



NEWSLETTER

November 2023 **Issue 98**



Thank you to **Sussex Grange Care Home & Home Care** for sponsoring this edition of the Newsletter

Christmas Fayre

Selsey Community Forum are hosting a **Christmas Fayre** on **Saturday 2nd December** between **9am & 1pm** at **Selsey Town Hall**. There will be some 16 stalls



including homemade gifts, Christmas cards, Christmas wreaths, plants, books, artwork, driftwood art, sweets and a tombola, as well as cakes and refreshments. Do pop along to see us.

Community Christmas Event

Saturday 2nd December will also see Selsey's very own **Community Christmas Event**.

There will be an old-fashioned parade starting from **East Beach Car Park** at **2pm** and led by the **Selsey and District Lions** Santa Float. Everyone is invited to join in, so please, dress up and show up! There will be a £50 prize for the best fun Christmas fancy dress.



There will be a rolling road closure from 2pm starting at East Beach Car Park to allow for the parade and the High Street will be closed to cars 2pm to 7.30pm. In the **High Street** there will be a Santa's Grotto; a live nativity with animals; children's follow the star activity; children's fun activities; musicians; lots of refreshments and a large bucking Reindeer. And that's not all.... there's more to come!

There will be stalls along the High Street – call into Allsorts in the High Street or speak to Sally on 07941 093706 if you are interested in having a stall. There will also be a £50 prize for the best dressed window. Funds for this event have been partly raised from a community go-fund-me which shows just how much the community wanted this event. For the Community, by the Community....

To find out more or to get involved please contact Lyn on 07969 905402 or at Selseyevents@mail.com

Selsey Community Christmas Lunch



We are again offering a freshly cooked **Selsey Community Christmas Day Lunch** to people who would otherwise be on their own or are unable to prepare a meal.

If you would like to attend, or know someone that might like to, please call the **Selsey Care Shop** to book.

Any donations or funding to cover the costs will be gratefully received. We would also like to hear from you if you can help by supporting this event either during the preparation of it all or on the day itself.

Christmas Community Carols

Organised by all four of the **Selsey Churches** working together this will be held on **Thursday 7th December** at the **Academy School 7pm-8pm**. It is free entry and will include the Seal School Choir and Community Singing.



Celebrating Trustees

Trustees' Week this year is 6th-10th November and celebrates the work of Charity Trustees and raises awareness of the vital role they play; its theme, **Many Voices. Working Together. With Purpose,**



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

celebrates the individual talents, viewpoints and experiences each Trustee brings to their board and their collective decision making and how diversity can help make a Charity stronger.

Selsey Community Forum is fortunate to have 12 hardworking and committed Trustees who bring along different skills, knowledge, ideas, passions and experiences, helping the Charity to thrive and enhance our community. The positive impact on all that we do has an invaluable effect on all those who may need a little support and encouragement.

NHS Sussex Research Project

We invite you to help our research into health inequalities so that we can report back to the NHS, making recommendations. This will be in complete confidence and anonymity. We have already interviewed over 1200 people so please let us know if you would like to be involved by calling the **Care Shop** or writing to mike@selseycommunityforum.uk

Message from the Selsey Medical Practice

FLU Vaccinations

Flu vaccinations are now being booked at **Selsey Medical Practice** for those who are eligible; if you haven't booked yours yet, please call 01243 608201.

Eligibility for flu vaccination:

- Patients over 65
- Patients under 65 with an eligible chronic disease*
**Eligible chronic diseases are: Diabetes, Asthma (must be on 2 steroid inhalers), COPD, Patients with learning difficulties, Obesity, Stroke/TIA, Immunocompromised (HIV, Coeliac, high dose steroids), Heart failure, Palliative care patients.*
- Patients aged 12 to 64 years who are household contacts of people with immunosuppression
- Patients aged 16 to 64 years who are carers and staff working in care homes for older adults.

Covid Vaccinations

Whilst **Selsey Medical Practice** managed to get the mobile vaccination unit to the Medical Centre in October, there are currently no plans for it to attend in November. If you would like a vaccine, please call 119 or visit www.nhs.uk/book-covid or to find your nearest Covid vaccination walk-in centre please visit www.nhs.uk/covid-walk-in. Please do not call the **Selsey Medical Practice** with Covid vaccination queries, as unfortunately we cannot help with these.

Robins Project

We have recently launched this new Project, providing support to adults at, or approaching end of life. The Project will provide companionship, comfort and support through the final chapter in life for adults who may take the end of life pathway alone. This may



be because they have no family, are estranged from family, or have family too far away to support them.

Volunteers would visit, sharing memories and photos, reading together, listening to music, hand massaging, supporting spiritual and religious needs, video calls to family members, sensory touch activities, listening to worries, concerns and generally supporting.



This support will complement and enhance activities already provided by **Selsey Community Forum**, such as 'MyFuture Care Handbook', 'Lasting Power of Attorney' and 'Attendance Allowance' applications, the partnership-working with the local Churches to combat loneliness such as **ResBite Teas**.

The **Robins Project** is working in partnership with St Wilfrid's Hospice, local Care and Nursing Homes, Domestic Home Care agencies, the Palliative Care teams, GP surgeries, Macmillan and Admiral nurses and others where appropriate.

Extending across the Manhood Peninsula, the **Robins Project** will be recruiting volunteers and exploring partnerships from this wider area.

We are looking for volunteers to join us and complete the training programme. There will be a clear job description and guidance with the training and supervision being provided by St Wilfrid's Hospice.

The Woodger Trust, Guardian Angel Carers and Vitale Care have all kindly granted funding to this Project for which we are gratefully thankful.

If you feel you would like to volunteer for this Project, please contact our Project Co-ordinator, Alison by emailing at alison@selseycommunityforum.uk or on 07826062934. Similarly, please contact her if you can offer sponsorship or donations.

Selsey Remembrance

The **Selsey Remembrance Service** will be held on Sunday 12th November in the **Academy School Hall** at 10.00am. Following the Service, the **Remembrance Parade** will leave the School and make its way to the War Memorial. All are welcome to attend the Service or join the Parade and pay their respects at the Memorial at 11.00am.



Thank you

.....**Friends of the Selsey Medical Centre** for their donation of £20,000 - this is for further supporting a **Selsey Community Forum** member of staff based at the **Medical Centre** and towards the **Buddy Assisted Transport Service**.



...**Hyde Housing** for a grant of £13,400 - this is to help the services we provide to Hyde Housing residents as well as others in the community.

Friday Tea and Talk

This new activity will be starting on **Friday 3rd November** and will be held every Friday at the **Venture Club 2pm-3.30pm**. All will be welcome.

Ferry Farm Grants

Please remember the upcoming round of **Ferry Farm Grants** available during **January 2024**. Have a think about a project that might fit into one of the four categories –

- ❖ Environmental education
- ❖ Biodiversity
- ❖ Climate change readiness
- ❖ Energy

Grants are available to community groups located and operating in Selsey and Sidlesham. Please take a look at www.selseycommunityforum.uk for more information and the application forms.



Focus On

This month's 'Focus On...' Section says hello to **Karen Pirks** who is our **Operations Lead**. Karen joined the Charity in 2016 as a volunteer, after contacting our Chairman, bringing the obvious benefits from her involvement at West Sussex County Council in the drive for more dementia friendly communities. Through joint funding, several events have since taken place enabling Selsey to become not only 'Dementia Friendly' but working towards being a fully inclusive and compassionate town.



This has included the Forget Me Not Project, Friday Club (music workshop with Belinda Gannon); Valentine's, Christmas and Jubilee

Celebrations for people in Care Homes and those living at home with carers.

When the pandemic hit in 2020, Karen and the Selsey Care Shop Manager, Jo set up the **Selsey Covid19 Mutual Aid Group**. A call-to-arms went out and **Selsey Community Forum** were blessed with over 90 people, having been furloughed, signing up as additional volunteers. This enabled the Charity to provide doorstep support, delivering essential shopping, medication, meals and activities. Every Selsey road had a dedicated Buddy!

Following the pandemic, many areas of need emerged and from this Karen initiated the creation of the **Selsey Employment Service** which is now led by Sue Boucher supported by Shelby Pavlou.

Karen has done a valuable stint as one of our

Trustees and now, as Operations Lead, and part of the Charity's Leadership Team, Karen is driven in creating an integrated service, providing the best for those who access any of the **Selsey Community Forum** activities. With 30 years' experience in the social care sector in various management roles, her passion is to equip people with the tools to provide best practice to our most vulnerable. She is responsible for training and peer support of staff and volunteers, risk assessment of activities, and continues to use her wider connections to drive the Charity work forward.

When Karen is not working, she loves spending her free time reading, attending choir, supporting her Church, travelling, and time with her family, friends and two dogs.

Karen is pictured here with Karen Halford and Sarah Palmer, both part of the **Senior Leadership Team**.



A Trip Down Memory Lane

Thanks to the generosity of the **Selsey and District Lions Club** a group of 40 older residents were taken on a coach trip to Petworth House. Some of those people are normally unable to get out of Selsey and so just the drive itself through our West Sussex countryside was enjoyable.



The **Selsey and District Lions Club** sponsorship covered the coach trip, the entrance fee to Petworth House as well as a scrumptious cream tea.

The trip was extra special to one of our ladies as it brought back some lovely memories – Ann's father, Tom was a Gamekeeper at Petworth House for over 30 years, and Ann lived both in the grounds and the surrounding villages for all her childhood. She fondly recalls how at Christmas all the children of the families working on the Petworth Estate were invited to a Christmas party – they would be collected in shooting brakes and taken to the main Petworth House.

Ann remained in Petworth and the local villages for some of her married life, whilst raising her family, and remembers often taking her children into Petworth Park. She is now settled in Selsey and enjoys attending some of the **Selsey Community Forum** activities and certainly appreciated her recent trip down memory lane.

Congratulations to

Manhood Wildlife and Heritage Group for being named the winner of the Green Award from the BBC Radio Sussex and BBC Radio Surrey 'Make a Difference Awards'.

These Awards celebrate local heroes who give their time to improve their communities. The Surrey and Sussex winners were announced at a ceremony at Ashdown Park Hotel in East Grinstead and the photo shows Dr Lesley Bromley, Chair of **Manhood Wildlife**



and **Heritage Group** accepting their award.

Manhood Wildlife and Heritage Group is celebrating 25 years since its conception to encourage local people to take an active role in protecting their environment and their mission statement is to preserve the unique character of the Manhood Peninsula and inspire local people to care for its wildlife and heritage. To see a place where nature flourishes, history is celebrated, and people thrive.



To find out more or to get involved, check out their website <https://www.mwhg.org.uk/>

Selsey Visually Impaired Club

The Selsey Visually Impaired Club known as the **VIP Club** has recently joined **Selsey Community Forum** as a partner. The Club meets on the 2nd and 4th Tuesday of every month at the Hanover Lounge, Hanover Close 2.00 – 4.00pm. You do have to be a member of **4Sight** to attend.

Chichester Area Talking News



The **Chichester Area Talking News** Team provides a fortnightly recording of local news for visually impaired people. This free service is designed to keep people informed and in touch with their local community.

Chichester Area Talking News helps to restore independence and creates opportunities to take an active interest in local affairs by providing regular one-hour audio recordings, mostly taken from the Chichester, Bognor and Midhurst & Petworth editions of the *Observer* newspapers.

There is also an Information Desk highlighting material of particular interest to blind people, Sussex Village News, readers' letters, audio book recommendations and much more. You can listen to the latest edition on their website: www.catn.org.uk

There is also **Insight** - a quarterly magazine with articles and information of local and general interest, again available online. The service is completely free to blind or partially sighted people as well as any other disabled people who are not able to read.

If you know of anyone who could benefit from hearing local news, or if you feel you would like to help people

with sight problems please call **CATN** on 01243 775050, email at studio@catn.org.uk or check online at www.catn.org.uk



They are based at St. Richard's Hospital and would be delighted to hear from you!

Selsey Care at Home Recruitment Event

Looking for a rewarding new role?
Want to make a real difference in the lives of people living in Selsey?



Care at Home RECRUITMENT EVENT

Come talk to the friendly people from local at-home care companies and other agencies.



8th November
12pm to 4pm
The Bubble Tea Bar
High Street
Selsey

ARE YOU...

Kind and compassionate	Trustworthy
A good listener	Reliable
Calm under pressure	A Team player
Good at communicating	Keen to learn

Come find out if you have what it takes to succeed in a rewarding career in care at home.








For more information: operations@selseycommunityforum.uk

Sussex Grange Care Home

On a rare day of glorious August sunshine Tom and Rachel Jameson celebrated 20 Years of their ownership of **Sussex Grange Care Home** in



Selsey. They were joined in the beautiful gardens by residents, staff, family members and friends of the Care Home, as well as some of the clients and staff from their Personal Home Care service.

Everyone enjoyed drinks in the garden along with a slice or two of the delicious home-made birthday cakes, while the visiting children enjoyed party games and burnt off some of their energy on the bouncy castle.

Entertainment was provided by two regular visitors to Sussex Grange. Sharon Martin engaged young and old with a fun and informative session on the theme of Celebration, and later, Craig Stevens amused everyone with a fantastic collection of hats.



In between the activities, Tom took the opportunity to say an emotional thank you to everyone who has been a part of "the Sussex Grange family" over the past 20 years.

For the Sussex Grange Personal Home Care Clients that were unable to join in the Garden Party, there were individual cream teas and party boxes to ensure that they did not miss out on the celebration.

Tom and Rachel would also like to extend their thanks to everyone who has been a part of **Sussex Grange** over the past 20 years, and to the community groups that have always been so supportive.

ADVERTORIAL

Choosing care for yourself or a loved one is a big decision, and it can often be a complex process to gather all the information that you need. The team at **Sussex Grange** understands the difficult choices that must be made – not least of all the choice between **care in your own home** or **moving into a care home**.

Because they offer both these services, the managers at **Sussex Grange** can chat about the pros and cons of each without any risk of bias. They can even offer the chance to try out their services to help you to decide which option would be preferable for you.

Celebrating their 20th year of service, **Sussex Grange's** philosophy revolves around offering the kind of care that they themselves would want as they grow older. Their mission is to provide reassurance, choices, and opportunities to ensure that every individual feels valued and cherished.

Compliments from Our Community

Sussex Grange has an excellent reputation built on consistently providing outstanding care. Their high



number of first-class reviews on the leading websites speak for themselves. You can find these testimonials at www.carehome.co.uk and www.homecare.co.uk.

In celebration of their recent award of Top 20 home care provider, Amanda Hopkins, reviews manager of homecare.co.uk said "Sussex Grange Home Care has shown it provides care of the highest quality and we would like to congratulate it on being one of the top home care providers in South East England!"

Contact Us Today

If you are considering **Sussex Grange** for your care needs, you are free to contact them without obligations or expectations. They will be happy to meet you, to chat with you, and to discuss the services they provide. Contact them on 01243 606262, email contact@sussexgrange.co.uk, or visit www.sussexgrange.co.uk to learn more. They are situated at 14 Vincent Road, Selsey PO20 9DH.

Community Diary

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

Wednesday 1st November

- Friendship Group**
Methodist Church Hall 10.00-11.30am
- Hope in the Dark**
2.00-3.30pm
- Parkinson's Group**
The SHOP 2.00-3.30pm
- Menopause Support Group**
Chaplin's Coffee Shop 6.00-7.30pm

Thursday 2nd November

- Guardian Angel's Together Time**
Places must be booked
Methodist Church Hall 10.00am – 3.30pm
- 10.00-12noon** Tea, sing-song, quiet time;
- 11.00** Mobility Mindfulness; **12.30** Lunch;
- 2.00** Mobility Mindfulness;
- 2.00-3.30** Raffle, crafts, games, tea & cake

Wellness Café
Occupational Therapy Advice
The SHOP 2.00-3.30pm

Friday 3rd November

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

Sunday 5th November

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

Monday 6th November

- Morning Live**
The Venture Club 10.15-11.45am
- Movies for Memories 'Military Wives'**
Methodist Church 12.45-3.30pm
- SHOP Talk**
The SHOP 2.00-3.30pm

Tuesday 7th November

- Game Time**
The Rookery 10.00-11.30am
- Friends Group**
Beacon Church 10.30am-12.00noon
- 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 & The Care Shop 4.00-6.00pm

Wednesday 8th November

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

Thursday 9th November

- Together Time** *Places must be booked*
Methodist Church Hall 10.00am - 3.30pm
- 10.00-12noon** Tea, sing-song, quiet time;
- 11.00** Mobility Mindfulness; **12.30** Lunch;
- 2.00** Mobility Mindfulness; **2.00-3.30**
Raffle, crafts, games, tea & cake
- Dispute Resolution Café** by
appointment only

The SHOP 2.00-4.00pm
All Our Yesterdays *To inspire memories*
Beacon Church 2.00-3.30pm

Friday 10th November

Foodbank

Methodist Church 10.00am-12.00noon

Money Support

Methodist Church Hall 10.00-11.30am

Counselling Support

Methodist Church Hall 10.00-11.30am

Friday Club (formerly SYHO)

Booking & payment required

St. Wilfrid's Church Hall 2.00-3.30pm

Friday Tea & Talk

The Venture Club 2.00-3.30pm

Wellspring a support group for men

The SHOP 2.30pm

Sunday 12th November

Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

Monday 13th November

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 14th November

Men's Breakfast

Beacon Church 10.00-11.30am

Mobilising Mindfully *booking required*

The Rookery 10.00-11.00am &

11.00am-12noon

Selsey Community Food Hub

Beacon Church 2.00-3.00pm

Carers Afternoon Tea

The SHOP 2.00-3.30pm

VIP Club *(For visually impaired)*

Hanover Lounge, Hanover Close

2.00-4.00pm

(Must be a member of 4 Sight)

Wellbeing Groups

Star Office & The Care Shop 4.00-6.00pm

Bereavement Group

The SHOP 4.00-6.00pm

Wednesday 15th November

Friendship Group

Methodist Church Hall 10.00-11.30am

Alzheimers Group

Methodist Church Hall 1.30-3.30pm

Parkinsons Group

The SHOP 2.00-3.30pm

Thursday 16th November

Together Time *Places must be booked*

Methodist Church Hall

10.00am – 3.30pm

10.00-12noon Tea, sing-song, quiet time;

11.00 Mobility Mindfulness; 12.30 Lunch;

2.00 Mobility Mindfulness; 2.00-3.30

Raffle, crafts, games, tea & cake

MS Support Group

The SHOP 2.00-3.00pm

Friday 17th November

Foodbank

Methodist Church 10.00am-12.00noon

Money Support

Methodist Church Hall 10.00-11.30am

Counselling Support

Methodist Church Hall 10.00-11.30am

Friday Club (formerly SYHO)

Booking & payment required

St. Wilfrid's Church Hall 2.00-3.30pm

Friday Tea & Talk

The Venture Club 2.00-3.30pm

Wellspring a support group for men

The SHOP 2.30pm

Sunday 19th November

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 20th November

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories 'Military Wives'

Methodist Church 12.45-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 21st November

Game Time

The Rookery 10.00-11.30am

Say Aphasia *Understanding my speech*

Beacon Church 10.30am-12.00noon

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 & The Care Shop

4.00-6.00pm

Wednesday 22nd November

Friendship Group

Methodist Church Hall 10.00-11.30am

Carers Drop In

The SHOP 2.00-3.30pm

Thursday 23rd November

Together Time *Places must be booked*

Methodist Church Hall 10.00am –

3.30pm

10.00-12noon Tea, sing-song, quiet time;

11.00 Mobility Mindfulness; 12.30 Lunch;

2.00 Mobility Mindfulness; 2.00-3.30

Raffle, crafts, games, tea & cake

All Our Yesterdays *To inspire memories*

Beacon Church 2.00-3.30pm

Wellness Café

The SHOP 2.00-3.30pm

Friday 24th November

Foodbank

Methodist Church 10.00am-12.00noon

Money Support

Methodist Church Hall 10.00-11.30am

Counselling Support

Methodist Church Hall 10.00-11.30am

Friday Club (formerly SYHO)

Booking & payment required

St. Wilfrid's Church Hall 2.00-3.30pm

Friday Tea & Talk

The Venture Club 2.00-3.30pm

Wellspring a support group for men

The SHOP 2.30pm

Sunday 26th November

Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

Monday 27th November

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 28th November

Mobilising Mindfully *booking required*

The Rookery 10.00-11.00am &

11.00am-12noon

Vitale Stroke Club

Beacon Church 10.30 – 12.00noon

Selsey Community Food Hub

Beacon Church 2.00-3.00pm

Carers Afternoon Tea

The SHOP 2.00-3.30pm

VIP Club *(For visually impaired)*

Hanover Lounge, Hanover Close

2.00-4.00pm *(Must be a member of 4 Sight)*

Bereavement Group

The SHOP 4.00-6.00pm

Wellbeing Groups

Star Office & The Care Shop 4.00-6.00pm

Wednesday 29th November

Friendship Group

Methodist Church Hall 10.00-11.30am

Thursday 30th November

Together Time *Places must be booked*

Methodist Church Hall 10.00am – 3.30pm

10.00-12noon Tea, sing-song, quiet time;

11.00 Mobility Mindfulness; 12.30 Lunch;

2.00 Mobility Mindfulness; 2.00-3.30

Raffle, crafts, games, tea & cake

Friday 1st December

Foodbank

Methodist Church 10.00am-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

Friday Club (formerly SYHO)

Booking & payment required

St. Wilfrid's Church Hall 2.00-3.30pm

Wellspring a support group for men

The SHOP 2.30pm

Saturday 2nd December

Selsey Community Forum

Christmas Fayre

Selsey Town Hall 9.00am-1.00pm

**Celebrations continuing thereafter

in the town for **Community**

Christmas Event**

Sunday 3rd December

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Supported and Printed by

The logo for Selsey Press, featuring a stylized 'S' and 'P' in red and blue, followed by the text 'selseypress' in a bold, sans-serif font.

Excellence in Print for over 60 Years