

Forum News



February 2025

This copy of Forum News forms the notes of a meeting held at Caraway House Care Home at 4.15pm on 17th February 2025
If you would like to know more about any of the items, please contact us at:
mail@selseycommunityforum.uk.

➤ WELCOME

Mike Nicolls welcomed everyone and thanked Caraway House Care Home for hosting the meeting.

➤ Pavilion – Keith Batchelor

From the outside you would not think there had been much going on, but in the interior, there has been a lot of progress. New floors have been laid and insulation installed. The next important thing is the Selsey Film Project to be filmed on a 35mm projector. This is in conjunction with some of the Academy students.

The film project is going very well and will be filmed on 31st March and hopefully completed for 12th June. The Premier will be held on 12th June.

Following the Gala Premier we are hoping to have a short Summer Season.

Keith paid a tribute to both Roy Maidment and Ruth Mariner and have since passed away. They had both offered to make an oral contribution about Selsey Pavilion, we are very fortunate that Roy was able to complete his contribution, but Ruth sadly was unable to. Both will be greatly missed.

➤ Hidden Garden – Paul Sadler

Paul and his colleagues have taken on The Open Gardens project, and this will be on Sunday 8th June. We are looking for new gardens to include, they don't have to be manicured and pristine. The Hidden Garden is going to be the centre piece and starting point this year. There will be entertainment and refreshments, and The Selsey Shuttle Bus will be providing a hop-on hop-off service for a small donation. If we get advanced bookings we are hoping to provide an E-Bike Service provided by Chichester E-Bikes. We will start the advertisements soon and the Posters will be going out soon.

We also are holding a seed and plant swap on Sunday 2nd March 11-3pm. Carole Purnell asked Paul if plants were labelled if they are toxic for pets. Carol suggested a Poster could be displayed in the Hidden Garden to this effect.

Mike added that both Grow Selsey and The Pavilion had both received recent grants from Ferry Farm.

➤ Money and Energy Support – Mike Nicholls

Mike acknowledged that the number of people coming forward this winter for money support has increased. We are carrying out a major project around keeping warm and energy support and advice about bills. We also have a volunteer helping people to swap energy providers if needed.

➤ **Mental Health Needs – Mike Nicholls**

We are finding that the Medical Practice are sending to us people with complex needs. Most of which have arisen out of abusive relationships. Some have post-traumatic stress disorder and other related trauma. That is stretching our knowledge and experience, and we are trying a new partnership with Chichester University to bring in one or two students at Level 4 who are about to complete their qualification. Hopefully, this will enable us to meet that need. We also have an emphasis on overcoming loneliness.

➤ **Good Morning Call Service – Amanda Daniels**

Amanda reported that 126 calls are being made a week. This is to overcome loneliness and having a chat and picking up on any problems. From those calls Amanda picks up on medical needs, problems with family, extra support with bereavement. There are a few gentlemen who have specific needs. A couple of gentlemen are on the spectrum. We have had a few clients who have become romantically involved and one couple have recently married, and another couple are planning their wedding too. We aim to lighten people's lives with our calls.

There has been a service offering Good Morning calls for a few years now in the Witterings and they have just started a second Coffee Morning on a Monday in the Witterings Pub, as well as the one on a Tuesday morning.

➤ **Befriending – Ronelle Juleff**

Ronelle runs 4-5 groups each week. Sunday Respite Teas with up to 60 attending, Movies for Memories on a Monday have been going for 9-10 years now. This is the 3rd year for Together Time on a Thursday. Tea and Chat on a Monday morning and Friday afternoon at The Venture Club has been friendships are being made. Venture Bus provides a transport service to collect people and take them to the events of their choice and then take them home again afterwards and this has led to romance blossoming between one of the Venture Bus Drivers and a lady who uses the service.

➤ **Buddies Day Centre – Chantelle Maison**

Chantelle and a colleague who used to run Terry's Place in Chichester until it closed, are now planning a new service to open a day centre service 2 days a week, Monday and Friday, at The Selsey Centre trialled for 12 weeks starting in March. The aim is to provide a respite service in Selsey for Carers and their loved ones, including people living with Alzheimer's. There will be 4 members of fully trained staff in attendance. 3 sessions per day: 10am to 12pm, lunch at 12pm and then 11pm to 3pm. The sessions will comprise of games, music ranging from 40's to 60's and other activities. There will be a charge of £20 per 2 hour session and £15 for a 2-course lunch, with concessions for those on Pension Credit. Full details can be found on their website.

➤ **Caraway House – Trena Morey**

Caraway Care Home has been working with The Selsey Care Shop to provide a Gent's Breakfast on the 4th Tuesday of the month and are now planning a Ladies Breakfast on the Friday 28th February, this will be by invitation. They will be providing bacon or sausage rolls, cake, tea and coffee. The 1st one will be free but following on, there will be a small charge made. They continue to work with the community and residents in Selsey.

Caraway House are finding an increase in residents, who may come in for a few weeks respite care and then enjoy it so much, are deciding to stay permanently.

There are more events planned for this year. They will be hosting ResBite Tea on Mothering Sunday, 5th March and continue with providing Resbite Teas on the fifth Sunday of the month, working in turn with the local churches. Trena is planning some local visits with the residents and is encouraging them to visit some of the local amenities. More staff are being recruited and things are going well.

➤ **Arts Dream – Alex**

Arts Dreams are in the process of planning more events this year for residents of all ages following Covid when events were scaled down. In the Autumn Arts Dream held a Halloween Event in the Hidden and Garden and that was successful with young people. They are also planning some acting workshops encouraging people to become more involved with Arts Dream. Some of the events already planned are as follows:

Letters Live – 21st to 23rd March, 4 performances, at Westberry House, Selsey. Arts Dream Actors will be performing/reading real letters – mix of poignant, humorous, and in some cases shocking. Tickets £15.

In Paradisum - 12th April, 3-4.40pm at St Peters Church. Selsey Chamber Choir will be performing, and this will include Faure's Requiem. Tickets £10.

Love, Life, Laughter - 27th to 29th June, Westberry House. Our local actors perform a series of short monologues, witty and humorous comments on life. Tickets £15.

Annual Art Exhibition – 22nd to 25th August, Medmerry School Hall. Free Entry.

➤ **Young people – Mike Nicholls**

The Bridge located in The Hidden Garden have noted that demand has increased by 25% over the last year and the Youth Workers are now working in every local School across the Peninsula and last week we visited Birdham School and we spent the day on Tuesday. They offer mental health support in the age group 10, 11 and 12, that transition period from Junior School to Secondary School and we also have Youth Workers in Secondary Schools so that when young people transition from one school to another they will see a familiar face and that helps them to settle. The Academy is going to have the largest number of students for some time. The reason being, over the next 2 or 3 years, there is a bigger number in Bognor that are going to be an overflow that Bognor schools cannot accommodate and therefore some Bognor young people will be transported over to The Academy, Selsey.

➤ **Sports News – Mike Nicholls**

Crablands Club have been having extensive work to have external lighting and building a 4th Tennis Court. We are fortunate in Selsey that we have Golf Club, Football Club, Bowls and Tennis Club facilities available. Also, there are also groups who enjoy, walking football, walking tennis, walking netball as well as just walking groups.

➤ **Men in Sheds – John Fletcher**

The Men in Sheds have been very busy over the Winter and have a lot of items for sale. Call in on a Saturday and see for yourself. They are based in The Hidden Garden. All the items are available and have been handmade. There is also going to be an Open Day very soon.

➤ **Hubs across the Peninsula - Mike Nicholls**

Since last September we have received a number of requests for more Help Hubs across the peninsula. We are being supported by Vitale Care, Age UK, Guardian Angels Care,

in Chichester, Beacon Church, Bracklesham and EW Parish Council, and in the case of Vitale Care and Age UK offer a member of staff at no cost to support these hubs. In the case of Lavant they bring in residents to help provide this service. In Selsey we have access in the Food Hub on a Tuesday afternoon and on Thursday at Together Time we make provision for the older folk who attend. Both the medical practices in Witterings and Selsey make weekly provision for engagement and the most recent one in Sidlesham in the Memorial Hall.

The Hubs typically offer Later Life services such as Respect document, help with form filling such as LPA's, BB and AA, help with funding, and daily phone calls. These Hubs offer access to all these services. We have dealt with 331 issues over this period. The overall aim of this is not only to provide Later Life Care but also End of Life Care and that's where the Robins Service provide support personal support to those people and their families. This service is fully operational across the Witterings, Birdham and Selsey.

Help Hubs listed as follows:

- Birdham – 2nd & 4th Thursdays, 10.30 – 11.45pm, Pump Café, St James Church Centre
- Bosham - 1st & 3rd Thursdays, 10am to 12.00pm St Wilfrid's Hospice
- Bracklesham Bay – 1st Thursday, 2pm to 4pm, Bracklesham Barn
- Chichester - 2nd & 4th Thursday, 1pm – 3pm Guardian Angel's Care, Eastgate Square
- Hunston – Fridays, weekly, 11am to 1pm Hunston Community Club, Hunston
- Lavant – 3rd Thursdays, 1-3pm Sussex Grange Care, Lavant Road, Lavant
- Selsey - Tuesdays weekly, 2pm – 3pm, The Beacon Church Marisfield Place, Selsey
- Selsey – Thursdays weekly, 12pm – 1pm, Selsey Methodist Church, High Street, Selsey
Thursdays weekly, by appointment, Selsey Medical Practice, Selsey
- Sidlesham – 2nd & 4th Tuesdays, 1pm – 3pm Sidlesham Memorial Hall, Sidlesham
- Wittering - Tuesday weekly, 10am to 12pm, Downview Hall, East Wittering
3.30pm to 5.30pm The Witterings Medical Centre

Help Hub Contact Number – 07379 789721 Monday to Friday 9.30am – 1pm

➤ **Remembrance – 80th Anniversary VE Day**

On the 8th May there will be a day of activities and events organised by Selsey Town Council to remember VE Day. The Finale will be the lighting of the Beacon at East Beach.

➤ **Next Meeting: Please Note - Wednesday 18th June 2025 4.15pm at Caraway Care Home**