

# Forum News



June 2024

This copy of Forum News forms the notes of a meeting held at  
The Academy School at 4.15pm on 17<sup>th</sup> June 2024  
If you would like to know more about any of the items, please contact us at:  
[mail@selseycommunityforum.uk](mailto:mail@selseycommunityforum.uk).

## ➤ **Welcome and Thanks**

Mike Nicholls welcomed everyone and thanked them for taking the time to attend the meeting. Apologies were received from Neil Kimber, Philip Grocott, Will Chalmers and Ali Archer.

After introductions, Mike welcomed Trena Morey from Caraway House Care Home, attending the Forum meeting for the first time.

## ➤ **Pavilion**

Keith Batchelor updated us with news of the refurbishment. The roof is going on and should be completed in a couple of weeks. During the course of removing 7 layers of paint from the façade, damage was revealed to the brickwork caused by the paint. More volunteers are being recruited from the community to help with the work. The Pavilion have just had the 500<sup>th</sup> newsletter subscriber.

Also during recent work, a Time Capsule was uncovered which is 90 years old dating back to June 1934. Contents included a Portsmouth newspaper dated 1934, old theatre ticket stubs, a party hat and various pieces of paper. A new Time Capsule is being planned and local school children are being encouraged to suggest the contents.

## ➤ **The Hidden Garden**

Paul Sadler - The Hidden Garden is in the middle of the first week of an art project supported by Arts Dream, Willow Weaving with two supporting willow artists working with the community. The first part completes this week with another week commencing in July. The project involves creating woven shelter in the woodland area and a domed central seating area. So one of the projects benefitting is the Forest School project educational project.

Open Gardens' day and over 700 tickets were sold and The Hidden Garden was open on that day. It is a resource for the community and is looked after by volunteers. We have another open garden day on Sunday 30<sup>th</sup> June which is a National Gardens day.

## ➤ **The Selsey Life**

Mike announced that now Steve has recovered from illness The Selsey Life will be up and running again from 6<sup>th</sup> July. Any articles you would like to be included in August edition need to be in as soon as possible and by the latest 6<sup>th</sup> July.

## ➤ **Selsey Care Shop**

### **Care Support Lead**

Sue Parsons has recently started as the new Care Support Lead in Selsey Care Shop. Sue has spent 28 years as an Occupational Therapist and working with people who have disabilities. Sue said her role is supporting Carers who care for a relative or a neighbour. She will be attending The Carers Support Group on a Tuesday, and maybe the Men's Breakfast in the morning, also helping with The Carers Tea, Car Boots and especially the Equipment Service. On the 3<sup>rd</sup> Thursday afternoon Sue will be at The Shop to support anyone who needs OT equipment. This will initially be a drop-in but may revert to timed appointments depending on demand.

### **Friendship Groups**

Amanda who runs the Friendship groups was attended The Parkinsons support group today. Five people attended and one lady was attending for the first time following her recent diagnosis with Parkinsons. The lady in question initially found her diagnosis difficult to come to terms with and the group were very supportive of her, and after some initial tears there were smiles.

### **Befriending**

Ronelle Juleff runs the Befriending Service. Together Time is one of the most popular groups. It runs every Thursday and starts at 10.00am until 3.30pm. Participants arrive either own their own or with a Carer. Those that don't have transport arrive on the Venture Bus. The morning begins with a Sing Song, Tea and Cake and at lunch time there is a 2-course lunch provided funded by the pubs and businesses in Selsey. There is a Library corner and chair exercise session morning and afternoon and more Tea and Cake in the afternoon. The day is supported by staff from TUVIDA and VITALE. Some people stay for just part of the day or stay all day. The group will have been running now for 2 years in October.

## ➤ **Robins Service**

About a year ago now in October last year. We started the Robins Service to ensure people do not die alone. About a month ago just before the May bank holiday, we had a call from one of the Doctors at the medical practice regarding a gentleman who had just suffered a severe stroke having lost his wife 6 weeks earlier. The idea was to offer some voluntary befriending, to be with him and sit with him. Those of us who took this on found it a great privilege to be with someone and support them at this time in their life. He had no relatives but lovely neighbours. He was expected live for 3 days but he lasted another 3 weeks before passing away last week. We are now organising a funeral for him as he has no relatives.

As part of that development, we are now running a help desk in the Witterings on a Tuesday morning during a Coffee Morning alongside their Good Morning, Call Service and they have already taken requests for help with for Blue Badges, Attendance Allowance and LPA's. All the things which are associated with older age and end of life. Vitale have just recruited a member of staff who will be a permanent fixture to attend on a Tuesday morning alongside one of our own folk.

Hunston hold a similar event on Friday mornings and we hope to attend in September and the third event will be in Birdham who hold a similar meeting on a Thursday. The long-term plan is to extend the service in different parts of the peninsula and provide support to people who need end of life care in different ways.

### ➤ **Dementia Action Week**

Karen Pirks recently led Dementia Action Week and encouraged people, shops and businesses to turn their windows Blue in support of Dementia in a way of the community coming together to show support for those people suffering from Dementia, of which there about 300 in our community.

Karen is also going to write a series of articles in The Selsey Life about the effect that the a community's culture has on different illnesses like a cancer journey, respiratory issues or forgetfulness. Also an article about how a community can help young people grow, and that will be written by a 16 year old. We are just trying to develop that sense of community whether it is Patience, Understanding, Kindness and Compassion and the effects of that for people not least recovering from addictions which can help them on their journey.

### ➤ **Community Warden**

Rich Moorey has been working closely with the Selsey Care Shop and has carried out several welfare checks with residents in need. People who had had a fall at home and were unable to call for help. Emergency services broke in and either had to break a window or force a door open and this results in a cost to emergency services to make good. Rich had the idea that fitting a key safe outside the property of vulnerable residents and keeping a secure note of the access code could help with access to the resident was in need of help. Rich was able to obtain a grant for £650 to begin with to fund this. So far about between 90-100 have been fitted and the Care Shop hold a copy of the access code on their secure database and recently the Fire Service also have a copy which they hold securely too. Following the initial grant second grant of £500 has been received. Nicola from the Medical Practice asked if vulnerable people who leave their doors unlocked for their Carers would be eligible and Rich said they would be and to liaise with the Care Shop. He would fit it and then lodge the access number with The Care Shop, and in some cases also with the Medical Practice.

Rich has been dealing with parking issues, overgrown hedges and continues with welfare checks. Rich continues to give talks to groups and advice on Scam prevention. Mike N raised an issue with the car park by the Co-op and Football Club. People have been dumping rubbish/tyres but these are not easy for an individual to dispose of. The car park is owned by Selsey Town Council but is leased to someone else so it is a difficult situation to unravel. Rich will look into it further.

### ➤ **Selsey Medical Practice**

Nicola Collins advised that the last Covid booster program for the over 75's is completing at the end of June and the mobile unit will be at the Medical Practice Car Park on Saturday. This will be the last time before the Autumn.

### ➤ **Hour Glass**

Elizabeth Fox explained that Hourglass is a national charity that supports people over 60 who may be experiencing some type of abuse. They have a community response hub in Chichester which is pan Sussex. Elizabeth is based in Chichester and takes on case work referred to her from the Police, any Social Services or Safeguarding and supports the individual if they want to continue in the relationship and maintain the situation at home. It may be the individual has capacity loss due to Dementia or Alzheimers, so she works around that with a safety plan and works with the relevant services to ensure the individual is fully supported, may be with carers in place working with appropriate case workers. Last week they held an Elder Abuse Awareness Day campaign, released their manifesto and oath campaign, which they are asking everyone to go on line and sign

up to and take the oath to stop the abuse of older people by 2050. Their community response hub is a 24/7 and is a helpline too, which provides support on scams and neighbourhood disputes etc. Mike asked if they give advice on safeguarding policies for older age. Elizabeth replied that they do accept invitations to give advice to organisations and discuss policies on that subject.

[www.wearehourglass.org](http://www.wearehourglass.org) Hourglass 24/7 Helpline: 080 8808 8141

### ➤ **Mediation**

Will Chalmers is unable to be at the meeting today but he is taking developing further steps in the community and there will be more articles about this in the Selsey Community Forum Newsletter over the next 3 months.

### ➤ **The Academy**

Matt Tymon remarked it's a very busy time of year. Year 11's have left, their final assembly was last week and their final exam is tomorrow. Their Prom is on 4<sup>th</sup> July, come and take a look at the dresses etc. but don't bring your car! We are looking forward to transition day next week even more than last year when there were 57 after the fire. This year we have just lost 105 and have 115 in current year 7. Year 9 have started their Options.

Next year we are increasing the range of Vocational Education, which is good news. Matt thanked the Forum for their support of the School which and continued with news about the Electric Car project, funded by the community and the Forum who had helped with that. The car was on show in the Foyer when we walked in and looked amazing. It's a Green energy car and its been named The Pink Panther. It has been built by the kids in the school, not by the teachers. It had its first Race Day in Bath and some of the teachers took the kids down to Bath. There were 6 kids taking it in turns to drive the car around the track in 30 minute stints. They've all got proper equipment and Pink Racing Suits too all funded by the community. They were voted first for their outfits and the team name is The Pink Panthers. Matt couldn't thank the community enough for all its support. The team came 1<sup>st</sup> for the Outfits and 32<sup>nd</sup> in the race out of 64 schools. A fantastic and very proud win for the kids. Mike N praised the kids who were bringing the car back into the Foyer as we were coming in for our meeting, saying they were so polite and welcoming and they are a credit to the school.



**The Pink Panther built by the students at The Academy**

### ➤ **The Bridge**

Working at the Bridge now we have a young person called Ella who is in her early twenties. Ella has just completed a 3-year course in Psychology at University. Ella originally came here as a student from Surrey in her early teens following a challenging childhood, and speaks very warmly of the School. She knew Jackie Shepherd the Deputy Head and is now working alongside her at The Bridge in the inclusion project to help young people who are young carers, have low attendance or limited circumstances and together they are doing a great job. It's that partnership with The Academy that's important, and the community benefit now from what the school sows. Matt replied it's a symbiotic relationship and the school benefits when the community support them.

### ➤ **Food Provision**

We have a partnership with the Arun and Chichester Food Partnership, and they have written a couple of articles in the SCF Newsletter which will be coming out next week. Looking at local projects for sustainable food production and sustainability.

### ➤ **Caraway House Care Home**

Mike welcomed Trena Morey who is attending the meeting for the first time at short notice. Trena's background is working with people with learning difficulties and had been working at Manor Care Home up until its time of closure last year. After some thought, Trena decided she would like to go back into Care and contacted the Caraway House Care Home, applied for the Lifestyle and Wellbeing Lead and was appointed 8 weeks ago. The Caraway House Care Home will be opening mid-July when they will be welcoming their first residents. Trena has been contacting local businesses, organisations and people like Mike Nicholls and Mike Beal regarding The Venture Bus. Trena explained that Caraway will not just be a home for the residents who may come and join things going on in the community, but they also want to welcome people in from the community for Coffee Mornings etc. They will be looking to offer an Emergency Respite, also Respite for Carers who may need a break. Caraway will be offering Elderly Care, Nursing Care, Dementia Care and End of Life. So, this won't all happen immediately they open, but over time once they have their first residents settled and integrated into the community then gradually expand our services. The Caraway House Care Home want to link with community with projects they undertake like Litter Picking. Trena is keen to link with The Academy to involve the students in volunteering in the Care Home too.

### ➤ **Men in Sheds**

John informed us that everything is going well and the AGM is next Tuesday 25<sup>th</sup> June at 10am.

### ➤ **The Venture Bus**

Members are increasing and we currently have 194. Mike Beal continued to say they are working with the Care Homes, Chichester Theatre, Selsey Community Forum. They are looking for more Volunteer Drivers. If you know anyone over 65 who needs transport with wheelchair access kindly contact Mike B.

### ➤ **Any Other Business**

**Matt Tymon** related a good news story regarding the new Nursery opened in Selsey next to Seal Primary School. The owner of the Nursery gave a talk to the Year 11 students for their business coursework. At the end of the talk one of the students spoke



to the Owner indicating they were very interested in working there and they have been offered an Apprenticeship there, and this was a student who struggled at school but made a positive decision on leaving school and has a job.

**Sue Parsons** informed the meeting that The Care Shop are holding a Fall Prevention Training Workshop in 3<sup>rd</sup> July at The Beacon Church. Open to everyone but booking is essential so please contact Karen Pirks by 1<sup>st</sup> July.

Email [operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk) or mobile 07824 376760 see attached poster for further details.

**Carol Purnell** asked Matt Tymon about Technology, would students be able willing to volunteer to help with IT support with folk in the community. Carol said the Care Shop gets lots of calls for help with IT (for example installing the NHS App on a phone or laptop) and there are not enough volunteers to help. Matt explained that if a group came into School then students would be able to help. The problem is with the school Network which is very locked down but hopefully they could find away around the issue. Perhaps finding a larger venue with a decent Wi-Fi signal where he could attend with the students would work. There are problems with Safeguarding issues and DBS's when students go out to people's homes, so that wouldn't be possible. Matt will investigate for further possibilities.

### ➤ **Next Meeting Wednesday 18<sup>th</sup> September 2024**

- **Attached Falls Prevention Workshop Flyer and booking details**
- **Information Re: Arun & Chichester Food Partnership**

The Arun & Chichester Food Partnership brings together community organizations, local authority representatives, charities, and the local food industry to work together to make good food accessible to all, now and in the future. The network is always growing – we work with existing networks and create new ones. There are two part-time Development Officers, hosted by Citizens Advice Arun & Chichester – Regi leads in Chichester District.

There is great variety in this exciting project. We create local groups to look at issues and develop local responses, using research, community consultation and local knowledge to identify issues and areas of work, which may include financial barriers, physical access to food, transport, local food environments, environmental impact, long-term sustainability, cookery skills and careers, among others.

We have created a Community Growing Network across Arun & Chichester districts, to connect people who are leading community growing projects with those who are developing new ones. We directly run some community growing spaces in Arun.

We work with partners to create projects to improve the food experiences of local people and have created a Food Action Booklet to give inspiration and examples of possible projects.

Knowing that advice and support is so important for preventing food crisis, we have created a "Worrying about Money?" leaflet and other resources for communities, including guides to free and low-cost food in some areas.

Our new website [arunchifood.org.uk](http://arunchifood.org.uk) contains many resources and much information, including our community food map, Community Growing Toolkit, Food Action Booklet and much more.

We are planning a series of online and in-person workshops with organisations or communities, to help develop projects to improve local food environments and experiences. If you are interested in being part of these, please sign up for our newsletter on our website or contact us.

You can contact Regi at [hello@arunchifood.org.uk](mailto:hello@arunchifood.org.uk) or by phone on 07483 172353

*The Arun and Chichester Food Partnership is a member of Sustainable Food Places and Feeding Britain.*

Arun & Chichester Citizens Advice

Website: [www.arunchichestercab.org.uk](http://www.arunchichestercab.org.uk)

Follow us: [Facebook](#) - [Twitter](#) - [LinkedIn](#) - [Google+](#)

Adviceline Number: 0344 477 1171

Adviceline (Mobile Phones Only): 0300 3300 650



## Falls and Balance Workshop

Wednesday 3<sup>rd</sup> July 2024

09:00-12:00

Beacon Church, - Marisfield  
Place East Beach,

Selsey PO20 0PD

Join us for an **interactive workshop** about **Falls and Balance-** delivered to us by Physiotherapy Team at **LV Rehabilitation, Sidlesham**

The workshop aims will be to:

- Identify key risk factors
- The cycle of falling
- How physiotherapy can help
- What measures to keep you upright and safe
- Environmental changes that can be made

There will be an opportunity to pose questions to our professional panel of experts:

- Sophie Elliot, Pharmacist Selsey Medical Practice
- Jacqui Pace- Senior Geriatrician St Richards Hospital
- Carers Lead (SCF) Sue Parsons (qualified OT)
- Samantha Gaunt, Neuro Physio, LV Rehab physio
- John Hicks WSCC Fire and Rescue Service, Selsey

✓ Refreshments and resources available

Booking essential contact Karen Pirks by 1<sup>st</sup> July 2024  
[operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk) Mobile: 07824 376 760

- Carers and cared for **FREE**
- Volunteers/SCF staff **FREE**
- Care home and care at home staff £10 per delegate

