



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**October 2024**

This newsletter is formed from a monthly meeting held at The Beacon Church for Selsey Dementia Action Alliance on 22nd October 2024. To find out more about any of the items, contact: [sdag@selseycommunityforum.uk](mailto:sdag@selseycommunityforum.uk)

## **Mike Nicholls**

Mike welcomed everyone to the meeting and started by referring to our previous meeting in September when we listed all the things we do together to protect people living with dementia through Key Safes, The Herbert Protocol, Care Home Work etc. After that meeting, we had a visit from the Police and Crime Commissioner who came to see us on 7<sup>th</sup> October who followed this up with writing a report about all the work we do through the Dementia Action Alliance, in her newsletter which is circulated to about 8,000 people across the County. It was a very positive article. Katie Bourne's newsletter is attached at the end.

Mike went on to read a wife's resume of her husband's service career.

"Arthur did 2 years National Service from January 1960 to January 1962. He was one of the last few men to be called up by the government. Arthur had just completed his apprenticeship and was posted to Winchester Barracks to The Green Jackets who are the fastest marching paced in the Army. After training he was posted to Northern Ireland for 10 months where he was a Rifleman and Driver and then in 1961, he was posted to Berlin and he was there when the wall was erected and so when he left, he had to pass through check point Charlie. Since then, Arthur and his wife had visited Berlin on several occasions and they were there when the wall was removed in 1989. Happy days".

Mike explained that every month on the 4<sup>th</sup> Tuesday of each month we host a Men's Breakfast and this morning there were about 24 attending. We asked the service men who were veterans to just tell us a little bit about what they had done. Arthur attends with his wife as he has severe dementia and his wife had written this piece about Arthur's service career as he couldn't remember it himself and Mike read it out on his behalf. His face beamed and everyone gave him a round of applause afterwards. These are becoming so popular we are now thinking of holding a Ladies Breakfast and also a Veteran's Breakfast.

## **NEWS FROM THOSE ATTENDING**

### **Karen Halford Report**

We have had a meeting with UK Harvest and agreed a bid for our cooking initiative "A Man with a Pan" and a few people interested in joining. These will be men aged between 20's and 80's and we already have about 25 men who are interested in attending the course. Richard and Karen and have been planning a

pilot for the course to start in early January. Karen is very keen to get this started and part of the course will be based on the healthy eating plate. Recently in Selsey an HMO has recently opened with 9 bedrooms and The Care Shop has been involved with housing 7 of the 9 clients being housed there. All with significant health needs. We have worked with them to plan their budgets so they know what bills they have and what is left to spend. So, that has been a good outcome.

Last week Deirdre and I were together running the Carers Support group and the session was related to Scams. Rich Morrey our Community Warden presented the session and it was quite entertaining as well as informative. Everyone found it really useful to know about the types of Scams there are at the moment and how to avoid them. The most often dangerous one at the moment is Relationships Scams where a lonely person is duped to send money to someone who they believe cares for them. Recently The Care Shop was contacted by a daughter of a couple we support. She had concerns following a visit to her parents' home following her father being placed in a Care Home for respite care. She had decided that while he was in the home she would visit the property to have a tidy up. While she was tidying up, she found bank statements showing large sums of money had been transferred out of the bank account into an account in Canada. They called the Police who could not do anything as their Step Mother had capacity, and her name is on the bank account. The daughter visited the house again and found Step Mother's Passport and Aeroplane Tickets to Canada and this time the family phoned Social Services who intervened. And in minutes Social Services were that the house, the bank account was closed and the lady has not gone to Canada. There fear was that on reaching Canada there would have been no one to meet her, it was a "Relationship Scam". In this instance we were lucky to have Dr Ford and Social Services supporting the Care Shop to stop this. Again, it was a really good outcome for the family.

We are still rolling out Key Safes for security when requested, and pushing the Herbert Protocol.

#### **Sussex Grange – Kelly Barker**

Kelly attended the Westpac Managers Forum in Worthing this month which was CQC focused this quarter. There were some great guest speakers and discussion leading towards the new Assistant Assessment Framework, really useful for those training and investment opportunities for the Care Home staff. We will also be attending The End-of-Life Symposium in Worthing and the line-up looks really exciting. The theme for that day is Investing in Staff Teams, End-of-Life Champions, Dignity and Care which includes Dementia. Kelly also attended the Sussex Care Home End-of-Life Dementia Care webinar. The home has had its mock Home Care Review which focused on medicines optimization for Care Homes. The annual review included a Pharmacist attending and they are able to personalise medication labelling for patients and also work alongside the GP Practise. Sussex Care Home have also had a young worker volunteering in the care home for the last six months as part of her Duke of Edinburgh Award and she's just finished all her volunteer hours and so they celebrated with a jar of sweets. She has promised to come back and visit as all the elderly residents love young people to visit them and chat.

Harvest Festival has just been celebrated with six members of the Beacon Church joining them for a lovely celebration followed with a delicious lunch with the residents. The residents love these visits with the music and entertainment.

Sarah has visited and held her Mobility Mindfulness sessions and this is the second consecutive month and to quote one of our residents after the session he said, "I feel like I could punch the moon!" he was so positive and he felt really relaxed and he could use his joint side which he hadn't been able to do for a very long time. Kelly emailed Sarah to thank her.

The annual Christmas Card competition is coming up and last year Eileen won it, so we will see if Eileen can do it again.

Last 2 dates for the rest of the month –

30<sup>th</sup> October we have Trick or Trivia from 7pm open to Friends and Family.

31<sup>st</sup> October we have Trick or Treat 3.30pm to 5.30pm when we open the front door for children to come along dressed in their outfits and sweets will be available.

#### **Sussex Home Care – Corinna Forsdike**

Corinna informed as that they are really busy, with Home Care hours and visits covering Selsey through to Lavant. They have recruited more staff on Zero hours to suit people who are studying at College or want evening or weekend work.

Christmas Rota's are being sorted out now and letters to clients are being sent out asking if they need visits over the Christmas period. Selsey Community Forum will be happy to provide Sussex Grange Home Care clients with a Christmas Dinner, just let The Care Shop know the details of clients who would like a Christmas Dinner. Corinna said staff would be happy to help with deliveries on the day.

Corinna was also please to let us know that Sussex Home Care made the news and was awarded the HomeCare.co.uk Award for the 2<sup>nd</sup> year running.

#### **Alzheimer's Society – Deirdre Timney**

Deirdre shared Karen's view of a very good session with Rich Moorey talking about Scam Prevention and following this Deirdre received several emails from those attending saying not only was it informative but it was presented with humour at the same time. Deirdre said some of the things Rich touched on were quite shocking and talked about how clever these Scammers are. Deirdre normally has between 10 and 18 attend the Carers Support group and next month she and Karen will be talking to them about surviving Christmas with someone with dementia. It can be difficult having a normal family Christmas, so Derdre will be offering advice. Anyone needing a Key Safes just needs to register with the Care Shop and it can be provided.

#### **Beacon Church - Richard Lamdin**

The Beacon recently held a Harvest ResBite Tea when all the harvest produce was left out from the morning so everyone in the afternoon could share. Some of the older songs were picked and the singing was incredible, everyone was so enthusiastic and joined in with the singing.

The Men's Breakfast was held at Caraway House Care Home Tuesday morning. The men are all growing in confidence and finding it easier to chat with each other and sharing some sad experiences.

Richard and Karen have been talking to UK Harvest about an initiative using slow cookers. Teaching young men and older men how to use them and produce a nutritious meal. Men who have relied on their wife or mother to cook, and never had to learn themselves. We believe learning to use a slow cooker and would be so useful for men looking after their wives or even young carers. Sussex Grange offered to donate a Slow Cooker to the initiative which and they were thank for their kind thought.

### ✿ **Befriending – Ronelle Juleff**

Ronelle updated us about her groups. The Film Club which runs on the 1<sup>st</sup> and 3<sup>rd</sup> Monday afternoon of the month and is going well. We show an old film which is light hearted and then we provide a 2-course lunch. We are careful not to show long films as folk can't sit too long.

**Monday** - Morning Live is at the Venture Club where 18-20 people attend each Monday morning. Some are collected by the Venture Bus and others make their own way.

**Thursday** - we have Together Time which runs from 10.00am until 3.30pm we have a sing song, quizzes and games, tea and cake, and a lunch.

**Friday** –Afternoon is Tea and Talk at the Venture Club with tea and cake. Amongst those attending there are several people who suffer from dementia and they enjoy playing card and board games.

### ✿ **My Future Care Handbook**

Linda was pleased that the Robins Project is now developing more in to Later Life Planning and My Future Care links in very well with that development. Some of the Robins volunteers are booked for some training sessions with Zoe Harris, who wrote the My Future Care Handbook, and her colleagues at My Care Matters. Ronelle has two people who may be interested in being helped with this and will pass the names to Linda who is happy to visit them at home.

### ✿ **Progress in the Wider Manhood Peninsula**

Mike informed us about the progress across the Peninsula. We now have 9 prospective Help Desks like The Selsey Care Shop, but not The Care Shop. These 9 prospective Help Desks are access points spread across different locations in the peninsula.

- ✿ Beacon Church, Selsey – 1<sup>st</sup> and 3<sup>rd</sup> Tuesday afternoons
- ✿ Methodist Church Hall - Together Time, - Thursdays
- ✿ East Wittering
- ✿ West Wittering
- ✿ Bracklesham
- ✿ Birdham
- ✿ Hunston
- ✿ St Wilfrid's' Hospice Coffee Morning
- ✿ East Street Chichester – with Guardian Angels Care

There are several Volunteers who link up with these events, which run for 1 to 3 hours, where people can find help with later life documents such as Lasting Power of Attorney, Attendance Allowance or Blue Badge applications or advice about Care. We have the Robins Service set-up across the area and we have contact with every Care Home in Selsey and Sarah Palmer is responsible for this. Then in the wider area of the peninsula we have Alison Goodhram and Karen Pirks taking responsibility for those Help Desks or Hubs where people can gain services. We will train Volunteers in each of those geographical areas to help with the services that people request. They will also be trained to help people at End-of-Life either in a Care Home or in their own home. We are dealing with 20 people in the community at the moment in Selsey. We have been gradually rolling this out over a year now and the service has developed over that time.

We have had a lot of approaches about Energy Advice and support as this winter approaches and it may be that these Hubs will become Advice Centres as well about keeping warm at home. Ronelle is rolling out hand knitted blankets, hats, gloves,

children's winter wear and Ronelle said she would make sure some of these get to the Hubs. Mike said we have some good food outlets across the peninsula to support people with food from UK Harvest and the Food Bank. Once again Warm Spaces will be made available throughout the week and an information poster is attached at the end of this newsletter.

### **Dementia Friendly Community**

The Community in Selsey have really come together and are showing patience with people that are a little bit slow with communicating their needs. Mike Beal continues to offer Dementia Friends training to anyone, including retail, business or shop staff in Selsey when requested.

### **What we Offer in Selsey**

We are always looking at new initiatives, like cooking for men and in November we are holding a session on communication on a Tuesday once a month either on Aphasia or Dementia to help improve communication. We are going to start that Deirdre offered to help if she could and would be able to provide leaflets for Carers on this subject. The Cancer support group is running twice a month now and we have been offering End-of-Life support to those folk and their families. Sarah has been supporting these families and one in particular comes to mind, which was a very sad situation. The gentleman had a goal to be at home but it never seemed to happen until Sarah became involved and made it happen. The gentleman was home with his family with all the support he needed, then he spent his last day at the Hospice. One of the things on his tick list was to have his last pint in the pub so Sarah and Colin took him and enabled him to fulfil one of his last wishes. Those are the lasting memories that the family are left with.

### **Funding**

We have £2,500 from the Police Commissioners Fund for the Robins work and we have just put in an application for £6,400 to the Sussex Community Foundation to keep the work going through next year and should here about March next year.

 **Next Meeting** - Tuesday 26<sup>th</sup> November at 5pm at The Beacon Church, East Beach.

### **Attachments:**

Sussex Police and Crime Commissioner's Newsletter.

Warm Spaces Winter 2024 Leaflet





Sussex  
Police & Crime  
Commissioner

KATY BOURNE OBE



## Hello

On Monday, I visited Selsey Community Forum who are beneficiaries of my [Safer In Sussex Community Fund](#).

The charity is formed of a partnership of local voluntary organisations who go above and beyond to help people in Selsey and surrounding areas. During my visit, I was shown their Care Shop on the High Street and met some of their brilliant staff and volunteers who work on a variety of areas in the community including wellbeing support, financial advice and emotional support too.

The funding I provided the Selsey Community Forum went directly to their group - The Selsey Dementia Action Alliance (SDAA). In my role as PCC, I have always made protecting the vulnerable a priority and the challenges and difficulties faced by those with dementia, often mean they are identified as 'at risk'.

The SDAA educates the local community to understand dementia and encourages organisations, businesses and local partners to work together and share safeguarding best practice. This helps friends, family and carers of those with dementia to learn about scam and fraud awareness, it also helps the wider community know how to locate and approach missing people who may have wandered from their homes.

The group have been working hard on sharing information about the Herbert Protocol. The Protocol is a form that contains a list of information to help the police if someone with dementia or Alzheimer's goes missing. The information includes: what medication the person uses; a recent photograph and important contact information of family or friends.

The initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. He died whilst 'missing', trying to find his childhood home.

It was a great morning spent with the Selsey Community Forum - the breadth of the work they do to help people is admirable and clearly makes a huge difference to the Selsey community. They even received the King's Award for Voluntary Service. You can read more about that and the work they do as well as donate to the charity on [their website](#).

## Improving Community Spaces

My Sussex Immediate Justice (IJ) pilot continues to see success in our county with over 310 referrals to date.

An individual was referred to Immediate Justice after receiving a Community Resolution. The individual worked with local charity and IJ partner, Making it Out (MiO) on one of their ongoing projects to improve the local community across three reparative sessions.

MiO have a workshop in Portslade which looks onto the 'Portslade Gassie', a small boat that played a pivotal role within the harbour opposite during the 20th century. Sadly, over time, this boat has been forgotten and covered in weeds.

MiO are keen to preserve our local history and have been working with our IJ referrals to clear weeds and surrounding shrubs that have engulfed the Gassie in order to restore a historical community space.

The individual referred spent a total of six hours clearing weeds around the boat, opening up space in the surrounding greenery and we hope that further referrals to MiO will continue to benefit this project.



Katy Bourne OBE  
Sussex Police & Crime Commissioner





*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*

**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*

*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.*

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



**Selsey Care Shop**

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