



NEWSLETTER

March 2025 **Issue 113**

Selsey Care Shop



What do you think of the new **Selsey Care Shop** front? A fresh start for the New Year proudly supported by **The Sign Shop** and **Star Advertising**.

You will probably have noticed that we do have posters in the shop window advertising upcoming activities and events. We are expanding this space and welcome posters from local groups and organisations who would like to promote community events. Please pop your poster (no bigger than A4 please) into **Selsey Care Shop**.

We now have a QR Code next to the window on the side of the shop which takes you straight to the **Website**.



We are also updating our **Website** so watch this space and we will let you know as soon as it is ready to launch.

New Sign Language Course

We are offering a new Sign Language workshop starting in March.

Date: 5th March for 5 weeks and then 23rd April for 5 weeks

Venue: The Cabin, behind Beacon Church

Time: 10.00-11.30am

Cost: £50.00 for a ten-week course

If you are interested, please contact Katy at **Selsey Care Shop** or email at

katy@selseycommunityforum.uk



English as a Second Language

Is English your second language? If so, we can offer English support on a one-to-one basis. For further information please contact Katy at **Selsey Care Shop**.



Selsey Buddy Assisted Transport Service

The **Buddy Assisted Transport Service (BATS)** is celebrating its 2nd birthday – it was launched in March 2023 to enable people with various needs to attend their medical appointments.



During 2024 the service provided transport to **913** appointments at **Selsey Medical Practice**, and hospitals across Sussex and Hampshire. Requests come in thick and fast as the NHS endeavour to reduce waiting lists.

If you require our service:

- ✓ Please do let us know as soon as possible between Monday and Friday to ensure we can meet your request.
- ✓ Please ensure we have up to date information about any changes in your mobility needs so that the vehicle being used is accessible.
- ✓ Let us know what mobility aid you require
- ✓ For some longer appointments please check Hospital Transport Services 0300 1000 015 to check your eligibility and book on 0300 1239 841 As our drivers are volunteers, they are not always able to wait for those lengthier treatments.

Thank you for your ongoing support. Any feedback about the service offered please let



us know by calling **Selsey Care Shop** or emailing:

operations@selseycommunityforum.uk

We are so grateful to our **BATS** volunteers who provide a very tailored service to each person, often ensuring they reach the department required, waiting for them and returning them home. In some situations, a volunteer may be required to take notes for the person during the consultation.

Student Placements

We have been fortunate to secure further student placements from the **University of Chichester** – a social worker, Tia and a physio, Diogo. They receive induction and training from our staff to



Selsey Community Forum

Address: Selsey Care Shop, 121 High Street, Selsey PO20 0QB **Tel:** 01243 201616

Opening Hours: Mon to Fri 9.00am until 4.00pm Sat 9.00am until 1.00pm Sun 10.00am until 1.00pm

Email: mail@selseycommunityforum.uk **Web:** www.selseycommunityforum.uk



help with their University courses. They in turn become involved in some of the **Selsey Community Forum** activities, supporting our staff and volunteers and have the opportunity to develop their own sessions. We also encourage partnership working alongside **Selsey Medical Practice**.

Community Support Services

We continue to encourage people to become more aware of some of the health care conditions of those who live within our community. Many conditions that affect a person's cognitive functioning can include an acquired brain injury such as a stroke or dementia. Others may be affected by Parkinsons, Motor Neuron Disease, Multiple Sclerosis, be neurodiverse and have learning difficulties.

What is important is not the medical condition, which can label the person, but to see how we can adapt and respond to that person's needs, respectfully and with kindness; to see the person first and not the condition. Any of these conditions can impact on a person in many ways, affecting their day-to-day functioning. Typically, the brain is likely to be working overtime to enable the person to navigate through their day which in turn causes extreme fatigue.

It may impact on the person's:

Mobility: causing the person to walk slowly, hesitantly and requiring a walking aid or adaptations within their environment. A person's needs may change very quickly. The **Selsey Care Shop** can engage on their behalf to help access additional support from **WSCC Adult Services** and other professionals, such as an Occupational Therapist or Physiotherapist, and support with transport through the **Buddy Assisted Transport Service**.

Communication: a person may need more time to ask for what they need, both finding the right word and processing what you are saying to them. So, it is important to give them time or find out their preferred way of communicating, maybe with symbols, words, or pictures.

Health: accessing health care can become a challenge and confusing. Appointments may be made and forgotten or missed when a link is sent directly to their phone. With the help of digital technology, the **Selsey Care Shop** can provide support to ensure the person's health cares are met.

Finances: we provide information and additional support to access funding through entitlements such as Attendance Allowance, PIP and Carers Support. Sometimes this can take some pressure off and provide vital support with care needs.

Social engagement: we are fortunate to have a very comprehensive number of social groups

and activities for people to attend. Details of the **Charity's** activities can be found at the end of this **Newsletter**. Some of the activities are bookable so that we can manage numbers and needs safely; some maybe drop-ins, so do please check first.



You may meet people at the groups or at other activities and events, whose behaviours you may not understand. We have very skilled volunteers and staff who can support a person to access and engage with the activity. The person may be distracted and find some situations difficult to engage in as their world becomes a little muddled due to their changed understanding. This can create great anxiety for the person. If you see this happening, please be kind and welcoming, maybe offering reassurance or guiding to another topic they may be familiar with.



Remember it is not what you do for a person, but it is how you make them feel!

Mental Wellbeing: feeling part of the community is vital for a person's wellbeing. However, at times it can be difficult due to anxiety, loss, bereavement and overwhelm. Our support groups and counselling services give people opportunities to find ways of talking about their difficulties or hearing about the ...

Dementia Friendly Communities

We have people contacting the **Care Shop** who are concerned about a neighbour. It may be that they notice things like a neighbour who is struggling, lost or generally not coping at home. This can be due to a number of reasons, and we have to respond very carefully. It can mean that the person is becoming forgetful or going out and about without being dressed for the weather, or at strange times. It is important to identify if the person has any family in the first instance. In some situations, the person may be known to us.

The **Community Warden** can assist with our concerns and support us in carrying out welfare checks. We may need to raise our concerns with **WSCC Adult Services**. In some cases, a person may have a vitamin deficiency, or not managing their diabetes well, or having run out of medication, all leading to behaviours that can appear odd and out of character. It may not be dementia. So, it is important for us to support the person to get a medical review with their Doctor. We will always ask the person for their consent, and in some cases make a Best Interest decision about next steps.

If you have a concern about a neighbour or family friend, please contact **WSCC Adult 01243 642121**

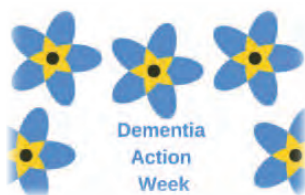
Becoming a **Dementia Friend** can give you an insight into the world of a person you know who may be on this journey. Feel free to contact us if your group would like to have a **Dementia Ambassador** provide an invaluable session.



Pictured here is our **Ambassador**, Mike Beal providing a session for the volunteers who work at **The Hidden Garden**, along with our placement students.



A note for your diaries: Selsey will again be turning **blue** during **Dementia Action Week 19th – 25th May** to raise awareness about dementia. We will be asking schools, churches, businesses and individuals to **Turn Selsey Blue** in whichever way they can best get the message across. Get planning!



Volunteers Always Needed

If it was not for our amazing volunteers, many of our activities and services would not function. We are always on the lookout for more of you, so that not only can we maintain our ability to help so many people in our community, but also we can expand and enhance our skills and expertise.



We are in particular need for drivers to maintain our **Buddy Assisted Transport Service** (see article on page 1).

We are also looking for more of you to help access funding through entitlements, such as Attendance Allowance, Personal Independence Payment, Pension Credit and Carers Support, for those in our community who may be in need.

Ferry Farm Grants Awarded

The latest round of the **Ferry Farm** grants has been awarded. The Environmental criterion attracted 11 applications.



The Grants Panel awarded £25,000 of funds to local groups and organisations in Selsey and Sidlesham. Projects that were awarded some funding included –

- 🌿 installation of a secure bike rack;
- 🌿 support for the Greenway Cycle Project;
- 🌿 environmentally focused outreach education;
- 🌿 contribution towards insulation in the Selsey Pavilion;
- 🌿 replacement and upgrade of various inefficient lighting schemes;
- 🌿 environmental and educational programmes at **The Hidden Garden**;

The **Selsey Community Forum** is proud to continue to administer this fund on behalf of the **Ferry Farm Community Solar Project**. For more information on the Solar Farm Project, please visit their website <https://www.ferryfarmsolar.co.uk/>

Warm Spaces

Warm Spaces Selsey

Different venues are opening their doors, providing a Warm Welcome to people for a few hours in their Warm Spaces through to the end of March.

Sundays 3pm - 4.30pm at the church venue hosting ResBite Tea that week	<i>If you are struggling in any way as the darker evenings draw in, and the colder weather arrives, please don't struggle alone..... please just contact Selsey Community Forum and we will do our best to support or direct you to help.</i>
Mondays 10am - 1pm at The SHOP, 89 High Street	
Tuesdays 1pm - 3pm at Beacon Church, Marisfield Place	
Wednesdays 10am - 1pm at The SHOP, 89 High Street	
Wednesdays 10am - 11.30am at Selsey Methodist Church, 50 High Street (Friendship Group)	
Thursdays 10am - 3.30pm at Selsey Methodist Church, 50 High Street (Together Time)	
Fridays 9am - 12noon at Selsey Methodist Church, 50 High Street (Foodbank)	
Saturdays 10am - 1pm at The SHOP, 89 High Street	

We are grateful for the generosity of the hosting venues as well as funding supporters

Selsey Care Shop
121 High Street, Selsey, West Sussex PO20 0QB
t: 01243 201616 w: www.selseycommunityforum.uk

Energy Advice

A specialist energy advisor will be at the **Community Food Hub (Beacon Church)** on **Tuesday 25th March 1.00-3.00pm**.

Man with a Pan

Last month we told you about our new activity, **Man with a Pan**. This starts on **Tuesday 11th March 12noon-4.00pm** at **Beacon Church**. If you would like to find out more or book your place, please contact **Selsey Care Shop**. Thank you to everyone who donated slow cookers and equipment for these sessions.



Community Impact Award



Hyde Housing nominated **Selsey Community Forum** as a most inspiring and impactful community-led project for a **Community Impact Award**, and we only went and won the Community Champion Wellbeing category! As well as the certificate, we were also awarded £1,000.

Here are our very own Karen Pirks and Sue Boucher collecting the certificate at the Awards Ceremony Thank you, Sarah Owen, from **Hyde Housing** for nominating us.



The Hidden Garden

Some exciting news – **The Hidden Garden** has taken over the organisation of **Selsey Open Gardens**. Please save the date **Sunday 8th June**.



Don't forget the next **Seed and Plant Swap** is on **Sunday 2nd March 11.00am-3.00pm** at **The Hidden Garden**. Take any spare seeds you have to share and look for something new to grow. They have soft fruit bushes, strawberries, herbs and perennial flowers to swap or share for a donation.



Happy Birthday

To the West Sussex Library Service which is turning 100 years old this year and they are planning a year filled with events and activities to mark their birthday.



At the heart of the centenary celebrations will be an exciting virtual reality project where they will be bringing Virtual Reality headsets to our local library during the year. This project, possible thanks to National Lottery money awarded by Arts Council England, will celebrate books and our library history in a very special way.

There will be a variety of centenary-inspired events taking place in libraries, so keep an eye out for what might be happening at our local library during the year.

They want you to be part of the celebration too and so will be asking for your memories of using the

libraries. Information about all the things going on will be available at

<https://arena.westsussex.gov.uk/centenary>, on their social media channels or just pop in and ask at your local library.

Annual Town Meeting

Selsey Town Council is hosting the **Annual Town Meeting** on **Tuesday 18th March** at the **Selsey Centre** starting at 7.15pm with doors opening at 6.30pm.

The Council has invited local community groups to promote their work, showcase their achievements and encourage new volunteers through table displays. **Selsey Community Forum** will be attending so do come along and say hello. The Council will also be updating residents on plans for Coastal Defence.

Sussex Dental Helpline

An advertisement for the NHS Sussex Dental Helpline. It features the NHS logo, a telephone handset icon, and a QR code. The text says: 'If you need urgent dental help and cannot find a dentist, the Dental Helpline can book you an urgent appointment with an NHS dentist.' It provides the phone number '0300 123 1663' (Monday to Friday 8am and 4pm) and an email address: 'kchl.dentalhelpline@nhs.net'. There is an image of a hand holding a smartphone with a tooth icon on the screen.

Message from Friends of Selsey Medical Practice

An advertisement for the Friends of Selsey Medical Centre. It says 'JOIN THE FRIENDS - HELP YOUR SURGERY'. It lists contributions: 'PERSONAL ADVICE AT CARE SHOP AND SURGERY (£9,000)', 'BUDDY TRANSPORT SCHEME - low cost taxi scheme for those needing help from home to surgery and local hospitals (£6,000)', and 'ROBINS SCHEME - support for those in last weeks of life (£5,000)'. It asks for an annual donation of £5 per person. It includes the text 'The FRIENDS OF SELSEY MEDICAL CENTRE Registered Charity No 1013456' and an icon of a family.

Help Hubs

A reminder that there will be a combined **Multi Hub in the Community Event** on Thursday **6th March** at **Bracklesham Barn 2-4pm** where there will be representatives available from the following organisations to share information about their services:

- **Selsey Community Forum**
- Youth Dream – Youth Worker
- Carers Support West Sussex



- Community Warden Service
- Chichester District Wellbeing Services
- West Sussex Fire & Rescue Safe and Well Visits

The poster shows details of the **Community Hubs** across the **Manhood Peninsula and Chichester District South**. These Hubs are a free support service offered by **Selsey Community Forum** in partnership with **Vitale Care** and **Age UK**. They have been developed either as stand-alone hubs within local premises or to support community groups already established. We are fortunate that we can use premises in a spread of locations from where we can offer help and support with a range of topics including - form filling, blue badge applications, energy advice, Lasting Power of Attorney, Later Life Planning, Robins Service.

STOP PRESS: The **Witterings Coffee Morning** starts on **Monday 3rd March 10.15-11.45am** every other week at **The Wittering** pub. The morning will be free, but donations are always welcome.



Hub Help Desk Locations

BIRDHAM - 2nd & 4th Thursdays
10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG

BOSHAM - 1st & 3rd Thursdays
10.00am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

BRACKLESHAM - 1st Thursdays
2pm - 4pm - Bracklesham Barn, PO20 8HU

CHICHESTER - 2nd & 4th Thursdays
1pm - 3pm - Guardian Angel's Care, Eastgate Square PO19 1ED

HUNSTON - Fridays - weekly
11am - 1pm - Hunston Community Club, Hunston, PO20 1AW

LAVANT - 3rd Thursdays
1pm - 3pm - Sussex Grange Care, Lavant Road, PO19 5RD

SELSEY - Tuesdays - weekly
2pm - 3pm - Beacon Church, PO20 0PD

SELSEY - Thursdays - weekly
12noon - 1pm - Selsey Methodist Church, PO20 0RD

SELSEY - Thursdays - weekly
Selsey Medical Practice, PO20 0QG - by appointment only

SIDLESHAM - 2nd & 4th Tuesdays
1pm - 3pm - Sidlesham Memorial Hall, PO20 7RD

WITTERINGS - Tuesdays - weekly
10am - 12noon - Downview Hall, East Wittering PO20 8NS
3.30pm - 5.30pm - The Witterings Medical Centre, East Wittering PO20 8BH

Help Hub Contact number: 07379 789 721
(phone monitored Monday - Friday 9.30am - 1pm)

Selsey Community Forum What's On

Here is the **Selsey Community Forum What's On for March**. If you would like to attend an event, please call **Selsey Care Shop** to check availability.

Sunday 2nd March
Sunday ResBite Tea
St. Wilfrid's Church Hall 3.00-4.30pm

Monday 3rd March
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 4th March
Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30-12.00noon
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am
Hello & Help
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm

Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm
Menopause Group
Chaplin's Coffee Shop 6.00-7.30pm

Wednesday 5th March
Friendship Group
Methodist Church Hall 10.00-11.30am
Hope in the Dark
2.00-4.00pm
Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 6th March
Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 11.00-12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake
Indoor Tea Garden
Caraway Care Home 2.00-3.30pm
(Places must be booked)
Wellness Café Anxiety Support
The SHOP 2.00-3.30pm

Friday 7th March
Foodbank
Methodist Church 10.00-12.00noon

Money Support
Methodist Church Hall 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00-3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Sunday 9th March
Sunday ResBite Tea
St. Peter's Church Hall 3.00-4.30pm

Monday 10th March
Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Lady in the Van'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 11th March
Men's Breakfast
Beacon Church 10.00-11.30am
Man with a Pan
Beacon Church 12noon-4.00pm
Selsey Community Food Hub
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm

VIP Club For visually impaired
Must be a member of 4 Sight
Lounge, Hanover Close 2.00-4.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm

Wednesday 12th March

Friendship Group
Methodist Church Hall 10.00-11.30am
SDAA Ladies Tea
The SHOP 2.00-3.30pm

Thursday 13th March

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 11.00-12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake
Dispute Resolution Café
by appointment only
**Wellness Café Guardian and Parental
Support Group** by appointment only
Wellness Café Cancer Support
The SHOP 2.00-3.30pm
Indoor Tea Garden
Caraway Care Home 2.00-3.30pm
(Places must be booked)
All Our Yesterdays To inspire memories
Beacon Church 2.00-3.30pm

Friday 14th March

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00-3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Saturday 15th March

Veteran's/Serving Personnel Brunch
The Selsey Club 10.30am

Sunday 16th March

Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 17th March

Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 18th March

Game Time
The Rookery 10.00-11.30am
Welcome and Wellbeing Group
Beacon Church 10.30-12.00noon
Hello & Help
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Bereavement Group

The SHOP 4.00-6.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm

Wednesday 19th March

Friendship Group
Methodist Church Hall 10.00-11.30am
Alzheimer's Group
Methodist Church Hall 1.30-3.30pm
Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 20th March

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 11.00-12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake
New Carers Group
(with drop off for Cared For)
The SHOP 2.00-3.30pm
Indoor Tea Garden
Caraway Care Home 2.00-3.30pm
(Places must be booked)

Friday 21st March

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00-3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Sunday 23rd March

Sunday ResBite Tea
Methodist Church Hall 3.00-4.30pm

Monday 24th March

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Mrs Harris Goes to Paris'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 25th March

Vitale Stroke Club
Beacon Church 10.30-12.00noon
Men's Breakfast
Caraway Care Home 10.00-11.30am
VIP Club For visually impaired
Must be a member of 4 Sight
Lounge, Hanover Close 2.00-4.00pm
Selsey Community Food Hub
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Selsey Dementia Action Alliance
Beacon Church 5.00pm

Wednesday 26th March

Friendship Group
Methodist Church Hall 10.00-11.30am
Carers Drop In
The SHOP 2.00-3.30pm

Thursday 27th March

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 11.00-12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake
Wellness Café Cancer Support
The SHOP 2.00-3.30pm
All Our Yesterdays
To inspire memories
Beacon Church 2.00-3.30pm
Indoor Tea Garden
Caraway Care Home 2.00-3.30pm
(Places must be booked)

Friday 28th March

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am
Ladies Breakfast
Caraway Care Home 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00-3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Sunday 30th March

Sunday ResBite Tea
Caraway Care Home 3.00-4.30pm

Monday 31st March

Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 1st April

Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30-12.00noon
Hello & Help
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm
Menopause Group
Chaplin's Coffee Shop 6.00-7.30pm

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