



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

March 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 25th March 2025. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

🌸 Mike Nicholls

Mike opened the meeting by welcoming everyone and thanking them for taking time to attend after their busy.

🌸 Karen Halford

“Man with a Pan” has taken off with old fashioned stews and desserts like syrup sponge and custard. The Malthouse have supported us at short notice with urgent respite care. Benefits are tightening up on applications for Attendance Allowance which will affect folk in the coming months. Plans are in the pipeline to obtain a grant for the Dementia Bus Training this year.

🌸 Alzheimer's Society – Deirdre Timney

Deirdre Timney and Karen Halford run the monthly Carers Support group and there were seven attendees this month.

The guest speaker was Julie from 4Sight who spoke about the charities work and how they support people who need vision support; three carers took extra information, and all thought the information useful.

One carer brought up a problem he had encountered at St Richards Hospital with this wife. She was due to have a procedure at 08.30 on a Saturday morning. On arrival they booked in, and a nurse came to speak to them; it stated clearly in the notes that the lady had a diagnosis of dementia. The nurse stated that a capacity test would be needed to establish if the patient could agree to the procedure, she added that the only person who could do this would be a Dr employed by the NHS, all Dr's in the hospital at that time were agency. As a result, the procedure could not go ahead.

The carer asked if this was normal as the dementia diagnosis is clearly on her notes. He has Power of Attorney for health and welfare; however, he did not take it with him; stating it did not state anywhere on any letters for

him to take it. The group discussed this and felt due to experiences it was dependent on the healthcare professionals they encountered. As a group they felt it was best always to take the POA to all medical appointments.


After taking further advice a consultant stated that the clinic was being overcautious and advised that the carer contact PALs for advice and to raise a complaint, which he is doing.


The group also discussed the 'Long Goodbye' Society advertisement on both television and radio. They felt it was too much for the people they care for as it mentioned dying so many times as a result some were upset by this. Reassurance given that feedback about the advert had been given to Society with the suggestion that the next advert be round living well with dementia.

Next month's meeting will be on Wednesday 16th April; Mike Beal will be delivering a Dementia Friends session for those attending.

Selsey Venture Bus- Mike Beal

The Venture Bus supports the "All Our Yesterdays" Group by picking up guests from care homes. Mike N reiterated our gratefulness to enable people to access the groups and asked to pass this on to the team at SVB. Likewise, to share thanks with Clive who runs the Selsey Shuttle Bus – particularly for getting people with visual impairments to their group. Mike B is always happy to provide Dementia Friend Training. Please contact him through the Care Shop to book a session.

 **Turn Dementia Blue for Dementia Awareness** – Karen Pirks is planning for Dementia Awareness Week is May 9th-15th and Karen Pirks is planning to "Turn Selsey Blue" once again.

 **Managers Care Forum - for Care at Home Agencies and Care Homes**
The next Forum Will take place at Selsey Medical Practice 18th June 10-12 Chantelle has been invited to share information about her Buddies Day Care resource to the Home Care Managers, and to provide information to Selsey Medical Practice.

Richard Lamdin

The BBC is currently providing resources focussing on dementia and memories for those living with Dementia and those caring for loved ones. This is the initial BBC article and worth a read:

<https://www.bbc.co.uk/mediacentre/2025/memories-and-dementia-starting-the-conversation-season>

These are the TV & Radio resources links:

BBC Radio Memories: <https://www.bbc.co.uk/sounds/brand/p07mvnd1>

BBC TV Memories Channel:

<https://www.bbc.co.uk/iplayer/episode/p0kwrc68/memories-channel>

Richard also shared the benefits of men attending the Men's Breakfast and in particular a gentleman who expressed this as being a key part of his day and how much he enjoyed it.

✿ **Buddies Day Care - Chantelle Maison**

Chantelle who has set up this service in Selsey is looking at working collaboratively with SCF. This is potentially a great local resource for Selsey and is providing taster sessions (Mons) over the next four weeks at The Selsey Centre –Monday's and Friday's (11.30-1). SCF are looking at providing their expertise and networks to achieve this and plan to have a formal partnership agreement. Karen P and Chantelle are to meet up in due course.

✿ **My Future Care Handbook Forum** took place Friday 21st March on Facebook. 20 people signed up via Eventbrite to hear about SCF and 3 other organisations using the MFCH. Good to see how it is being used so differently across the UK.

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

Home Care continues to be very busy, and they have had lots of interest for recruitment. They are continuing to get packages of care coming through, but not a lot from West Sussex.

Their Home Care clients are still enjoying joining in with the activities at the care home and spending the day there.

One of our carers took a client who is living with dementia to the Mundum Craft Fair, which she thoroughly enjoyed.

2 of their care staff have nearly completed their level 3. They have also had Train the Trainer Training for Manual Handling and first Aid Training.

Preparations are underway ready for Easter in April.

✿ **Befriending groups – Ronelle Juleff**

Together Time has a number of people attending who are living with dementia. The Carers Group are supported with Together Time taking care of cared for, so the carer can get time to share concerns etc.

All the groups have at least 1 person attending who is living with dementia. On the 20th March we had the Cared For group - 4 living with dementia, 1 with learning difficulties, 3 carers.

They sat in a small group at a side table - played games and enjoyed tea and cake.

✿ **Help Hubs - Mike Nicholls**

There are 12 Help Hubs now covering the peninsula and all are working well.

🌸 **Robins Service**- this has established well in Selsey and across the wider peninsula. There have been some significant examples of partner organisations working proactively and closely with SCF. This has ensured pathways for palliative and end of life care folk have their care needs met by those partner agencies including St Wilfrid's Hospice/Community Nursing Teams and the ECHO hubs, as much as the spiritual needs that are being met by our Robins volunteers. All aimed at providing a good death.

🌸 **Next Meeting:** 22nd April at 5.00pm at the Cabin, Beacon church.

FYI: Carers Support West Sussex - Contact Numbers if you have any questions and latest Events:

0300 028 8888 info@carerssupport.org.uk www.carerssupport.org.uk