer and we work in partnership with Youth Dream to support young people from Selsey Academy to learn about horticulture and developing wildlife habitats. We also run an after-school gardening club, support the school council with their eco projects and run environmentally related holiday activities.



This year we started to support adults with learning disabilities and have a space for a volunteer working towards their silver Duke of Edinburgh award.

We had wonderful success winning the Chichester District and Allotments Association Annual Flower Show vegetable cup and being presented with an award by the National Garden Scheme to help us to develop the garden. The NGS has invited us to open The Hidden Garden next year for their charities. We also took part in this year's Selsey Open Garden's Day and had over 300 visitors and many complimentary comments over the day.



Our early season Seed and Plant Swap was popular and will happen again on Sunday 5th March 2023. So, if you would like to share or look for your new season seeds and plants, we have a lot to offer.

Plans for next year include a new central seating area to the garden for relaxation, planting 12 new fruit trees and we hope to start a Forest School project for young people. We are also wanting to know if you have any fruit trees in your garden.... more will be revealed in a later Newsletter.

Paul Sadler

Selsey Employment Service

The Service has grown from strength to strength since it was established in July 2021. Sue Boucher heads the service up and has created a unique and bespoke service to people with varying requirements. This has included skills analysis, planning, CV writing, researching, accessing employment opportunities and volunteering experience. With the support of Shelby Pavlou (who began her employment journey via the Government Kickstart programme), she has designed a series of accessible employment workbooks, dependent on the needs of the individual.



Referrals come via the DWP, the **Selsey Care Shop**, social media and Chichester College and in total since the Service started, there have been 107 referrals. Successful partnership working with local businesses (in particular, Seal Bay Resort) and voluntary organisations create excellent relationships to enable work opportunities. Real outcomes for young people.

An employment workshop took place in the summer, providing an opportunity for young people with varying special needs to come together to identify how they would choose a suitable role. Other workshops are planned.

The outcomes of the sessions were as unique as the individuals. This included additional 1:1 sessions being offered to develop further opportunities to build experience in voluntary work. This has proven to be successful with all participants engaging in voluntary work of their choice.

Sue Boucher

There are many other initiatives with which the **Selsey Community Forum** is involved. Some of these are shown below.

Selsey Greenway

The Selsey Cycle Network project teams continue to work on the aspiration of two cycle routes from Selsey to Chichester on the east and west side of the B2145.

Whilst progress has been made in securing a route into Selsey via Cove Communities, other outstanding land permissions continue to be sought.

We would like to urge CDC and WSCC to see the Greenway and Route 288 as of equal worth and give appropriate support to both routes.

Ferry Farm Community Solar Project

This has benefitted Selsey community with numerous grants administered through the **Selsey Community Forum**.

Community Information

We provide information about Selsey to residents and visitors, producing a 'Welcome Pack' as well as maintaining our **Community Diary**.

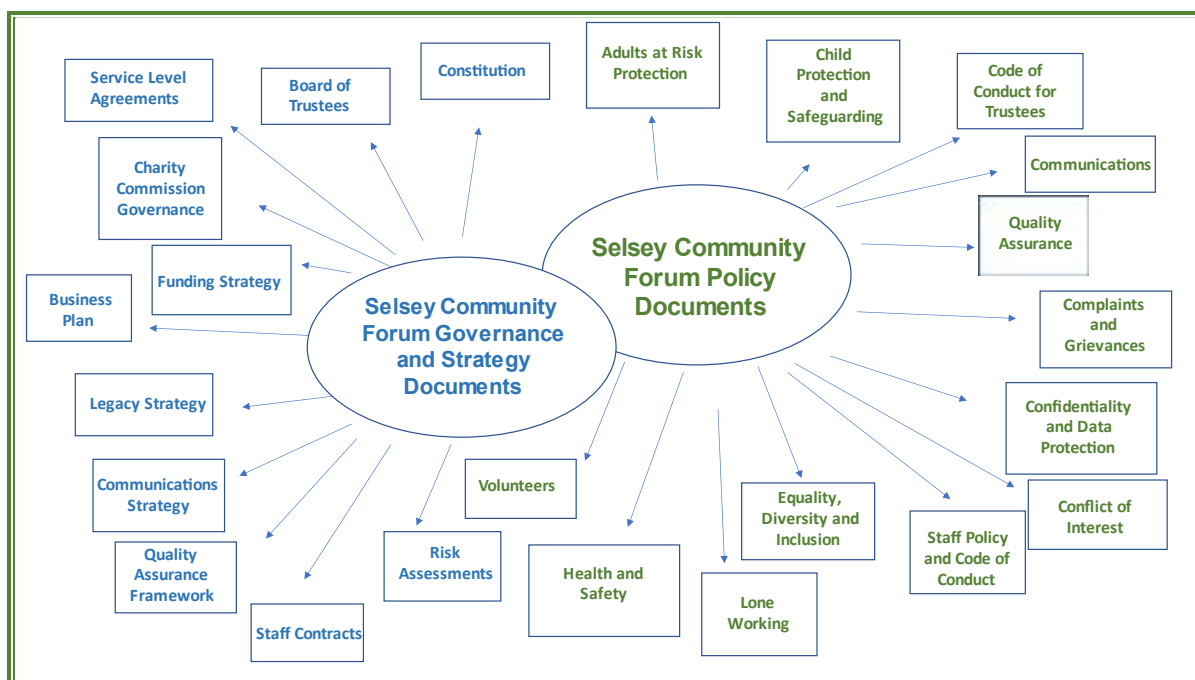
Selsey Community Forum Partnerships

Here is a diagram showing all the partner organisations with which we work; as you can see the mix is quite diverse and without the support from these, we would not be able to do nearly as much as we do.



Documentations

This next diagram shows all the legal structures and documents we require to operate as a registered charity; this not only protects ourselves, but also protects all those in the community that we help and support.



Every month we produce a Community Diary of all the events arranged by **Selsey Community Forum** – the list seems to get longer and longer and, as you can imagine, we need the spaces in which to hold all these activities. We are so very grateful that all these venues are offered to us free of charge and for so many in our community, they become a welcoming sociable and safe space.