



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**September 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 24<sup>th</sup> September 2024. To find out more about any of the items, contact: [sdaa@selseycommunityforum.uk](mailto:sdaa@selseycommunityforum.uk)

✿ **Mike Nicholls**

Welcomed everyone to the meeting and asked everyone to pay each other a compliment which started the meeting off with a very warm feeling.

✿ **NEWS FROM THOSE ATTENDING**

✿ **Alzheimer's Society**

Deirdre Timney The Carers Support Group meeting was last Wednesday and went really well. Next month Rich Moorey has been booked to give a Scam Awareness talk as one of the Carers in the group had recently been scammed by email. She had received an email supposedly from Amazon asking if she ordered things from Amazon and following that received an email purporting to be from a friend asking her to order a voucher on her behalf. She bought an Amazon voucher for £250 for the scammer and fortunately was able to get the money back.

Deirdre's colleague will no longer be able to attend the group and was hoping the Care Shop would put out feelers for a volunteer to help out at the Wednesday meeting instead. Karen Pirks confirmed that a request had been put out on the volunteers WhatsApp group and we are just waiting for responses. Karen P will follow-up before the next meeting on 16<sup>th</sup> October.

✿ **Karen Halford Report**

Karen is on holiday but had sent a report which Linda read out to the meeting: This month has already seen concerns with folk wandering from their homes. Karen P and I were involved with an elderly lady found by the life boat station who thought she lived in Sutton. Karen P made contact with me and together we were able to alert other agencies and circulate her photo and return her safely home. This lady lived way past The Academy which meant she had travelled a fair distance to where she was found. Contact was made with her family who are London based, and a request for Herbert Protocol, which for me is paramount, and also a Safeguarding was raised, hoping to prevent this reoccurring. The meeting run with the Alzheimer's Society once a month with Dierdre is planning a visit from Richard Morey Community Warden regarding Scams, which seem to be high profile at the moment. The group meets third Wednesday afternoon of the month at Methodist Church Hall and is growing each month. I would like to thank Dierdre for all her support of our community dementia carers. We have close working relationships with Sue Whitmarsh and SMP especially over a situation with a lady whose license was revoked while being screened for a

dementia diagnosis. Unfortunately, she was found with her car in car park at the Co-op unable to get it started. The Police were involved for support and the lady was safely returned home. The car is no longer accessible to her. Plans were made for her to attend a CT scan but she refused to go, so we are awaiting another appointment and will look at another way to get her there because we need the diagnosis to ensure correct treatment is given. Meeting in progression for the "Man with a Pan" project thanks to Richard Lamden. A meeting is planned in October to realise the foundation of the project. If anyone is interested in being involved with this project please contact me. That's all from me this month. Take care and stay safe.

Richard said that The Man With a Pan is a cooking initiative with Slow Cookers. UK Harvest are looking for an initiative in West Sussex and they are applying for funding to finance one here. There is a meeting in October as Karen H said so we will pass on any further news in the next meeting. Deirdre commented that she was involved with a similar project some time ago and it went incredibly well. Deirdre offered any advice/information if needed.

### **Caraway House Care Home**

Trena Morey is the Life Style Lead at Caraway House and was pleased to inform us that the Home is now open with 2 new permanent residents and 1 gentleman on Respite. They have a new Manager called Michelle, so come and meet her and have a chat. We held our second Gentlemen's' Breakfast this morning. Caraway is planning on continuing hosting this every 6 months and as their own residents' numbers increase, they will also be included. Sarah Palmer has started holding her Mobility Mindfulness meetings on a Tuesday morning, and Caraway are keen to support The Care Shop by also hosting this in the Home. Again, this was incredibly well received and one of the residents also attended the session. Trena added that Caraway is hosting Respite Teas this Sunday, being the 5<sup>th</sup> Sunday in the month and they will also host again in December. Trena is also looking to host a Ladies Breakfast. Everything is going in the right direction.

### **Vitale Care – Daniel Ayton**

Daniel has been reflecting about the first time he walked into The Selsey Care Shop and met Mike for the first time. Since then, he has come to realise over the last 2 years what an incredible difference everyone who works in the Care Shop makes to the community and how outstanding it is. Daniel lives in Birdham and there is more or less nothing. There is the Amblers Group that Mike was involved with setting up, a village hall and a small shop and that's it. There is no hub for the village. Mike has given Daniel and his company Vitale the opportunity to support and volunteer and help set up Pop-Up Desks, in Birdham and Hunston. Birdham's Pop up Desk was very popular from the first occasion it opened. The Birdham residents couldn't believe all the support which was now open to them. Daniel believes the groups will flourish and the number of residents who will attend and sought information and services open to them, will increase. Vitale are very keen to continue with that support as long as they are needed.

Mike added that this has been a very good partnership. All this was founded at a Coffee Morning in West Witterings and Karen P was there this morning. We have now started a few more Pop-Up shops in Selsey at The Beacon Church on alternate Tuesday afternoons at The Food Hub, and also at Together Time on a Thursday. This gives people who find it difficult to access the services at the Care Shop, an opportunity to access the services in different ways. Karen Pirks is talking to East Wittering Council this week about a Pop-Up desk there, so we could end up with 6 of these Help Desks.

Daniel concluded that this is approaching a busy time as the evenings get darker and colder but they are prepared having already recruited over the Summer period and now have large capacity and are able to turn around care in 24 hours.

Deirdre commented that there has been a massive influx of people with Dementia and Daniel has offered to volunteer to attend the meeting on the 16<sup>th</sup> October and Deirdre gladly accepted the offer.

#### ✿ **Sussex Grange Care Home - Kerry Ryan**

Kerry updated the meeting with activities and news at the care home. Sarah Palmer held a Mobility Mindfulness session recently and it was fantastic. The residents thoroughly enjoyed it. They hosted the Dementia Bus and some of the Staff attended the course and were absolutely amazed and moved by the experience. Karen Pirks is looking to organise the Dementia Bus locally so Karen is looking for a location to hold it and it will be open to Care Staff.

Kerry continued that they had a great Coffee Morning and Second Hand Sale. They have had a couple of film nights for residents and families and birthday celebrations. They are also expecting some NOBI Smart Lights being installed soon which are Wi-Fi powered and can detect movement using light sensors. The Home is hoping to prevent frail residents from having falls.

Karen Pirks is doing some work with the Care Homes to find out if they know which church to contact on behalf of their residents. Karen P will do an information sheet and circulate to all the Residential and Care Homes in the area.

Finally, Mike thanked Kerry and the staff at Sussex Grange for the offer of support with the Christmas meal this year and every other year they have supported us with this event.

#### ✿ **My Future Care Handbook**

Linda Edwards and Karen Pirks attended the Future Care Later Life Information Session at the new Caraway Care Home on 11<sup>th</sup> September with WSCC accredited financial planning advisors who informed the audience about funding options for care. We also gave a short presentation about My Future Care and were able to share leaflets and show the participants the books and answer any questions they had.

Zoe, who wrote the book has sent dates for the latest planned training sessions held on Zoom, and these have been shared with Alison Goodhram, her new volunteer Later Life Buddies and also Sarah Palmer.

Deirdre remarked that a chat with the support group would be informative for them. Linda suggested drip feeding the group about the book until the new year and Linda will do a more formal presentation to them. Linda has some leaflets for Deirdre to take to her group so would pass these on to Karen H when she is back. Well book a date for the New Year.

#### ✿ **Karen Pirks**

Karen has been involved with the various information groups recently. There is a lot about Safety which we are talking about later. Patients are waiting for money support like Council Tax, Income Support and Attendance Allowance is taking 16 weeks to come through currently. All things that help the Carer with their role. We were so pleased with The Later Life Session we held at Caraway House, so we are going to work with the Medical Practice and invite patients from the area to attend another similar session and Karen P can also see this being replicated in other areas across The Peninsula.

#### ✿ **Protection**

Mike informed us that in a weeks' time we are having a visit from the Sussex Police Commissioner who is visiting The Care Shop and also talk about the protective

measures we take for people with Dementia. Everyone was asked to contribute by commenting on something they do along these lines:

- Accessing Finance
- Accessing Support Pathways
- Close Partnerships with Medical Practice and Care Homes
- Community Awareness about Dementia
- Fitting Key Safes and recording the number in the Database
- Good Morning Calls
- Help Cards
- Knowing our Clients and assisting if a problem is raised
- People Walking with Purpose
- SOS Bracelets
- Sun Flower Lanyards
- The Herbert Protocol
- Wellbeing Visits

### ✿ **What we Offer in Selsey**

Mike believes it's going to be a difficult Winter for some of our residents and their concerns about energy. Once again, we will be developing Warm Spaces for the residents of Selsey. Befriending activities will be more important, so we are promoting a WhatsApp Group for the men who attend the Men's Breakfast to help them keep in touch with each other more easily, as a lot of them have mobile phones. They will then be able to meet each other outside the group meetings. There are a few different groups for men that run on different days, so not all go to the same groups but it would help them keep in contact with their own group members but would also serve as a means of reminding about the next meeting date.

### **Support Groups**

The Cancer Support Group is running twice a month now. The Supporting Anxiety group for ladies is meeting once a month and have also created their own WhatsApp group and meet each other 2-3 times a month for lunch etc. Once a month there is an Individual Support Opportunity, Mike holds these sessions for 3 people who come value individually.

### ✿ **Richard Lamdin – Beacon Church**

We are looking for 1 or 2 leaders for Christmas Day. We are hosting The Christmas meal at The Beacon Church when we will provide about 80 meals sit down and another 50-70 to be delivered for folks who can't get out of their homes. It's a combined effort with UK Harvest who cook the meat for us. The Academy lend us 2 large Serveries. We have a number of volunteers who help prep the vegetables, and serve the meals. A separate team comes in at the end to clean up which releases the other volunteers. We just need 1 or 2 leaders to co-ordinate the whole day.

### ✿ **Funding**

We have received £9000 funding from The Friends of Selsey Medical Practice for Karen Halford's work she does with the Medical Practice, and we are very grateful.

### ✿ **Next Meeting** - Tuesday 22<sup>nd</sup> October at 5pm at The Beacon Church, East Beach