



# What Does Selsey Community Forum Do?

## Partnership Forums

Local groups, churches, businesses and statutory organisations meet regularly to:

- Share information and news
- Discuss ideas to improve the range and variety of local services and community groups
- Plan projects
- Source and obtain funding
- Develop leadership and 'best practice'
- Encourage Youth Networking
- Foster adult social care
- Support those in poverty

## Selsey Dementia Action Alliance

Selsey Community Forum led in the formation of the Selsey Dementia Action Alliance which seeks to make Selsey and the wider Manhood Peninsula truly dementia-friendly communities.

## Cycle Route

Selsey Community Forum has been at the forefront of a long effort with partners to provide a direct 9-mile Selsey to Chichester Greenway cycle route as a safe alternative to the busy B2145.

## Ferry Farm Community Grants

The local Ferry Farm Solar Project provides around £20,000 per year for community groups based in Selsey and Sidlesham. Selsey Community Forum administers the grant process.

## Partners

Selsey Community Forum's partners include local councils, churches, businesses, care homes, community groups, Venture Club, Selsey Lions, Selsey Medical Practice, West Sussex Carer's Support, Crossroads Care and the Alzheimer's Society.

## Staff & Volunteers

To discharge all its activities, Selsey Community Forum employs 6 dedicated part-time staff and has around 80 highly-appreciated and valuable volunteers.

Senior Selsey News is published by Selsey Community Forum (Registered Charity No 1156460) and sponsored by Julie's Kitchen with funds generated by the Community Christmas Dinner.

## Selsey Care Shop

Selsey Care Shop is open Mon-Sat for 40 hours each week – activities include:

- **Selsey Befrienders** to counter loneliness in the community with:
  - Befriending visits and outings
  - Daily phone calls in Selsey and Bracklesham
  - Lunch & Movie Club with 'Movies for Memories'
  - Christmas Day Community Lunch
  - Social interaction events
  - Craft workshops
  - Publishing and distributing Senior Selsey News each month
- **Selsey Carers** support unpaid carers and their loved ones with:
  - Information and advice during personal conversation
  - Support Group
  - Men's Breakfast Club
  - Social events and outings
- **Selsey Wellbeing** offers low-level mental health support with:
  - 'It's OK not to be OK' Group
  - Mentoring and counselling
  - Parenting support
  - Bereavement support
  - Debt support (planned)
- **Selsey Dementia Action Alliance:**
  - Information and advice through personal conversation
  - Signposting to other organisations
  - Dementia carers support
  - Activities and social events for those living with dementia
  - Dementia awareness in Selsey and the wider area
- **Community Information:**
  - Maintains Community Diary
  - Coordinates events
  - Provides 'welcome information packs' for visitors and new residents
  - Advertises local events, activities and other functions
- **Catering** for events
- **Transport** arrangements for events
- **Selsey Community Forum administration**

## Sad Passing of Common Sense

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows how old he was, because his birth records were long ago lost in bureaucratic red tape.

He will be remembered for such valuable lessons as knowing when to come in out of the rain, why the early bird gets the worm, why life isn't always fair, and maybe why it was 'my fault'. Common Sense lived by simple, sound financial policies (he didn't spend more than he earned) and reliable parenting (adults, not children, were in charge). His health began to deteriorate when well-meaning but overbearing regulations were set in place.

Common Sense lost the will to live as criminals received better treatment than their victims. He took a beating when you couldn't defend yourself from a burglar in your own home - but the burglar could sue you for assault. Common Sense finally gave up the will to live after a man failed to realise that a steaming cup of coffee was hot and carelessly spilled a little in his lap - only to be rewarded with a huge compensation payment.

Common Sense was preceded in death by his parents, Truth and Trust, his wife, Discretion, his daughter, Responsibility and his son, Reason. He is survived by three stepbrothers: I Know My Rights, Someone Else is to Blame, and I'm a Victim. Not many attended his funeral because so few realised that he was gone.

(Abridged from a much longer version by Anon)

## Folk & Music Club

Did you go to those Folk Clubs back in the '60s? If so, you might want to try the Selsey Folk & Music Club at The Selsey Club, Coxes Rd at 7 for 7.30pm on the 3<sup>rd</sup> Wednesday of each month. You can play, sing or just relax and listen with a drink from the bar. Club supporters perform, followed by a 40-minute guest spot. More information from 07721 532711.



## John the Handyman

John set up his business 20 years ago specialising in small diy-type jobs for the over-50s in which many tradesmen are not interested. John charges by the hour and agrees a price before starting any work; he is insured, DBS-checked and references are available. If you have a small job you do not feel up to tackling yourself, ring John on 01243 603750.

The sun is like bread - it rises in the yeast and sets in the waist!



## Scam Corner

Think you'd never fall for a scam? Think again, as on-line scam awareness is increasing, the scammers are turning to more traditional ways of catching people out.

**Hang up the phone.** If it sounds odd, it probably is. Scammers may claim to be from your bank, asking for details such as your PIN number or passwords for online banking. Always verify suspicious phone calls by hanging up and calling your bank direct. Use the number on the back of your bank card to call back. Sophisticated techniques, such as using a UK phone number or already having some of your details, can make these calls seem authentic.

**Look out for unexplained post.** Postal scams are common. You may receive a letter claiming to be from a business, charging you for services you have never used, or even stating you've won the lottery and need to pay fees. Always be wary of letters asking for money. If the letter seems to be legitimate, such as from a utility company, ring an authorised number for this company to confirm it is valid if you have any concerns. Watch out for anything that seems too good to be true, such as winning a competition you never entered.

**Be aware of those around you.** Scammers are increasingly targeting older, more vulnerable people, with National Trading Standards reporting 85% of victims of doorstep scams are aged 65 or older. Encourage family or friends who might be vulnerable to talk about any unusual phone calls, post or pressure they're under to make payments.