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AUTUMN BUDDY SUPPORT NEWSLETTER

I firstly want to thank everyone for making me feel so welcome over the last few months. The transition from the Medical Practice to the charity has been a learning curve and I am still absolutely astounded as to the help that this wonderful charity does for our community. You as the volunteers and buddies play an absolutely vital role in this and again I would like to say a big 'Thank You' from me and everyone at the charity for the help that you give us.

It has been a busy summer! **Since May** when I sent out the last newsletter, just as an insight for you all, the volunteers have helped us with:

BATS – We are currently up to 300 Buddy Assisted Transport trips to medical appointments. The vast majority of the people that are assisted to their appointments wouldn't have made it to their appointments, so the volunteers help with this is so vital- THANK YOU. *****The need for this service is growing and if there are any other volunteers that are able to help with this, it would be so much appreciated*****

120 prescription pick up requests have been fulfilled by the buddies- absolutely amazing- THANK YOU.

Around 15 x small shops done and delivered- THANK YOU

Over 4400 Newsletters have been delivered to keep everyone in the know about news and events that they can attend - THANK YOU

Help with urgent sample collections, last minute transport to medical appointments or assisting with moving of furniture has also been done which is truly amazing.

This list is just a few of the areas that you all help with, as you probably know from the group chat the requests are many and varied!!
The Groups that we run also could not happen without the volunteers giving up their time to assist with the running of them.

NEW GROUPS

One new group is the **WELLNESS CAFÉ**. Discussions within the charity highlighted a need regarding 'Growing Old Well'. Mike did a short survey with a group that he was attending and people raised concerns such as Loneliness, fear of falling, transport to medical appointments, dementia, health and wellbeing amongst others. Linda Edwards, one of our wonderful volunteers, came up with the idea of a 'Wellness Café', to provide a relaxed café environment for people to come and discuss any worries or needs.

For information, discussions can begin regarding the following (in case yourself, or anyone you know may benefit from attending the café.

MFCH (My Future Care Handbook) - helps with areas such as making a will, Legal Power of Attorney, Funeral planning, Bucket list, Planning for the unexpected.

Help with form filling such as blue badge, Attendance Allowance, ResPect documents and referrals made as necessary to assist with this.

Wellbeing and staying Healthy- Diet and Healthy eating, keeping mobile, home security, blood pressure checks by a qualified nurse from Vitale Care and fire safety advice (to name just a few)

The Café will run on the first and forth Thursdays of the month starting in September from 2.00-3.30pm at The Shop (next to Truevision). The first Thursday will be dedicated to a theme with a speaker there to offer advice. September was 'Fire Safety Wellbeing advice. October is 'Looking After Yourself' with diet and wellbeing advice. In November Sue Parsons is offering her knowledge and expertise around Occupational Therapy advice. December is for 'Preparing for Later Life' with discussions around ResPect documents, Power of Attorney etc.

The fourth Thursday of the month will be a more relaxed drop in at the café for any discussions around Growing Old well to take place and help and assistance offered as needed.

If the café could help yourself or anyone you know, please spread the word.

OTHER GROUPS

For information, the Dementia Group and Reminiscence Group will now be known as '**All Our Yesterdays**' on the second and fourth Thursdays of the month at The Beacon Church between 2.00 and 3.30pm.

Sing your Heart Out is now called The Friday Club (please see the community diary for specific dates:

This is a fully inclusive music workshop for people with an acquired brain injury or health condition (stroke, dementia, Parkinson's, MS) and their carers. £5 per person/ per session. Cared for goes free. To book a block £20: Karen Pirks 07824 376760

As with any of our groups the help that the volunteers give and the time that they put into helping the charity and the users is so valuable and appreciated.

OTHER NEWS

It was great to see many of the volunteers and buddies at the Thank You event at the Golf Club on the 19th August. Great for us all to catch up in a more relaxed environment. The food, company, and thankfully the weather held for us. £80 was raised from the raffle towards the charity. Thank you all for donating and taking part.

We shouldn't mention the 'C' word yet!!! But yes, Christmas preparations for the charity are underway. We are holding a Christmas Fayre on Saturday 2nd December from 9am to 1pm at the Selsey Town Hall to raise much needed funds for the charity, and bring the community together with craft stalls, cakes and refreshments. Please spread the word, and we would love to see you all there.

As in previous years, the charity is working alongside the Churches to help bring any lonely and vulnerable people together on Christmas day with a traditional Christmas lunch at The Beacon Church at 1pm. We already have crackers and napkins delivered and the work has started to contact those who may like to attend. The day is not an easy one to organise, so if there is anyone that is able to help with this it would be so much appreciated. Be it peeling veg, being there on the day to help and oversee, delivering meals on the day to those that cannot get to the Beacon Church or general help. Also, if you know of anyone that may be lonely or in need of a meal on Christmas

Day, please do also let us know.

HELP ALWAYS NEEDED!

We are always after more drivers to assist with our Buddy Assisted Transport System (BATS). This scheme is designed to help users get to their medical appointments, be it at the surgery or further afield, who may otherwise have not attended that appointment or struggled to get there. As you can see with over 300 trips done so far, the need for this scheme is high and we are struggling for drivers. The drivers that we do have are absolutely fantastic, but the more that we have, the fewer everyone would have to do with sharing the load. If you know of anyone that could help with this it would be so appreciated. You do need to hold a current driving licence, MOT and personal car insurance for the vehicle to be used to transport patients. It would also be necessary to ensure that your insurance covers you for carrying out voluntary driving work. You are paid 45p per mile for every trip made.

Covid Vaccinations

We have been approached to see whether we can help with transporting vulnerable people to their covid vaccinations. This would be a free of charge service, but volunteers are able to claim their mileage if required. This will be a community effort to try and get our community vaccinated to avoid any repeat of earlier years illnesses, and any help or assistance with this would be so much appreciated. If you are happy to help, please do get in touch.

Assistance helping Users Access Selsey Medical Practice Website

The charity is working alongside the NHS on a new initiative called the Health Inequalities Project. We were primarily chosen due to us being an isolated community and how we can assist in reducing any health inequalities in our parish, working together with others, such as the Medical Practice.

As part of this the issue of online computer help has been raised. As we know the world is slowly turning paperless and we are encouraged to access many things online. We in Selsey have a very high elderly population compared to other parishes locally, and with this comes a higher number of people who do not have access to the internet, or if they do, need help and assistance to learn to navigate it. Selsey Medical Practice have approached us to see whether we have any volunteers that would be willing to help any users access the Selsey Medical Practice website, be it for e-consults, ordering medication or just for information. If anyone would be

willing to help us with this it would be so much appreciated, and as always please do get in touch.

If there is ever anything that you think we could help you with or improve the way we communicate with you all, please do let me know. As mentioned before, without the buddies and volunteers we simply wouldn't be able to support the community as we do.

Take care all, Katy