



NEWSLETTER

May 2025 **Issue 115**



PLATINUM HOMECARE


South Coast Ltd

Thank you to **Platinum Home Care** for sponsoring this edition of the Newsletter

Thank You.....

- ★ **Chichester District Council** £2,500 for Selsey Employment Service and for £650 for more key safes
- ★ **Tuvida** £1,546 for Selsey Carers

Car Boot Sales

 A reminder that the first **Car Boot Sale** is this month on the **Academy School Field**, weather permitting. There will be hot food available so you can start the day with your bacon butty and cuppa. If you can help in any way, Chebella would certainly be pleased to hear from you.

Sundays: 18th May - 15th June
13th July - 17th Aug - 14th Sept



No booking necessary
Cars £10.00 - Large Vans £20.00
Gates open 7.30am (7am for Sellers) & close at 1pm
All gate proceeds to Selsey Community Forum
Dates subject to weather & ground conditions

The Academy School Field, School Lane, Selsey PO20 0QH

For more information contact

Chebella Bohanna: 07870 266614

Selsey Community Forum is a registered charity - No. 1203445



20 years ago, Sue White joined **Selsey Carers** when she and her husband, Dave moved to Selsey and, during this time Sue has done many voluntary jobs, inspiring others along the way. Sue has primarily been a fundraiser, innovating with the **Car Boot Sales**. She joined the **Care Shop** team in 2020 and ran a comprehensive support service starting activities like the **Men's Breakfast** and our **Equipment Service**. Sue always goes above and beyond, passionate to meet the need and achieve

good outcomes. We celebrate her outstanding contribution and want her to know how much we admire and appreciate her.

Selsey Open Gardens

Be ready to explore and be inspired by more than 20 private and community gardens, whilst experiencing live entertainment, enjoying refreshments and browsing plants and crafts for sale. The programmes for **Selsey Open Gardens** will be on sale from 3rd May at **The Hidden Garden**, Village Flowers, Country Gardens, Flowers by Sue Bellamy and T&T Fruits. On the day **8th June**, they will be on sale at **The Hidden Garden**, Thrive and Highhouse Insurance until 1.30pm. They are £5 per person and free for children under 16.



New for this year will be the **Hop-on Hop-off Bus** where the **Selsey Shuttle Bus** will be running a continuous loop with several pick-up/drop-off points.

Dementia Action Week

Dementia Action Week takes place this year on **19th-25th May**, to help shine a light on dementia and to support those affected by the condition. This week-long campaign is an opportunity to educate, advocate, and empower individuals, communities, and organisations to take action against dementia by spreading awareness about the signs and symptoms of dementia to promoting understanding and compassion for those living with the condition.



So, let's **Turn Selsey Blue for Dementia** again this year. We are committed to providing an inclusive community for all our residents and visitors to Selsey. There are some great ways for you to get involved to get a better awareness of dementia.

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



Get Creative

Shop keepers - turn your window **Blue** in our competition to raise public awareness. The winning window will be announced Monday 26th May.



Get Curious

Become a **Dementia Friend** - if you are involved in a group, feel free to contact us if you would like us to present a session; or attend one of the 45-minute **Dementia Friend** sessions on **Wednesday 21st May** at 10am or 11.15am at **Selsey Methodist Church**.

Raise Funds

For our dementia friendly activities in Selsey and for the **Dementia Training Bus** for our carers and volunteers. What about a **Blue Raffle**; bake some **Blue** cakes; sell some **Blue** shakes; wear **Blue** clothing; turn your hair **Blue**!



Visit

Our **Dementia Inclusive Groups** -

Wednesday 21st May
Friendship Group
10.00-11.30am Methodist Church Hall

Wednesday 21st May
Alzheimer's Group
1.30-3.30pm Methodist Church Hall

Thursday 22nd May
Together Time
different sessions Methodist Church Hall

Thursday 22nd May
All Our Yesterdays
2.00-3.30pm Beacon Church

Please call the **Care Shop** for more information or contact Karen operations@selseycommunityforum.uk

Celebrating our Older Folk

Last month we mentioned Joan Crawford who had recently turned 98. This month we say 'Hello' to Gordon Ball who will celebrate turning 100 this May and Stephen Woodville who turned 98 in April. Here they are pictured with their friend John - the 'three amigos' - enjoying their **Mobility Mindfulness** session with Sarah Palmer.



Scam Presentation

Richard Moorey our **Community Warden** will be at **St Wilfrid's Church Hall** 10am-12noon on **Thursday 1st May** to facilitate a SCAM presentation which will be full of helpful information.

Wills and other documents

Do you have a will? If not, you really should make one. Please give this some serious thought and look into sorting it out as soon as you can.

Another document known as a Letter of Wishes can be an annex to your will and tells your heirs more about what you would like to happen to you and your legacy. Unlike a will, it's not binding. Your heirs can ignore it, so do make sure you put the important things in your will.

There is another document that might be helpful to produce. It contains all the information that your executors will need to sort out your estate after you have gone. It starts with where your will and your Letter of Wishes are - make sure that your loved ones know where the original signed will is.



This document should have:

Your names

All of them and previous ones. Date of birth, your address, previous addresses you can remember as this can be handy for tracking down some things and your National Insurance number.

Your documents

Note where your passport, driving licence, disabled badge, railcards, and any membership cards are.

Your money

List details of your bank and building society current accounts, savings accounts, investments, premium bonds and if you have cash stored anywhere.

If you have joint accounts, the other person can usually access those after your death.

Also, any shop loyalty cards or air miles as there may be valuable points on them.

If you have a financial adviser who looks after some things for you, give their details here.

Your income

List all your pensions including the state pension, other benefits, earnings, self-employment, dividends, interest, annuities, rent, and anything else and say where all the documents are.

Creditors

If someone or some firm owes you money, list the full details here. The executors have a duty to recover it.

Any debts

What are these and what are the repayments or deadlines? They could be mortgages, loans, catalogues, credit cards, pawn tickets. Lawful debts must be paid from your estate, but if there is not enough to pay them, then they die with you.

Household bills

List all your utility providers or say where you keep the paperwork of phone bills, council tax, energy bills, water and other utilities.

Property

Note down homes you own or own jointly and include details of any mortgage or equity release on them. If you are a landlord, list the tenants and the rent agreements and any agent you use. If you are a tenant, your executors need to know where the tenancy agreement is and include the name of the landlord, the agent, your rent, the deposit you paid and which agency holds it. Your executor can recover this deposit, which is yours by law.

Your vehicles

List your car, van, caravan, boat, bike, noting where they are and if there are any finance agreements.

Your valuable items

Write down what and where they are; such as special pieces of jewellery or collections of memorabilia.

Storage

Give details of any storage unit, a safe or a bank safety deposit box you have. Include the access codes or where the keys are. Do not leave your will in one as your executors will not be able to access the box until probate is granted and probate can't be granted until they have the will.

Passwords

Write down your passwords, especially the ones to your computer and your bank accounts. Passwords written on a piece of paper cannot be hacked so find a hiding place that is unlikely to be found by a burglar. If you have Bitcoin or other cryptocurrency, write down the access code or say where it is stored.

Social media accounts

Say what you want to happen to them. Again, leave the passwords.

Insurance

Life insurance, including any funeral plan details so they can be claimed. List any other insurance that can now be cancelled.

Your pets

Most people don't leave money to their pets in their will so mention them here, including their regular vet, any insurance that should be continued, and who you want to look after them.

Any pensions not yet claimed

Sort these out at <https://www.gov.uk/find-pension-contact-details> and leave details for your executors. Write down details of all your previous employers and when you worked for them to help the search.

Your tax affairs

If you have been in business or were self-employed provide details. If you have given away money, property, shares or valuables in the past seven years, list those gifts with dates. If you've made regular gifts out of income, write that down. All this will help your executors know what needs to be included or can be excluded when doing an inheritance tax calculation.

Secret stuff

Now is the time to write it down as this is the time not to care if anyone finds out. Do you have a secret bank account? A secret flat? A secret box? Print off the document and keep it in a safe place known to your executor. Put it in a sealed envelope labelled 'not to be opened until after my death'. Nobody wants to die. But it's worth making the effort to do it tidily.

Buddies Day Centre

Last month we told you about the new **Buddies Day Centre** opening in the **Selsey Centre**. It will be fully operational from **Monday 12th May**, and opening times will be Mondays and Fridays 10am-3pm. There will be taster sessions on Fridays 2nd and 9th May 1-3pm if you would like to see what it is all about.

To make a booking, please call the team on **01243 116858** or more information can be found on their website www.buddiesdaycentre.co.uk.

VE Day 80

It is the 80th Anniversary of **VE Day** on **Thursday 8th May** and there will be a special civic event hosted by **Selsey Town Council** on **East Beach Green**.



Sidlesham Spread

The **Sidlesham Spread** is a monthly newsletter providing useful information in the Sidlesham area. Some of our local community groups sometimes use it to promote their events.

With the sad demise of Selsey Life there is an offer that if there were several paying advertisers who would like to contribute to the Spread, they could add a further 4 pages. Over 200 copies are circulated digitally and over 245 paper copies produced.

They are happy to include one-off adverts, particularly for local events to which those living in Sidlesham may wish to attend and only so long as there is the space. Their submission date is 23rd of each month although earlier is always better.

For more information, please contact Wendy Devonshire on Dancingdevonshire@hotmail.com

Selsey Lifeboat Events

It is good to hear that **Lifeboat Week** will take place between **Sunday 3rd August and Sunday 10th August**. Make a note of these dates.

In the meantime, **Selsey RNLI** is holding an inaugural '**Seal Dip**' on **Sunday 4th May** to raise vital funds for the lifeboat station by braving a quick sea dip in waters that average 11°C in May.



Hosted at **East Beach Green**, the event will start at 10.00am, with the first participants taking the plunge from 10.30am. Each participant can enter for £5 and encouraged to raise sponsorship from friends and family. Fancy dress is optional but encouraged as keen space film fans will notice this is taking place on a special date in the calendar.



After their dip, participants will receive a hot drink. For those not participating, the RNLI pop up shop will be open and there will be entertainment from the Selsey Molls and Selsey Shantymen. Operations permitting there will be a sail past of Selsey Station's Shannon and D-Class lifeboats.

This event is open to adults and children over the age of 12. Participants should arrive for sign in at the registration tent on **East Beach Green** between 10.00 and 10.30am where they will be given a wristband which must be worn at all times and scanned before and after the dip.

Another event is the **Annual Sponsored Walk** offering 5 and 10 mile routes and entry is free; participants are invited to fundraise for the RNLI.



The Registration Desk at Selsey Lifeboat Station will be open from 8am to 10am with the event closing at 2pm – they encourage participants to register beforehand so they can provide sponsorship forms.

Pre-Register at selseysponsoredwalk@gmail.com

Also, the **Selsey Shantymen** have announced the dates they will be appearing on the Apron at the Lifeboat Station raising money for the **RNLI** on Sundays at 2pm – 11th May; 1st and 22nd June; 6th and 20th July; 10th August (time tbc); 7th September. Do pop along.

ADVERTORIAL



PLATINUM HOMECARE

South Coast Ltd

Thank you to **Platinum Home Care** for sponsoring this edition of the Newsletter

Platinum Homecare was first established in 2005 by Margaret Somner and family has always been at the heart of the business. Throughout the 20 years Platinum has been caring for people in the community, many of her family members have had or are still involved in running the company.

Platinum Homecare is a domiciliary care agency specialising in caring for different groups of people including the elderly, those with physical disabilities, learning disabilities, minor health problems, sensory impairment and palliative care (palliative care are terminally ill individuals who wish to remain at home with their families).

We are well-known amongst healthcare providers and out in the community as a care company that goes that extra mile to provide the highest standard of care for everyone we look after. Our friendly staff can help with a wide variety of everyday tasks, helping somebody get up and ready for the day ahead, making sure they've taken their medication or helping them get out and about into the community. We can help with some light housework, helping prepare meals, looking after pets or even just popping in everyday to check on a person's general well-being.



We strongly believe in preserving a person's independence and encourage the people in our care to help themselves as much as possible. Our care staff know the importance of helping our clients maintain their dignity, helping them to focus on their abilities whilst they lend a helping hand to help them

with the other tasks that they can find challenging.

Our office is based in Selsey, but we visit people all over the Peninsula and surrounding villages, for example:

- Selsey & Sidlesham
- Bracklesham & Witterings
- Hunston
- Runcton
- Southbourne
- Bosham
- Fishbourne
- Chichester

We specialise in caring for people in rural and isolated communities, helping with transport to and from hospital, GP appointments and shopping trips. We aim to provide care and support for local people who cannot live totally independently but wish to remain in their own home. We provide a high standard of service, which embraces the fundamental principles of good care practice, and the standard is evaluated throughout the year by Quality Assurance procedures.

Platinum Homecare provides a responsive and flexible service to people in their own homes at times that suit them, following a plan of care mutually agreed upon by us both. We work closely with our clients and their family members to ensure that we are providing the highest quality of care.



Our office is open 9am to 5pm Monday to Friday if you would like more information or to arrange a free consultation. Contact details are below.

Tel: **01243 605675**

Email: info@platinumhomecare.co.uk

Address: **1, Selsey Business Centre, The Bridleway, Selsey, Chichester PO20 0RS**

Help Hubs

Every month we will include details of the **Community Hubs and Activities** across the **Manhood Peninsula**



Activities

- **Good Morning Calls** daily
- **Next Steps** Mondays 3-4.30pm at St James Church Centre

- **Bereavement Support**
- **Coffee Morning** Alternate Mondays 10.15-11.45am at The Wittering pub
- **Coffee Morning** Tuesdays 10am-12noon at Downview Hall, Wittering
- **Amblers** Thursdays 10-11.30am at St James Church Centre

Tuesday 6th May

Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30am-12.00noon
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am
Community Food Hub
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 7th May

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 8th May

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
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)
All Our Yesterdays
To inspire memories
Beacon Church 2.00-3.30pm

Friday 9th May

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 10th May

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

Sunday 11th May

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

Monday 12th May

Morning Live
The Venture Club 10.15-11.45am



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 May**. If you would like to attend an event, please call **Selsey Care Shop** to check availability.

Thursday 1st May

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
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Wellness Café

Anxiety Support
The SHOP 2.00-3.30pm

Friday 2nd May

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 4th May

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 5th May

EARLY MAY BANK HOLIDAY

Movies for Memories
'Tea with Mussolini'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 13th May

Men's Breakfast
Beacon Church 10.00-11.30am
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Group for Visually Impaired
Selsey Venture Club 2.00-4.00pm
Man with a Pan
Beacon Church 1.00pm
(restricted numbers)
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm

Wednesday 14th May

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

Thursday 15th May

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
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 16th May

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 18th May

Car Boot Sale
Academy School Field 7.30am-1.00pm
Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 19th May

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

Tuesday 20th May

Game Time
The Rookery 10.00-11.30am
Welcome and Wellbeing Group

Beacon Church 10.30am-12.00noon
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

Wednesday 21st May

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 22nd May

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
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 23rd May

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
Ladies Breakfast
Caraway Care Home 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 25th May

Sunday ResBite Tea
Methodist Church Hall 3.00-4.30pm

Monday 26th May

SPRING BANK HOLIDAY

Tuesday 27th May

Vitale Stroke Club
Beacon Church 10.30-12.00noon
Men's Breakfast
Caraway Care Home 10.00-11.30am
Group for Visually Impaired
Venture Club 2.00-4.00pm
Man with a Pan
Beacon Church 1.00pm
(restricted numbers)
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 28th May

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

Thursday 29th May

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
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 30th May

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 2.00pm- 3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Sunday 1st June

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

Monday 2nd June

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Breakfast at Tiffanys'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 3rd June

Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30am-12.00noon
Veteran's/Serving
Personnel Brunch
The Hopp Inn 11.00am
Community Food Hub
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

Supported and Printed by


selsey press

Excellence in Print for over 60 Years