



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**April 2025**

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 22<sup>nd</sup> April 2025. To find out more about any of the items, contact: [sdaa@selseycommunityforum.uk](mailto:sdaa@selseycommunityforum.uk)

✿ **Mike Nicholls** welcomed everyone to the meeting

✿ **Karen Halford**

"Man with a Pan" is the Mens' Cooking group and is going really well. Today they cooked Belly of Pork, roasted vegetables and apple crumble. .  
End of Life Care in St Richards are now referring directly to The Care Shop. Its good that St Richards trust us to help these clients who need support to settle back in their home and support them during their journey.  
Sage House is also contacting us for help.  
Sussex Grange recently had a Coffee Morning with funds going to the Care Shop and we are incredibly grateful.

✿ **Befriending groups – Ronelle Juleff**

Together Time - this weekly group has seen an increase in the number of guests who are living with dementia and other mental health conditions. Mental Health difficulties are increasing. On the 3<sup>rd</sup> Thursday of each month we are joined by Cared for, usually 2 living with dementia. We also have a Carer who helps each week.

The Mindful Mobility which Sarah runs every week is beneficial for all the participants - 2 are living with dementia, one has learning difficulties, 2 have other health issues. The others attend to help their mobility and make themselves feel good.

Movies for Memories, Morning Live, Friday Tea and Talk and the Sunday Respite teas have particularly good attendance.  
All these groups have guests living with dementia.

✿ **Dementia Friends- Mike Beal**

A Dementia Friend Session was recently cancelled due to lack of participants but there is another session booked in the Diary For Dementia Awareness Week.

We spent a few minutes discussing the death of Pope Francis and how this has affected some of our older residents in Selsey and in the Care Homes. His funeral is on Saturday.

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

Paula made some Easter Gifts for their Home Clients and were delivered by “Easter Bunny” and well received.

Two long term clients recently passed away and staff have been saddened by this news.

Recruitment is ongoing. They are keeping busy as ever.

#### **Sussex Grange Residential Care Home – Kelly and Kerry Ryan**

Kellie and Kerry sent their apologies along with the following report.

“Our events and activities have been great as usual and we have been cramming lots in! We celebrated International Women's Day on the 8th March, reflecting on the incredible women who have inspired us. It was a day filled with gratitude, admiration and powerful memories. We celebrated in style with some special treats and thoughtful touches.

To celebrate the first day of Spring we enjoyed some lovely walks around Selsey and admiring the already blooming gardens. Our residents and staff got creative and made some wildflower bombs to add a little extra colour to our flowerbeds.

We were lucky enough to have a young lady join us for work experience for two weeks and she became part of our family very quickly! She quickly got to know our residents and helped them enjoy our various activities. We really felt it when her time with us ended!

Residents and staff donned as much red as they could possibly find to mark comic relief, and what a hit! Red hair, clothes, cake toppers, noses and poses!!

We enjoyed a fantastic day on mothering Sunday, hosting families who were treated to an afternoon tea with their loved ones. The room was full of laughter, chatter and beautiful flowers and decorations.

We welcomed the little (and big!!) ones to join us for an Easter egg hunt, fun filled games and activities. Fun was had by all, including our lovely residents, their families, staff and their families and our lovely day care guests.

We were lucky enough to have Luna, the beautiful therapy dog visit us this week. She brought smiles to all and with her beautiful, calm nature, made us all want to sit for hours, feeding her treats and stroking her golden coat!

Lots more to look forward to including the WSPiC awards and we have put forward our nominations this week for ancillary worker and care worker, so watch this space."

✿ **Turn Dementia Blue for Dementia Awareness** – Karen Pirks is planning for Dementia Awareness Week is May 19<sup>th</sup>-15<sup>th</sup> Posters are going out to Shops and Businesses to encourage them to "Turn Selsey Blue" once again and a Window Competition. We want to encourage people to "Get Curious" and become a Dementia Friend. Contact Karen Pirks to book sessions Dementia Friends Sessions at St Wilfrid's Church Hall. There will be a Charity Golf Day on 12<sup>th</sup> September and funds will go to The Selsey Care Shop and Buddies Day Centre. See Poster added at the end of these notes.

✿ **Richard Lamdin**

All information regarding Dementia Week was in the May Newsletter. Richard and Mike attended the Men's Breakfast and were able to chat to several gentlemen who attended. One gentleman in particular who had recently lost his wife and was grieving and spent some time talking to Richard about how he met his wife and where they got married and during the war, which was very interesting as he was in special services so was not permitted to wear his uniform on his wedding day.

✿ **Buddies Day Care - Chantelle Maison**

Chantelle who has set up this service in has been holding some morning Taster Sessions recently. They are now going to hold some afternoon sessions to test the water for attendance. They have also reduced the price to £15 for 2 hours as they have realised the cost has been an issue with some people. A Partnership Agreement has been discussed between Buddies Day Centre and Selsey Dementia Action Alliance and after some discussion the agreement to work together, agreed on 18<sup>th</sup> April 2025, was signed by Chantelle Maison and Mike Nicholls during the meeting.

✿ **AOB**

Mike Beal reminded the meeting that All Our Yesterdays starts this week.

✿ **Next Meeting:** 27<sup>th</sup> May at 5.00pm at the Cabin, Beacon church.

**See Dementia Awareness Week Poster on next page**

# TURN SELSEY BLUE FOR DEMENTIA

*We are committed to providing an inclusive community  
for all our residents and visitors to Selsey.  
There are some great ways for you to be involved and  
understand dementia....*

**Monday 19<sup>th</sup> – Sunday 25<sup>th</sup> May 2025**

## *Get Creative!*

### SHOPKEEPERS

Feel free to turn your window **BLUE** in our competition to raise public awareness- get creative. The winning window will be announced Monday 26th May



## *Get Curious!*

### Become a Dementia Friend (DF)

If you are involved in a group, feel free to contact us to run a session, or attend the 45-minute DF session Wednesday 21<sup>st</sup> May 10am or 11.15am at Selsey Methodist



*Please call the Care Shop: 01243 201616*

*or book via Karen Pirks: [operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk)*

## **Selsey Community Forum**

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