



SDAA Newsletter

January 2021

This newsletter represents notes of an SDAA Meeting held remotely on 26th January 2021. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk.

- ◆ Covid-19 restrictions have continued to have a significant impact on local dementia-related activities but have also led to innovative and creative ways of continuing to provide community and welfare support for those living with dementia and their carers.
- ◆ In a policy change, the Alzheimer's Society now supports carers with a loved one in a Care Home as well as people without a diagnosis whom they can now guide through the diagnosis process. In addition, a new way of making referrals, Dementia Connect, is being developed with a pilot scheme currently in place.
 - ◆ If anyway becomes aware of someone in the community who is really struggling, they can contact Lorraine Bridger, Community Dementia Advisor on 07738 741395 or at lorraine.bridger@alzheimers.org.uk.
- ◆ The Selsey Care Shop continues to remain open and its bereavement and other counselling services, debt support and help with claiming allowances and other entitlements, are all available.
 - ◆ The Buddy system introduced for Covid-19 Mutual Aid last year has now become Selsey Buddy Support with around 80 volunteers helping neighbours with shopping, the collection of prescription items and a variety of other support.
 - ◆ Selsey Befrienders has about 800 telephone interactions each week with people being supported, many of them living with dementia or their carers. In addition, small treats, mainly in the form of home-made cakes, have now been delivered to around 100 isolated people and have allowed many Covid-safe, doorstep chats – a very effective way of letting people know they have not been forgotten.
 - ◆ A number of the Buddies and other volunteers are involved in remote learning with some seeking a Care Certificate which includes a module mental health and dementia.
 - ◆ The shop has been involved in providing information on resuscitation orders, some contained in the 'Message in a Bottle' for which there has been a very good take-up. In addition, the shop has been publicising the Council Tax reductions for qualifying people with mental health needs or dementia.
 - ◆ It is hoped that, lockdown permitting, Return to Sunday School, which attends to the spiritual life of those living with dementia, will resume close to Easter. In addition, it is hoped that Reminiscence Film Shows will start again as soon as possible.
 - ◆ Recent incidents have suggested the importance of encouraging people to take advantage in March of Age UK's Free Wills Month.
 - ◆ Further recent incidents have also demonstrated that, although men are sometimes reluctant to discuss their problems, winning their confidence and developing a friendship can lead to frank and honest discussions.

- ◆ A school in Fishbourne has expressed interest in a joint inter-generational pen-pal scheme. It was considered that this idea had merit, particularly in view of continuing Covid lockdowns. It was thought that the Buddies and other volunteers would be willing to help older people who might need help in writing letters and that Age Fusion, Selsey's inter-generational group might also be involved.
- ◆ Cathy Owens, the new Sage House Coordinator, had been very supportive in working with families experiencing difficulties.
- ◆ A big 'thank you' was due to all who helped and contributed to The Old Malthouse Christmas celebrations with Crabpot Beer, place mats, cards, hampers, the Shanty Santa Singers, the Selsey Lions Father Christmas and, online, Amanda Waring's Christmas Show and East Beach Church's Christmas Carols.
 - ◆ Vaccinations have commenced and a resident has apparently won a special prize for being the oldest entrant in a Selsey Life colouring competition.
- ◆ Sussex Grange noted that Covid-19 restrictions had led to residents taking to the internet to communicate with their families and for online shopping.
- ◆ The Singing for Memories group in Birdham is seeking a grant from a fund for providing music for those living with dementia. The group hopes to visit Care Homes and the local community in Selsey.
- ◆ The February edition of Senior Selsey News has an article on dementia awareness at: www.selseycommunityforum.uk/News/ and click on February. Senior Selsey News is a good way to communicate with those living with dementia because it is targetted at all addresses on Selsey Care Shop's database; copies are available from the shop if required.
- ◆ Three new projects in the pipeline are Care Home Entertainment, My Care Matters and My Future Care; more details are at: www.selseycommunityforum.uk/New-Projects/ . In addition, it is hoped that funding available from the Joint Dementia Strategy will help to introduce further future projects. With fingers crossed, it is still planned to hold in May the Dementia Action Week which will involve the Dementia Bus and much else.
- ◆ Selsey Dementia Action Alliance, formed to educate the community about dementia and provide appropriate activities and personal support for those living with dementia, is due to hold its 3rd Annual General Meeting in March. However, this meeting will probably be delayed until it is possible to make it a face-to-face event.
- ◆ The next meeting will be held at 5pm on Tuesday 23rd February - venue to be announced.