

# Forum News



September 2023

This copy of Forum News forms the notes of a meeting held at  
The Academy School at 4.15pm on 20<sup>th</sup> September 2023  
If you would like to know more about any of the items, please contact us at:  
[mail@selseycommunityforum.uk](mailto:mail@selseycommunityforum.uk).

## ➤ WELCOME

The meeting was opened by Mike Nicholls who welcomed everyone and invited each member to introduce themselves.

## ➤ HEALTH NEWS

In July the Community Forum started a project in Partnership with NHS Sussex. They are running a year long Health and Inequalities project across the county West and East Sussex; Brighton and Hove and we are fortunate to have been one of 22 organisations selected from an application procedure to participate in the process. Its purpose in Selsey is to explore peoples experience of the NHS in an isolated community and everyone attending the meeting were asked to participate by completing a confidential survey and their responses may be dropped back into the Selsey Care Shop. The aim of the project is to identify any obvious health inequalities in Selsey, to come up with some solutions and pilot them for a few months. Next July we will report our findings back to NHS Sussex about we have found in a view to them being rolled out in a wider basis. The Medical Practice have asked us to consider the needs of people who experience a barrier to communication. This may be because of deafness – we have arranged sign language courses. Also, we've arranged English lessons for people for whom English is not their first language, and help for people without computer skills to help them learn to access the Internet and use the NHS app for ordering prescriptions or making appointments rather than using the telephone and these are also up and running.

The Buddy Transport Service which started in February has undertaken 330 trips to medical appointments. Starting at the end of September for 4 Saturday the Medical Practice have asked us to provide free transport for their vulnerable or housebound patients to receive their Covid Jab at the Selsey Medical Practice and this is in process. We have found that people who are generally housebound with diabetes for example are more likely to receive poorer treatment at home rather than at the medical practice.

Another thing we have discovered is that people attending QA at Portsmouth for cancer treatment are fine driving themselves for the first two weeks but when they get to day 21, they begin to feel very tired and need someone to drive them, so could we offer lifts for them to enable them to attend their treatment. Similarly, could we provide a lift to get someone home more quickly from St Richards when they have been given a discharge date when this has been booked through the Care Shop. In mid-October we are planning to have a meeting to review data and the evidence and find some practical solutions. Its an extension of the things we are doing around the 10 services that The Care Shop and Forum offers all around Health Needs.

During a Zoom meeting Mike attended with NHS Services in Leeds they discussed providing a transport wide voluntary service using an App similar to Uber to request a lift and they have asked us to consider piloting this in Selsey.

➤ **PAVILION TRUST**

It has certainly been a rollercoaster this year and we are going forward. We have the National Heritage Fund Grant and we are now in the position to purchase the Pavilion and it is in hand with Solicitors. Garfield and Weston have offered £50,00 to partially fund Phase One of the restoration and renovation to make the building safe. We have had lots of exposure in the media, Radio and in the press and Gillian Keeghan visited. Keith thanked everyone for the support provided to restore this historic building.

➤ **SPORTS NEWS**

The Football and Cricket on the Recreation Ground have been attempting to expand their pavilion and modernise and they are in the process of applying for £450,000 to a fund to enable that to happen and we are waiting the result. Crablands have developed the Tennis Courts and flood lighting has enabled the expansion to the community. Green Bowling is also a popular pastime good exercise and social too.

➤ **HIDDEN GARDEN**

The Hidden Garden has recently been approached to be involved with an Art Project and a bid is going to the Arts Council for a Grant. Paul recently met a couple Artist who create structural work with Willow who work with groups or communities. Paul is keen to get everyone involved in this Artwork including the Bridge, Men in Sheds and Hidden Garden. Paul is also keen to expand the Education work in the Hidden Garden and to have a woodland school in the forest area. Some shelters created out of willow would help advance this too.

The Abundance Project has been a real success. We have invited people in the community to tell us of any fruit trees they have which the struggle to harvest and we have had a really good response. We have 16 different properties who have invited us to harvest their fruit and we have harvested, apples plums pears figs and grapes on the way. We re-distribute the fruit throughout the community, the Tea Garden, Together Time, The Pantry at the Beacon Church, Auburn Lodge visited and took some cooking apples. We have been offered the loan of a fruit press.

➤ **SCHOOL NEWS**

Jo Ford Head Teacher at the Academy has confirmed there are 500 students enrolled which is the highest number for a considerable time. Part of the work Youth Dream does is to fund 2 Youth Workers and they work with 40 families who have a child or children have attendance lower than would be desired for a good education. This may be due to the child being a young Carer or it may be behavioural or anxiety. The Youth Workers work with the families to try to develop and improve the attendance. The Academy has the highest attendance of all 38 TCAS schools, and this is above the national average.

➤ **YOUTH NEWS**

Youth Dream Charity has been handling over the last 2 years a very large 3-year Lottery Grant which enabled us to employ 6 new people to develop a range of services across the Manhood Peninsula around Mental Health Needs. Part of that has now developed a separate group in East Wittering which is providing a Mental Health Support Service in this area. They have just appointed their own Youth Worker to support that work. We have been invited by the National Lottery to apply for a further £350,000 grant, and when the bid application is completed we will submit this at the end of this month. The purpose over a 5-year period is to continue and sustain the work that has been established until 2029 by which time the amount will be zero. Its an ongoing project to sustain and recruit volunteers and by 2029 get other funders on board.

## ➤ SHARED NEWS

### **Dispute Resolution Agency**

Will Chalmers informed the meeting that the first session took place last week and there was a very successful outcome and word is getting out there. The next session is October and also people are tapping into the Remote Service on line. A point was raised on Facebook about young people knocking on doors and offering their services. These youngsters are attending college or are in the upper age group in school and are looking for support with work experience. Residents are anxious about cold calling and to avoid anxiety with local residents. Mike N mentioned that there is already forum for this type of conversation and he would be happy to discuss this with Will to continue the conversation.

### **Church News**

Richard Lamdin spoke on behalf of the 4 churches in Selsey to inform the meeting that a combined Christmas Songs and Carols on 7<sup>th</sup> December. They are also planning a combined Christmas Card from all the Churches will be posted to every resident in Selsey to detail what is going on in the Churches over Christmas. News will also be included about the Christmas Carol concert with the combined choirs and also choirs from the local schools as well and this will be held at The Academy. Also included will be news of The Pantry and the Food Bank over the Christmas period. The Pantry are seeing between 50-60 families attend each week to purchase a bag of food for a small sum. The Respite Teas on a Sunday afternoon for people who experience loneliness continue to be well supported.

Mike N mentioned that The Trussell Trust and Foodbanks were originally started as an emergency service for people who suddenly found they were unemployed and it was a resource for emergency food and that's what The Trust would like to return to. What we find since Covid in March 2020 there are a number of people who live for today but cant think about tomorrow. They live in a perpetual crisis due to ill health or anxiety and their emergency is every day. These folk need food help regularly and we provide them with a foodbank voucher once a month. We also do other things to help with budgeting and during the winter food cookery course. Mike was grateful that since the television broadcast from The Pantry earlier in the year we have one gift of £1000 of food from one company in Chichester and another £1500 next month which will supplement the supplies in the Foodbank through the Winter and hope to supplement that to also provide Christmas Hampers to families as well.

Paul wondered if we could consider a Food Hub/ Food Pantry shop in the town, for grown food, donated food etc and also provide Cookery lessons from. Mike agreed it was certainly something to consider and would like to give the subject more thought and we could develop this.

### **Selsey Life Boat**

Activities during Life Boat Week were restricted this year due mainly to 2 reasons. One because of funding and the other lack of volunteers. It is intended that next year Life Boat Week will be reestablished. In addition to that we need to recruit more volunteers to increase our activities with 2024 being the 200<sup>th</sup> year of the RNLI and Selsey are keen to play a part in celebrating 200 years of Life Saving in the UK and Ireland. It is recognised the RNLI is an integral element of the community and Selsey Lifeboat is an integral part of the community. In addition to Life Boat Week, we are planning a series of events one of which was going to be a Fish and Chip Supper but unfortunately it had to be cancelled and the Lifeboat Station was closed. It is now open again and we are continuing to plan bigger and better things next year and hope to include many members of the community. Mike N recognised that the RNLI was the biggest charity in Selsey and the Forum warmly support the Selsey Lifeboat.

## **Vitale Care**

Daniel Ayton listed all the activities Vitale Care provide support for: Together Time, Befriending Calls, MS Group, Parkinsons Group, The Stroke Group and The Wellness Café and now the new Robins Project. Daniel continued to say they are also supporting the partnership group in the Witterings. On the 8<sup>th</sup> November working along with Karen Pirks they are involved with the combined Recruitment Event to showcase The Care Career and all The Domiciliary Care Companies are coming together. Vitale are preparing for Winter which is the most difficult time of the year for their clients and helping their clients prepare for it too. They will be ready to take on more clients when needed.

## **The Shop**

The Shop is a refuge for lonely people to come together for a cup of tea or coffee and a chat.

They are currently looking for more help and are keen to recruit more volunteers to cover when people are sick or unable to help out. Daniel Ayton offered to include The Shop in the recruitment drive they are having in November, and this was gladly accepted.

## **Good Morning Call Service**

There are 116 service users who received a GMS call from Amanda or one of her volunteers. It's up to the client how many calls they receive, maybe once or twice a week, sometimes every day. Over the last few weeks, we've also had families contact us requesting a call be made to their older relatives while the family is away, and we are happy to do that. Some clients have recently gone into Care Homes to be looked after as they should be. Amanda has a new young lady who will be working with her on a Friday and Amanda also stressed that she has a wonderful team of volunteers who help her provide this service.

## **The Selsey Care Shop**

The Care Shop is very busy most days and last week they received 160 visitors requiring help in some way. Mike said Amanda and Linda help to cover some of those 42 hours a week that the Shop is open and asked if Amanda and Linda would give an example of the help that is provided.

Linda spoke of a gentleman who had called into the Care Shop the previous week and explained that his wife had died 2 weeks previously and he had Cared for her for several years he felt lost and didn't want to go on without her. He completely broke down so we made him a cup of tea and persuaded him to go to the Men's Breakfast on Tuesday morning where several men in a similar position to him attend the group and find friendship. He has been taken under our wing and hopefully he will attend some of the other groups. It is very sad when someone loses a partner after caring for them for a number of years and feel there is no reason to carry on. This gentleman has attended Mike's bereavement group. Mike then spoke about how organisations in Selsey come together. This gentleman was a former Lifeboat Volunteer and had been back to the Lifeboat Station and received a very warm welcome. Its interesting how the Selsey Community links up.

Amanda related about the time a young mum called in to The Shop one afternoon. She had housing issues, one of her children had educational needs but had not been diagnosed and she had financial issues but did not have any support. Amanda directed her to The Care Shop and Karen Halford was able to give her the support she needed and her issues are being addressed.

The Selsey Care Shop becomes the access point for the other services the SCF run. For example, we have dealt with over 1500 issues around Money Support and when

people are in monetary need, we sometimes pick up on other issues they are experiencing and are able to help with these too.

### **Selsey Business**

Neil Kimber began by saying thoughts are with Sam and Min following the horrific fire in The Summer Palace Chinese Restaurant. It is devastating for them and their family. Neil continued by saying the shops in the High Street have not had a good 6 weeks over the Summer period. The holiday makers who do come into the High Street find they have a very enjoyable time. The Seal's restaurant will be closed on a Monday, Tuesday and Wednesday evenings due to staff shortages and spiralling costs. We sadly said goodbye to The Village Bakers. Glen and Michelle have been there for 30 years and the Freehold is now up for sale. Another Bakers from Bognor is providing bread to the sandwich bars etc. They are looking for premises and Neil is trying facilitate and help them find somewhere on the High Street. Rudgewicks has been taken over by John who is just as helpful as Trevor. The Car Wash has not been able to find a buyer. And Pizza Rebellion will be removed from the premises later on this month. The High Street is struggling. Neil asked everyone to support the High Street whenever possible otherwise, more shops will be lost. The lease for One Stop is coming up for renewal and Tesco have committed to another lease.

Will wondered whether having a local website or App would be the best way to bring the community into the High Street. Neil said that plans for a Christmas Event on 2<sup>nd</sup> December are underway bringing those home providers and food providers. Its so important to shop local and support our High Street as much as possible rather than using the big Supermarkets. The shop which is now a Jewellers used to be a Craft Shop and small business would show their wares and Neil is investigating a similar opportunity and having a Community Shop to bring Crafts together and somewhere they could rent a space on the wall.

### **Befriending**

Last week the Lions sponsored a coach trip to Petworth House for 55 elderly people in Selsey. Ronelle said that some people who never get out of Selsey took the trip and everyone thoroughly enjoyed it especially the drive prat of the trip and seeing the countryside.

### **Carol Purnell**

The Community Event on 2<sup>nd</sup> December put on by the community for the community, hopefully will go ahead depending whether the road closures are agreed at the Town Council Meeting tonight, although CDC have the final say. We are hoping that a Choir combined from all the local choirs and Churches will be included in the event. Carol thought an App giving information about the shops and events in Selsey would be a great idea.

Carol also is a one of the Volunteers who provide Buddy Assisted Lifts to medical appointments and recently supported a couple in Sidlesham who both have Parkinsons and are in the middle of nowhere and are unable to drive and they can't get anywhere.

On the subject of planning to provide cookery lesson, if we were able to get a funding grant how about including providing some Air Fryers for people as they are invaluable and are much cheaper to run than using the oven. Mike said he would look into that with Clarion Futures.

### **Compassionate Community**

Mike asked the meeting to consider what kind of community they would like Selsey to be. Sometimes people live with a particular condition like Cancer, Parkinson or addictive habits where the support of the community can be immensely important with recovery. What other words would you use:

Community, Good neighbours, Non-judgemental, looking Beyond the Problem, Inclusiveness, Sharing and Investing, Empowering, Outward Communication of what is being achieved already, Be Kind, Sharing, Empathy, Sharing Information. This was not a theoretical exercise, it's part of the Health and Inequalities project is to shape the kind of community we would like to live in, because health is not just about treatment it's about prevention to help us all live a healthy life.

**Next Meeting – Please note Wednesday 15<sup>th</sup> November 2023 at 4.15pm**