



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

November 2024

This newsletter is formed from the minutes of a meeting held between members of the Selsey Dementia Action Alliance. The meeting was held on 26th November 2024. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

Mike Nicholls

The Care Shop had a visit from the High Sheriff and Police Commissioner.

SCF has received a grant for energy support.

The Robins project is running well and is supported by 6 volunteers.

The men's breakfasts twice a month are going well with 24 attendees at Caraway House last week.

There may be a Ladies breakfast in February.

Carers Support will be developed further in the new year.

KAREN HALFORD REPORT

Since our last meeting I have completed 4 Herbert protocol and we are continuing to promote this. The GP practice are also promoting this and I am happy to complete an application for any requests that come in.

Council tax reductions are being requested and completed which for some will give some financial relief in view of the decision to withdraw the winter heating allowance for some

We are looking to "**Launch Man with a Pan**" in January. There has been lots of interest and this will cover across the age spectrum

A big thank you to Ken at the Malthouse who has supported me with short notice care for folk struggling with loved ones.

If I can urge any Care Providers present to look at the Medication Policy WSCC to ensure they are adhering to what is expected of them in light of a serious safeguarding that has arisen to ensure their safe practice.

Look forward to seeing you in January if I don't see you beforehand have a lovely Christmas and New year.

NEWS FROM THOSE ATTENDING

ALZHEIMER'S SOCIETY

Deirdre Timney was unable to attend but sent this update for the meeting. During the Carers Support Group which 12 attended we discussed coping with Christmas with a person with dementia. A lovely volunteer Jo (organised by Karen) also joined us to make the refreshments which was a great help.

We will be meeting in December on the 18th, it was decided we would have a relaxed meeting with quizzes .

VITALE

Daniel Ayton stated Vitale are recruiting and now have 50 staff. Vitale have been supporting the Help Hubs across the peninsula for two years now. The hope is that those who are in hospital will be discharged before Christmas.

OPERATIONS

Karen reported that a New Welcome and Wellbeing group (previously Say Aphasia) has been started at Beacon Church. This is aimed at people who may have had a stroke or brain injury, who would like to:

Practice their communication skills

Develop ways to improve their overall health and wellbeing

Carers are welcome.

Karen P and Karen H will attend a Herbert Protocol meeting in 2 week's time.

CARERS SUPPORT LEAD

Susie Parsons facilitates a Carers afternoon tea every week at The Shop. It would be beneficial for the Carers if the Cared for could go elsewhere during that time. Possibly they could join Together Time in the afternoon.

Susie also attends the Men's Breakfast at Beacon Church once a month.

She has recently complete Attendance Allowance forms for 3 service users living with dementia.

SUSSEX GRANGE AND SUSSEX HOMECARE

Sussex Grange collectively.

It has been another action packed , fun filled November to add to the rest of the year, it's been another great year of achievements and celebrations along the way.

Christmas Preparations:

We have supported our lovelies to complete their Christmas shopping lists and have even managed a couple of trips to the local charity shops where they "Shopped until they dropped".

Residents have attended a residents meeting to discuss their Christmas menu choices and decoration designs, and our clients have been popping their names

down for a Christmas meal delivery. Lots of exciting ideas and suggestions. We're still waiting for the Christmas card competition to be announced, stay tuned! The design is at the printers for the Christmas card.

We have also confirmed the date and venue for our annual Christmas party, we are really looking forward to an evening of sparkle and appreciation to all our team.

Fireworks Night:

Sussex Grange were delighted to sit back and watch the beautiful fireworks display given to us by our very own Tom Jameson. We all enjoyed being outside together with our family and friends with either a mug of hot chocolate or a hot glass of mulled wine and a hot dog, and good social gathering atmosphere.

We celebrated "**National Cappuccino Day**" – treating residents and staff to a wide range of cappuccinos and flavoured coffees, a real treat.

Remembrance Sunday:

We of course donned our poppies and flew our flag with pride to join in the Remembrance Day Parade, igniting a room full of memories and stories, what a time.

International Men's Day:

A chance to appreciate the men in our lives, we enjoyed watching our male residents and male care staff enjoy an evening of a curry of their choice with the additional extra lovely things (ordered from the New Magna Restaurant in Selsey). Not that we were eaves dropping but it was clear to see (hear) they absolutely enjoyed the evening, hearing once of our lovely residents using his career history of language skills and speaking in another language was just so heartfelt and fabulous!

EOL Symposium:

Sussex Grange attended the "End of Life symposium" held at the Charmadean Centre in Worthing, such an incredible event with some fabulous speakers. We felt very fortunate to be able to extend this opportunity to the staff team also, having our EOL and Dignity champions involved in this was such a wonderful, shared opportunity.

Upcoming events:

We have a slow cooker on order and will deliver this to you at the Care Shop and ready for the new exciting venture to take off in the new year. We all at Sussex Grange wish you the best of luck with this!!

Christmas Cake donation:

Recipe preparation talks for the Sussex Grange cake donation to the Beacon Church Respite tea on Sunday 15th December are under way. What time would you like these delivered?

BEFRIENDING

All the various groups are going well and are very well attended. Thanks to the Venture club for providing transport at least 4 times a week.

Together Time Christmas party will be held at The Fisherman's Joy on 5th December for 40 of our regular guests.

PROGRESS IN THE WIDER MANHOOD PENINSULA

There is good progress on the peninsula. East Wittering has a weekly coffee morning. There are help desks set up at East Witterings, Birdham, Hunston and Bracklesham. There will be a total of 11.

This will fulfil the terms of the Health & Equalities project and ease the pressure on the Care Shop.

The Robin's Project is also up and running in the Witterings.

FUNDING

SCF have been awarded £55,000 in grant funding recently. SCF will apply for a Lottery grant.

RESBITE TEA FEEDBACK:

- * Provide tea, cakes, sandwiches, chatter, smiles, singing, quiz, friendship, warmth, laughter, love and happiness.
- * Keeps lonely people together.
- * Excellent
- * It is a lifeline.
- * Provides companionship.
- * People are nice and helpful.
- * We are very thankful for their help.
- * Thanks to those who work hard.
- * Hooray
- * Most grateful
- * Food, meeting others, chatting, and singing.
- * Love coming
- * Caring people
- * Bring us together to develop friendships.
- * Sweet and savoury foods
- * Good company
- * Kindness and cakes
- * Thank you.

Mens breakfast feedback

- * Very good.
- * Learnt a lot.
- * Very good hosts.
- * What a lovely way to spend a breakfast.
- * Getting out.
- * Company.
- * Food.

- * Laughter.
- * Good to talk to others.
- * Very nice environment.
- * Meeting and talking to others of a similar age and circumstances is very important for my mental wellbeing.
- * Well looked after.
- * Very helpful staff.
- * Very welcoming.
- * Good hot food.
- * Company of other people.
- * I really look forward to this get together with my friends.
- * Quiz.
- * I live alone and great chance to socialise.
- * Live alone and really enjoy the food and company.
- * Excellent way of getting together.
- * Good forum for banter and discussing more serious topics.
- * A treat, chats, food. I would recommend this to anyone.

 **Next Meeting – Tuesday 28th January 2025**