



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**August 2023**

This newsletter forms the notes of a Selsey Dementia Action Alliance Meeting held remotely via Zoom on 22<sup>nd</sup> August 2023. To find out more about any of the items, contact:

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SCF Registered Charity No: 1156460

✿ **Welcome** Mike Nichols welcomed everyone and thanked them for taking the time to attend the meeting.

✿ **Karen Halford Report**

As always, very busy at the Care Shop and also in the Medical Practice where I work one day a week supporting their teams. There are different types of enquiries, with a lot of folk experiencing anxiety and depression normally connected to financial problems which we are able to help with there and then or with help from our Money Support Team. We have been well supported by the Citizens Advice Bureau for things people need at home and there's some good partnership with them. We are in the process of supporting people with mortgage holidays and people cannot cope with less money coming in and more money going out. The businesses we have been in contact with have been very supportive and understanding and empathetic with the folk we are supporting. We have been supporting people with key meters who do not have the funds to put money on the card. The foodbank is very busy and sometimes The Pantry at The Beacon Church has seen in excess of 60 people who are able to buy a bag full of food for a small donation.

Over the last few weeks, we have been made aware of people going missing who have been diagnosed with Dementia and over the last week I have completed the forms Herbert Protocol for their families and a couple of weeks ago I completed another 4 Herbert Protocol forms. One copy goes to the Medical Practice, the Care Provider has a copy and the Selsey Care Shop has a copy. Although we are still in Summer Autumn will be upon us soon and the nights will be getting darker and that's when the condition known as Sundowning sets in. If anyone knows of someone who may benefit from the Herbert Protocol, please let us know.

Housing problems have also increased and when these have been brought to our attention myself and Sue Boucher have been working together to assist folk. We have been working with Hyde and Clarion and some of the other housing companies have also been working with us sorting out the housing problems we've taken on.

Mike Beal has been sorting out problems with transport for residents in the care homes following a Managers' meeting at the Medical Practice last month when we asked Mike to help us out with transporting residents from the care homes in Selsey and taking them to some of the events in the village.

## 🌸 Carers Support West Sussex

Louise Stockdale was unable to attend the meeting and therefore sent information regarding a short film to be premiered about dementia in the South Asian community. At the launch you will have the opportunity to meet the people who appear in the film, join in discussions and look at initiatives to break down barriers and misconceptions of dementia in South Asian communities.

**Date:** Friday 29<sup>th</sup> September, **Time:** 11am to 12.30pm, **Venue:** The Hawth Theatre, Hawth Avenue, Crawley RH10 6YZ. **Refreshments:** Light refreshments will be provided.

Please confirm your attendance by using this online form:

<https://www.eventbrite.co.uk/e/short-film-premiere-dementia-in-the-south-asian-community-tickets-679416020607?aff=oddtcreator>

## 🌸 The Beacon Church

Apologies were received from Richard Lamdin with an update of recent activities.

**ResBite Teas at The Beacon** continues to be well attended to the point we are often full. All the cakes were consumed and Judi seems to be constantly pouring tea for an hour! There is always a fantastic atmosphere and engagement.

**Together Time** – Georgina has volunteered a few times in the holidays and loves it. I try to call in most weeks and want to say what a brilliant concept it is. Seeing residents from Care Homes there as well as independently living people is so positive. It supports the fact that on deciding to move to a Care Home should not mean the loss of friends and community activities. Well done, Ronelle, Sarah, and the team.

**Lakeview Grange** – Myself, Mike and Diane Nicholls, Joyce Slater, and Georgina were given a tour of the new Dementia floor opening next month. It was very impressive. They ran a Dementia session last week for Carers and will do so again soon. Hopefully this will be with more notice and we can support it. We have also secured a second sponsorship of our SCF Newsletter by Lakeview. We are grateful to them.

## 🌸 Operations Report – Karen Pirks

**Robins** - Karen explained she has been working with Alison Goodrham developing her Robins project. Robins is for people who are coming to the end of their journey in life, whether they are living in a Care Home or in the community. We are recruiting specific types of volunteers to work with us on this project and are fortunate to also have St Wilfrid's Hospice guiding and working with us too. Alison will be contacting all the Care Homes locally to find out the feasibility and there will be more information circulated soon including a flyer. Hopefully we are looking at October for a Soft Launch and will begin accepting referrals.

**The Wellness Café** - is about Aging Well, and Jo from Vitale is supporting us with this. The first Thursday of each month will have a theme and the first Thursday is about Safe and Well visits and the fourth Thursday of the month will be a drop in to where will offer Advice and Guidance and there will be a few people from the Care Shop and Volunteers on hand to talk to folk about Aging Well and answering any questions they may have. The Wellness Café will run on the First and Fourth Thursday of the month from 2pm to 3.30pm at The Shop next to

Truevision starting from 7<sup>th</sup> September until 7<sup>th</sup> December. See the leaflet at the end of the Newsletter

**The Stroke Club** - the group for people who have experienced Strokes and their Carers. Thanks to Vitale again and Charlie who came along with Jo we did some craft work, chatting, a musical quiz and some seated exercises. We welcomed two new couples to the group who had been referred to us from the Medical Practice.

#### ✿ **Vitale – Daniel Ayton**

Daniel explained there are now the seven areas that Vitale are supporting SCF as a Charity and are committed to becoming more involved in the future. Daniel and Karen are working together to plan a Recruitment event for all the domiciliary care companies locally and care providers. The event will be to promote a career in Care and job opportunities with our Care at Home providers.

#### ✿ **Dementia Friends Training**

On the 21<sup>st</sup> September Mike Beal has planned some training for the Medical Practice staff to become Dementia Friends.

**Venture Bus Activities** - Mike B is just completing visits to all the Care Homes locally offering a transport service to take their residents to local events and trips using the Venture Club Mini busses. Mike B is hoping to finalise plans soon and a recruitment campaign is being planned to find more minibus drivers to help this happen.

Mike B has also been piloting a Friends in Selsey meeting on a Tuesday evening at St Wilfrid's Church Hall. Attendees have been a lady from Romania and a doctor from Mexico who is currently undertaking simulation training. The idea is for people from different nationalities who are living in Selsey to come along and meet other folk from similar countries and enable them to chat with each other in their own language. Mike B has a selection of National flags and he intends to fly a national flag to celebrate that country's National Day and make people from other countries feel welcome.

#### ✿ **Friendship Groups**

Ronelle runs Together Time on a Thursday and a number of other activities too. The numbers attending have increased to 55 at Together Time and about a third of those attending are living with dementia and also attend with their carers.

Recently Ronelle has become aware that some folk with dementia have been dropped off by their children or family but are very confused and need to be accompanied by a Carer.

Ronelle enquired if there were any more Dementia Friends sessions in the pipeline as there are some new Volunteers who would benefit from the training. Karen requested Ronelle to send her people's details for Dementia Friends Training and she will forward liaise with Mike Beal and arrange for some more training session in the evening at Waves Café where they were carried out before.

#### ✿ **Sussex Grange - Corinna Forsdike**

Sussex Grange have recently received an award from HomeCare.co.uk for 2023 and have been rated in the 20 Care Providers thanks to outstanding reviews from their clients.

Calendar events recently: Chocolate day where each client received a chocolate bar and a party bag.

They are in the process of changing their care plans over to a new digital system. Recruitment is going well and new members of staff and also new clients. The Selsey Care Shop was thanked for their support for a lady who was on end of life and her family. One phone call and the Care Shop responded instantly. We held the 20<sup>th</sup> Anniversary for Sussex Grange with a Garden Party and Cream Teas and the clients were able to celebrate all together with families and visitors. Home care clients who were unable to attend had cream teas boxes and party boxes delivered too so they could join in too.

Other activities celebrated were a Junk Food Day where residents were able to have McDonalds and also a Chocolate Day.

There was a special event one Saturday afternoon in the lounge when residents were invited to a Live Stream of Craig and Ruth's Wedding, which was a heart-warming moment. Craig has been organising activities for the residents for many years and is a valued member of staff.

Last week, Cara our dedicated Kitchen Assistant attended her school's "Stars of the Year" event and was presented with 3 awards. Star of The Year in PHSE, Star of The Year Good Citizen Award, Head Student and Deputy Head Student. They are very proud of Cara and gave her a virtual round of applause.

We have had a Mock Team visit us and carry out a comprehensive review of all our systems and processes. We arrange for one resident who was invited to a wedding but unable to attend to watch the wedding via Zoom in the lounge.

#### **Tuvida – Yvonne Hammond-Powell**

The biggest event we attended recently and also sponsored was The Selsey Cream Tea Annual Party for Carers which was very successful and enjoyable judging from all the comments I received when circulating and chatting to everyone. We are receiving lots of referrals. Currently we are working on new processes of how we record outcomes from the providers to present to the Commissioners. Plans are underway for the short break weekend in November from 4-6<sup>th</sup>. There will be 20 couple places and it will cost £300 per couple for the weekend including all activities and food. During the weekend an outing is planned for the Carers on the Saturday afternoon and activities for the Cared for back at the Hotel and the cost also includes entertainment over the weekend too.

#### **Progress in the Manhood Peninsula – Mike Nicholls**

The latest development doesn't directly affect people living with dementia but where families are concerned Homestart are beginning to do some family support work with Wittering Medical Practice and will strengthen the family support, alongside the Downview Youth Group who have just received some funding to support the mental health of young people particularly in South Chichester Senior Schools. So along with the Robins Project for End-of-Life Care, it will not be just for Selsey but will spread out around the Peninsula towards the Hospice in Bosham.

#### **Any Other Business**

There was no other business discussed.

**Date of Next Meeting - 24<sup>th</sup> October at 5pm via Zoom**



# Wellness Café



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## Growing Old and Living Well



Let's talk about '**Growing Old and Living Well**'. Growing old as we know is a natural process. It may also bring some worries and concerns about our health and future wellbeing.

These are some of the worries and concerns that people have highlighted to us:

- ◆ Money worries
- ◆ Health and Wellbeing
- ◆ Transport for Medical Appointments
- ◆ Fear of falling (Who do I call?)
- ◆ Being a Burden to the family
- ◆ Dementia
- ◆ Bereavement
- ◆ Loneliness
- ◆ Addiction
- ◆ Poverty

This leaflet was created to help you make decisions and to Live Well. The Wellness Café brings a wide variety of information together and will help fill in the gaps with an opportunity to talk to trained people.

### Our trained professionals are able to:

- ✚ Offer information that will keep you fit and well.
- ✚ Help you make the right decisions about your future that are right for you.
- ✚ Put your mind at ease.
- ✚ Provide information and support to help you make choices for the future about Care if you need it.

- ✚ Discuss all aspects of living independently with Care at home, or whether living in Residential Care is the best option for you.
- ✚ Assist you to decide the type of support you would prefer in the future and provide an opportunity to discuss your preferences.

### The My Future Care Handbook

This helpful interactive guide full of information and fact sheets is designed to encourage you to think about and make decisions around your future care and end-of-life, much earlier than tends to be the case. It can be challenging to think about these things when what we all really want to do is concentrate on living the best life we can, right now. It can be difficult and daunting to know where to begin and this book can help and guide you through with a checklist of your wishes and decisions for the future. Choose the ones you want to complete, and then put it to one side and concentrate on living your life without further worry.

### Some of the things the book guides you through:

- ✚ Making a Will
- ✚ Lasting Power of Attorney – Property and Finance, Care and Welfare
- ✚ Funeral Planning – options available
- ✚ Bucket List
- ✚ Musical Playlist

- ✚ Planning for the unexpected
- ✚ Digital Legacy

#### **SUPPORT FROM SELSEY COMMUNITY FORUM**

Our team of Buddies are Volunteers who are trained to help with the following:

#### **Transport to Medical Appointments**

Buddy Assisted Transport service to drive the patient to a medical appointment or hospital appointment for a small contribution and mileage paid.

#### **Planning for Later Life – My Future Care**

Your own Buddy will guide you through this interactive book full of information in order for you to make, record and share decisions about your future.

#### **Training to use Email and NHS App**

Training can be carried out at home or in locally equipped premises.

#### **Help with Form filling:**

- ✚ Lasting Power of Attorney – Property and Finance, Care and Welfare
- ✚ Blue Badge
- ✚ Attendance Allowance
- ✚ Money Support

- ✚ ReSPECT Document
- ✚ OT Referrals- preparing your home for later life prior to an urgent need.

#### **Staying Healthy and Safe**

- ✚ Diet and Healthy Eating
- ✚ Keeping Mobile and Active
- ✚ Blood Pressure checks
- ✚ Wellbeing Support
- ✚ Security and Fire Safety Checks - Key Safe

#### **Group Activities Available**

- ✚ Mobility Mindfulness
- ✚ Diet and Exercising
- ✚ Quizzes
- ✚ Crafting
- ✚ Singing
- ✚ Lunches
- ✚ Afternoon Teas
- ✚ Socialising

With the above help, information and guidance from us we hope that 'Growing Old and Living Well' is a real option. The Wellness Café can be a place to begin these discussions in a friendly environment and will enable you to achieve this.

### **Dates for your Diary 2023**

#### **Wellness Café Meetings**

**to be held at The Shop, 89 High Street, Selsey  
from 2pm to 3.30pm**

7 <sup>th</sup> September	Safe & Well – Advice from the Fire Service
28 <sup>th</sup> September	Drop-in Café – General Advice, your questions answered.
5 <sup>th</sup> October	Looking After Yourself – Diet & Well-being
26 <sup>th</sup> October	Drop-in Café – General Advice, your questions answered.
2 <sup>nd</sup> November	Occupational Therapy Advice- Maintain your independence in the home.
23 <sup>rd</sup> November	Drop-in Café – General Advice, your questions answered.
7 <sup>th</sup> December	Preparing for Later Life (help with documents – i.e., ReSPECT, Lasting Power of Attorney) etc.