



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

July 2024

This newsletter is formed from reports from members of the Selsey Dementia Action Alliance. The meeting was unable to take place due to technical difficulties on 23rd July 2024. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

✿ **Mike Nicholls**

Welcomed everyone to the meeting and thanked them for attending after their busy day.

✿ **Karen Halford Report**

Very busy Money Support wise and we have had two very good triumphs with the appeals being granted and the money paid out and backdated. Helping people with Pension Credit and Attendance Allowance. At the Alzheimer's Meeting Lorraine, Deirdre and myself have been pushing people to update their Herbert Protocol making sure they have up to date photos of their loved one. We need to get this done before September darker evenings arrive. Several people have called into the Care Shop and picked up the Herbert Protocol information. Once completed we are always happy to check these over once completed and before sending them off. We are always happy to help complete the forms and visit people in their own homes if necessary.

✿ **NEWS FROM THOSE ATTENDING**

✿ **Selsey Care Shop**

Mike said SCF are finding that there are a lot of people contacting us for help with Money Support. It's interesting that we seem to be entering a post Covid period at the moment, especially with funding. During Covid lockdown there was a lot of emergency food provision and energy support available. Both of those provisions are fading and there is not the money around to support organisations like UK Harvest and food banks generally. During summer we are finding people are not concerned about energy support but more about health issues and money support is around obtaining benefits. Come the Autumn this may change.

✿ **Alzheimer's Society**

Deirdre Timney updated us about the group. There were two new members attend this month's meeting. One gentleman with dementia attended with his wife, which is not ideal as this is a Carers group, but he was fine. We talked about the Herbert Protocol and Sunflower Lanyards. One of our Carers mentioned that her husband had got lost and was wearing a Sunflower Lanyard with his details attached and the person who found him in a confused state was able to contact her immediately and he also had a tracker on his phone too. The group is going

from strength to strength. Lorraine is retiring next month but we are hoping she will return as a Volunteer. This is a big group now and it needs two people to run it. We are always happy to receive referrals for support and as Dementia Advisors we are always happy to help so please let us know.

Lorraine Bridger added that they are still in clinic and running on a Thursday with three doctors attending at the moment. Mini memory clinics are also running throughout the week. Alzheimer's are in discussion with NHS to see if they are needed to on more frequently.

Mike commented to Deirdre and Lorraine about a young lady who attend the last group, and Mike said how impressed she was and made a point of writing about. She is studying Psychology and part of studying Dementia is part of the course and attending the meeting and the Carers who are dealing with it and people who are living it was incredibly helpful. Deirdre replied that they are always happy to welcome students because Dementia is not something you can learn from a book.

Karen Pirks is unable to attend today as she is attending the Winding Willow Project opening at the Hidden Garden today. People have been creating willow sculptures like arches and benches in the garden over the last few weeks. The idea is for this area to be used for counselling and mental health benefits. It is very beautiful, calm and very peaceful. Karen is very grateful to both Deirdre and Lorraine for their ongoing support given to her with of her projects.

My Future Care Handbook

Karen Pirks is organising a presentation with Linda Edwards at the new Caraway Care Home on 11th September and a WSCC accredited financial planning advisor too. Hopefully we will be able to also get some funding from My Future Care for handbooks and plan support for the new residents moving into the home.

Alison Goodhram has started to promote it at the Witterings Group Coffee Morning. There is a help desk and Alison is going to promote the My Future Care Handbook to the volunteers, hoping to get some more Buddies on board in the Wittering area.

Befriending

Ronelle attended the meeting but as her microphone or camera were not working Linda read out her report.

TOGETHER TIME - every Thursday from 10am to 3.30pm.

We have a sing song, play games such as musical bingo, a 2-course vegetarian lunch, a raffle and a book and magazine library.

We sometimes have a speaker. Recently we had a lady speaking about Selsey during the war which was very interesting. There are usually 30 to 40 guests. We also have mindful mobility sessions, one in the morning and one at 2.30.

We are well supported by a carer from Tuvida and a carer from Vitale each week. All are welcome.

FRIDAY TEA & TALK - every Friday afternoon at the Venture Club. This is a drop in.

MORNING LIVE - Every Monday morning at the Venture club. A sociable coffee morning.

RESBITE TEAS - 4 Sundays a month - hosted by the 4 churches in Selsey. Delicious teas, quizzes, games and other entertainment.

Very well supported - over 50 attendees at times.

SHOP TALK - every Monday afternoon at The Shop. A small sociable group meet for tea and chat.

MOVIES FOR MEMORIES - twice a month. Suitable films shown and a 3- course lunch served.

Richard Lamdin – Beacon Church

The Beacon Church hosted the ResBite Teas last Sunday and there were over 40 attending which was slightly down on the usual number. It was a lovely atmosphere and it's nice for those attending to provide something over the weekend when they have no other reason to go out. It is a friendly group and they all chat and share news with each other around the tables. There is a different subject each week and also a quiz. This week there was one new person. We spend time with certain individuals who may be sitting alone and looking a bit lost.

UK Harvest are finding it more difficult with their food provision every week. There is more competition with all the other food hubs now. Ours is still a weekly food hub and other food hubs would like more but they only have a monthly one and would like more. We appreciate having a weekly one while we can.

Richard and Judy have been attending with the monthly Men's Breakfast on a Tuesday. It's a privilege to be part of that. It's not often that men come out to socialise. At the last meeting the men really opened up about how they cope at home after losing a loved one or caring for someone at home or in a Care Home.

One of the men that came to tea on Sunday attended the Mike's support group today. On Sunday, he just sat with his head in hands and several people were worried about him. He suffers from COPD and has a struggle breathing at times. He finds it difficult to talk and socialise. He cared for his wife who suffered with Dementia and died last year. We congratulated him for attending on Sunday and today he was able to speak more and socialise a bit more. It was lovely to see him join the group today and get out of the house.

Mike related a story from a lady who had travelled up to a group in Surrey and she related all her anxieties and overcame them and went to the group where other people attending had partners but she hadn't so felt out of it. When she listened to the other ladies speak, I recognised all the things I had been through in an abusive relationship. On the journey home I realised it was good for me to attend the meeting and I was pleased I went and I would be able to support some of those other women at the group. Mike has asked her to write a piece for Selsey Life about some of the characteristics of an abusive relationship. I think it might be a way of educating people in our community.

Mike thinks it's important to congratulate each other when we have little wins. We all need encouragement.

Carers Support Lead

Sue attended the Stroke group today and there were eleven people attending, which was great. We have been slightly down on numbers recently but we are on the up. We have one person with a diagnosis of Dementia so we keep a caring eye on them. Someone shared the use of the Sunflower Lanyard being so important not only for Dementia but also for Stroke patients. During a discussion in

the group one person in attendance had ordered theirs from the internet and found it very useful. On the back it says things like "Please Slow down I have had a stroke" and on the back his wife and daughters contact details. Sue is hoping to keep in touch with Carers more, and also with new Carers who register with the Care Shop. Sue contacts them as soon as she can and if necessary, will refer on to Deirdre and Lorraine.

Sussex Grange Homecare

Corrina Forsdike said Kelly sent apologies and Kerry was unable to attend. The Home is still full. Lots of activities continue. Some residents went to Oakwood School for High Teas last week which they thoroughly enjoyed. Home-Care is very busy with a lot of new clients with Chichester, Fishbourne and Selsey. Recruiting is going well with weekend only staff. They have started one-to-one with their clients to take them for a coffee or a time out visiting a farm or a museum.

Caraway House Care Home

The new staff team started on the 1st July and are settling in. They are hoping CQC will visit next week and hopefully once the inspection has been completed, they will have CQC approval and can open for residents. Tren said they had an event last week with some local people and professionals attending for tea and cake. They are just waiting for CQC approval. They are making links with the community, and looking for volunteers to visit the residents.

Progress in the Wider Manhood Peninsula

Mike said our work across the peninsula is extending over to the Wittering run by Volunteers but under the SCF Charity banner. There is a Good Morning Call Service and volunteers running a Help Desk for older people, helping with Blue Badges, Attendance Allowance and other form filling. During the Summer holidays we have a young person join the team to provide Family Advice interacting with some of the teenagers in that area.

We have also had an invitation to attempt a second session a week at one of the other venues over there. Two of us visited in Hunston at an older persons' coffee morning, they produced a strawberry laden cake which was very welcome. They have asked us to also provide a Help Desk in Hunston from the beginning of September and later this week we are visiting a group in Birdham where we also hope to set up a Help Desk there too. This is part of the Robins Service for Later Life / End of Life bereavement support groups. That whole spread across the Peninsula across the is going well. A few years ago, we made similar strides with Youth Work across the peninsula and were able to secure a long-term Lottery Grant to fund that. If you want to obtain a Lottery Grant over a period of years you have to provide evidence that its over a broader geographical spread.

Funding

Dementia work has dipped in its popularity for funding. Other things have risen like Child Poverty and Homelessness, all of which are important and worthy but as a local group we have to seek more of our funding from Trust Funds, Donations and Companies so we can make provision for our work going forward.

Trena asked if they could help with Fund Raising and Mike replied that would be very helpful. Trena is going to look into some fund-raising activities they could help with.

Next Meeting - Tuesday 27th August at 5pm via Zoom