

# Forum News



September 2022

This copy of Forum News forms the notes of a meeting held at  
The Academy School at 4.15pm on 21st September 2022  
If you would like to know more about any of the items, please contact us at:  
[mail@selsevcommunityforum.uk](mailto:mail@selsevcommunityforum.uk).

## ➤ **Welcome**

Mike Nicholls SCF Chair, welcomed everyone to the meeting, which was held face to face in The Academy for the first time since the Pandemic. Each person attending introduced themselves.

## ➤ **Apologies** were received and noted.

- **Cost of Living** – Mike began by saying the cost-of-living issue is going to dominate over the next 6-9 months. People are anxious about cost of living and what Winter is going to bring. He went on to say the Poverty Forum have found that loneliness, especially for folk that live on their own, can be a significant issue. Some people living alone, become anxious and worry a lot about rising costs, then they may turn the heating off and get cold. When someone becomes cold, they are prone to have a fall and may end up in hospital. The Care Shop's daily phone calls and activities help to pick up on issues with people who are feeling lonely and anxious.

We now have some provision in Selsey alongside the Medical Practice to help with anxiety, Counselling, Parenting Support and in other ways. There is provision 4 days a week for free food access. The Selsey Pantry is open every Tuesday afternoon and on 20<sup>th</sup> this week there were over 40 people who attended. The Foodbank is open Friday mornings and makes food available to families and recently The Victory Club in the British Legion building is open twice a week, Monday and Thursday mornings for 2 hours, and they have a good supply of non-perishable goods which complements the Pantry that provides rescued food. Together these provide a wide variety available in the town. This is being organised extremely well by Lyn Reeve.

In Selsey there are areas of extreme wealth and there are also areas where people have a genuine need. In the food outlets we do not ask people what their need is. We make no judgements. Some people come on behalf of others and may collect 2-3 bags and deliver on to those who cannot attend themselves. The Selsey Pop-up Pantry is helping to avoid food waste and a small charge is made for each bag of food provided. There is a growing need in Selsey and there is a sense it will get worse over the next few months. The extent will become more transparent as the winter kicks in, and the bills start rolling in. Richard Lamdin from The Beacon Church confirmed quite a few older people are feeling incredibly stressed about the increase in electricity. Worrying for instance how they will afford to charge their wheelchair some people with a disability need to heat their home 24 hours a day.

**Money support** – The Care Shop is receiving about 10 enquiries a week for help with debt, form filling, benefit applications etc. We are working in partnership with Citizens Advice to obtain extra funding for people with Energy Support and this partnership is working very well. We have already referred about 50 people and I can see those referrals escalating. A larger number of people seeking help are working people and are finding they cannot manage on their wages. It is also about people who have

always paid their way during their lives and now find at the age of 80+ find it difficult to ask for help.

Colin Rickman of The Lions said there is help in Ferry Farm Community Solar Project to help people with the cost of their Electricity and Gas bills.

Mike continued saying The Citizens Advice handling of funds has been incredibly generous. Recently we referred a lady with 4 children who needed help to have her gas cooker connected for a cost of £60. The outcome was that Citizens Advice contacted the lady and awarded her £1000 to help with connecting the cooker and towards her bills for gas and electricity.

Matt Tymon for The Academy explained that they had received sponsorship from Cove, Seal Resort, to run a Breakfast Club for all the students for which they were very grateful. Matt stated that this morning there were 150 kids who came to the Club plus a few staff as well.

There are also indicators in the school that families have started to make those cuts as there has been an increase with children bringing packed lunches rather than buying food in school. There are children who still have a hot meal at lunchtime and the catering staff have been brilliant feeding the children. Matt explained money for school meals is put on a card for children by parents or for children who are funded for free school meals. The child uses their fingerprint to access a meal, so there is no stigma for any child.

### ➤ **Ukrainian Support**

There are now 14 people in Selsey who have made homes or are in School. They have started their own English class and have a regular weekly gathering for social interaction. They are regular visitors to The Selsey Pantry on a Tuesday afternoon. Some of those that are limited with the language help others and have asked us to learn a few Ukrainian words which is fun. Anya Fitzsimmons is the local co-ordinator of their support and links in with The Sanctuary in Chichester and Bracklesham area. Churches like St Wilfrid's through their Ukrainian priest Father Max, and the Beacon Church are making them feel welcome and supported. SCF have just received a grant from the district council towards their support and having asked how best we could support them. Transport and Communication were the two key things. So, we are making money available for helping with the cost of using mobile phones and providing bus passes to Chichester.

There will be no more Lorries going out to Ukraine or Poland for the time being, until after Christmas.

Nicola Collins from the GP Practice was asked if they had had any difficulties with understanding our Ukrainian friends and confirmed they have not had many language problems with Ukrainian patients. They normally bring someone with them to interpret for them or an interpreter is booked, and a longer appointment time is made.

Colin Rickman said the Lions have had a few requests for computers for them in the last few weeks, and wondered if there was still a need for that. Karen Pirks advised Colin to contact the Ukraine support team at West Sussex in the future as they have a fund to supply laptops for Ukrainian refugees. Matt Tymon confirmed that the Ukraine team at West Sussex were very helpful and prompt with assisting Ukrainian students with funding for school uniforms etc.

### ➤ **Community News**

**Arts Dream (ADS)** - Chris Butler said everything is back up and running again, and the summer was particularly busy with the Jubilee and some big projects, including the 5

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Selsey Choirs singing Shifting Shingle. In August a fabulous Art Exhibition was held which turned out to be one of the best they have ever held. More money was taken in selling Art this year than ever before. All Arts Dream classes have re-started, Art Classes, Selsey Community Choir, Sing Your Heart Out, and all prices have remained low for classes and activities. ADS have just spent £750 on music and have some exciting projects coming up. In November a Solo Performer from The Edinburgh Festival will be performing "Learning to Fly" a piece about friendship. Also, there will be a repeat of the Drumming Workshop and Gillian Ploughman is writing another piece following on from "The Last Adventure" called "Another Adventure", hopefully to be shown before Christmas. The Community Choir Concert will be held on 10<sup>th</sup> December. Carol Purnell asked what support or grants Arts Dream have received from Pallant House Gallery or Chichester Festival Theatre, both of which receive grants from Arts Council and Chichester District Council for Outreach. Chris responded that ADS have not received any outreach or help but she is aware that they do a great deal in the surrounding area.

**Grow Selsey** – Paul Sadler informed the meeting about the Grow Selsey project and the Hidden Garden around The Bridge support centre, and space is also shared by The Men in Sheds. Paul grows a lot of produce organically and creates habitat for wildlife with the help of volunteers. They are open to visitors most days of the week and some Saturday morning. One of the volunteers grows a lot of produce himself and following in his father's footsteps presents his home-grown produce in shows. In the summer a few of the volunteers accompanied him to one of the shows, the District Allotments Association, and took about 10 items of produce grown at the Hidden Garden. Most of the produce was "placed" and they were also awarded a trophy for the work that had been undertaken in the Hidden Garden. Before Lockdown Paul had applied for funding from the National Garden Scheme and were successful, using the money for features in the garden over the last couple of years. Recently the National Garden Scheme visited the Hidden Garden and presented them with a plaque for the work in the community garden and also invited them to be part of the Scheme next year. The produce is shared with the volunteers and also with people in the community who visit the Tea Garden and by groups meet in the Methodist Hall.

**The Hidden Garden** is part of three projects. **The Men in Sheds** - is a great help to older men who may be on their own and one member has said that over the last few years this project has kept him alive as it has given him friendship and activity and worth. Thank you to John Fletcher who is involved with this project. The other project is **The Bridge support centre** which supports young peoples' mental health needs. The staff there have seen an increase of 60% with referrals this year and they are working at full stretch in a variety of activities of counselling etc.

**Selsey Medical Practice** – Nicola the Practice Manager stated the Flu clinics have started and asked for people in Selsey to support the Practice by identifying people who are housebound or are vulnerable and have not received a call for the Flu or Covid jab, and the Practice will make sure they are flagged up. Selsey Medical Practice undertake the Flu clinics, but the Covid Jabs are undertaken by Sussex Community Trust who rely on the GP practice to flag up the patients who are vulnerable or housebound. The Sussex Community team have already visited the Care Homes and will then start on the housebound patients so it's important that the GP Practice can pass on the information to them.

**The Academy** - Matt Tymon welcomed the meeting back to The Academy after a break of a couple of years. The school now has a new Head Teacher called Jo Ford and is also a local resident and understands the role in the community. The new building was opened just before Covid started. The school numbers of children have increased. Cove, Seal Bay holidays, have been into the school talking about careers and the children have visited the holiday sight and the school held their Awards

Evening there too. Cove have been incredibly supportive to the school, especially sponsoring the Breakfast Club. The next school production is a musical called Mathilda and will be held about March time and tickets will be available to buy.

Chris Butler thanked Matt for all the support ADS had received from the team and Jo during the Jubilee and the production of End of The Peer show when they used the Main School Hall. Jo and the team were absolutely fantastic. Matt followed up by saying the Hall is available for Hire. Matt also said if there are any problems with the children outside of the school, please let him know and it will be dealt with.

**The Pavilion Trust** - Keith Batchelor updated the meeting on the progress of the application to the Heritage Fund to allow them to go to Phase 2 the Architects, hopefully should here within a week. A small grant has been received from Persimons Homes, which helps. We also asked for residents to send in letters of support which helps when applying for bids and had an amazing response showing that there are many people in Selsey who believe The Selsey Pavilion should be restored on behalf of the community. Keith also writes a very comprehensive newsletter about the History of The Pavilion which is always interesting and well received.

**The Shop** – Derek Allchurch confirmed The Shop has been running for 10 years and is open each morning apart from Sunday as a drop-in for a chat to make friends and have a cup of tea or coffee. On the Arts and Crafts side, people exhibit their Art and Craft work on the walls and displayed around the shop and are available to buy. It was very quiet after Christmas but things are picking up now. SCF use The Shop 150 times during the year for afternoon meetings at no charge and are incredibly grateful for that support.

**Selsey Lions** - Colin Rickman confirmed that The Lions is still going although they are short on members now. They made several donations to individuals and children from the Ukrainian. We held a Golf Day and raised just over £2000 for St Wilfrid's Hospice. The Lions are also preparing for Santa round which gives a lot of delight to people each year. Over the Christmas period The Lions plan to sponsor 50 parcels to hand out to families and children. They will also be holding a Christmas Party in St Peters Church Hall.

Mobility Scooters, are still available, any enquiries about supplying a mobility scooter please contact me Colin Rickman on 0345 8339895. We also have someone who can make some repairs where possible.

**The Selsey Care Shop** – The Care Shop is managed by Karen Pirks. The team working in The Care Shop and Star Office can support people of all ages not just older folk with the help of an excellent group of Volunteers and Buddies who can respond to requests for support on a daily basis.

**Good Morning Call Service** – Amanda runs the Good Morning Call service and 112 people currently receive calls during the month. Some are called daily, once a week or monthly by Amanda and a group of Volunteers. Which means if there are any problems especially with people who do not have family, these can be picked up fairly quickly. Recently The Co-op have highlighted The GMC service as one of the local charities for which they are raising funds and so far, the amount raised is £1143.

**Together Time** - The Tea Garden and The Friendship and Handmade groups run by Ronelle Juleff are moving into the Methodist Hall for the colder weather. They will be offered teas and coffees morning and afternoon and a hot lunch once a week and a warm space where they can stay all day. There will also be a sitting exercise session in the morning and afternoon which people can join in with if they wish.

**Warm Spaces** -the location of warm spaces has yet to be finalised with the Council and the Churches in Selsey but as soon as these have been identified a final list will be published.

Mike Nicholls made an acknowledgement to all the Churches in Selsey, The Beacon, The Methodist, St Peters and St Wilfrid's which are great partners in so many ways in addition to what they do individually.

**Voluntary Action Arun and Chichester** - were unable to attend but sent this update for the meeting.

"Voluntary Action Arun And Chichester joins the nation in mourning the loss of Her Majesty, Queen Elizabeth II. Our thoughts are with the Royal Family and all who are affected by this great loss.

VAAC also held a Volunteer Fair 20<sup>th</sup> September that was attended by over 30 Organisations, enabling groups to network with each other and connect local services". We have also produced a new report: 'Conversations with Ethnically Diverse Communities in Arun and Chichester', please see <https://www.vaac.org.uk/news/vaac-research>.

**Tree Wardens** – most of the Tree Wardens have now retired and they need a younger team to take this over. The Wardens are appointed by the Town Council so anyone interested can apply to the Council. Mike thanked Janet Langford for all the work she had done during the last 30years.

**Cycle Routes** - Over the last few years you will have been aware of several project groups working on a cycle route from Selsey to Chichester. There is now a combined group to develop a route on the East Side of the B2145 and one on the West Side. There is now access into Selsey and there will be a celebratory cycle ride on the 9<sup>th</sup> October and one group will crossing over at the Pagham Visitors Centre to North Mundham cross and another route on the West Side is being finalised through Sidlesham.

### ➤ **Any Other Business**

We have been working with communities in Midhurst and Bracklesham to develop adult services for a one stop hub and creating a Care Shop model. We have now put in an application for funding to The National Lottery for three centres. Only yesterday discussions took place with someone from Southbourne who is developing a Care Shop model.

The Christmas lunch will take place and plans are being developed for both deliveries and a sit-down meal on Christmas Day.

### ➤ **Next Meeting** - Wednesday 16<sup>th</sup> November 2022 at The Academy School.