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BUDDY SUPPORT **NEWSLETTER** **WINTER**

Happy New Year one and all.....

Well, what a busy Autumn and Winter so far we have had! Many requests to help our wonderful community have been sent out to volunteers and buddies over the last few months, and I continue to be amazed and thankful to you all for continuing to offer help to those less fortunate that need our help.

For information below are the 'at a glance figures' of people contacting the Care Shop:

	2023	2022
Foodbank	351	209
Pantry	2574	2380
GMS/Befriending	22,283	19,447
Shop calls – In	7131	5029
Shop calls – out	3307	2707
Visits in Shop	6723	5832

As you can see, the need is growing year on year, and many of the issues that people approach us with require buddy and volunteer assistance.

Out of the calls and people attending the shop, 1065 of these were relating to buddies and volunteers, which just shows the importance and value of all of

you.

The Big news of Winter 2023 was the news that the charity had been awarded the '**King's Award for Voluntary Service**' What an amazing achievement and recognition of the charity, and all of the volunteers.

This recognised over 13 years of service in the community and is the highest honour a voluntary service can be given, the equivalent of an MBE. I have only been with the charity for 10 months but am so proud to even be a very small part of the work that is done.

Christmas Lunch was another amazing achievement by all volunteers involved, 130 people were fed on Christmas Day either at the Beacon Church, or with a hot meal being delivered to their homes. So many of these people would have been alone without this, and it was truly wonderful the way the community came together to offer this. Sue Trude, an amazing volunteer, put many hours into organising the logistics of this from people attending, needing deliveries and volunteers to help. Thank you to all involved in making this day possible, from preparing and cooking the meal, delivering, serving and helping.

Buddy Assisted Transport continues to support those in the community that may otherwise have been unable to attend a medical appointment, get the medical help and support that they need. The need is growing month on month, and by the end of December 551 trips had been made since it started. Thank you to everyone that helps with these BATS trips. If anyone does have any spare time and can help with this, please do let us know. You would be welcomed with open arms. The more volunteers that we have, the less each person would need to do.

In January the 100th edition of the **Newsletter** for the charity was published. This is delivered to every person that is registered with the charity and gives them information on groups that they can attend and all general news. Every month around 1,100 of these are distributed around the town by volunteers. We have specific volunteers for each area, but inevitably with holidays or sickness there are always areas that need delivering. If anyone who loves a walk is happy to deliver some newsletters please let me know. Some of the rounds are getting very large as well due to the increase of new users, so any help with deliveries is always appreciated. They are delivered at the end of each month.

CASPS (Computer and Smart Phone Service) was launched recently and

we have four amazing volunteers helping with this, attending people in their own homes to help them with computer related issues. Many just need encouragement and confidence to navigate their phones and computers, and we are trying to help overcome this issue. If you know of anyone that this may help, or you yourself think you could offer some time to help others, please let us at the Care Shop know.



CASPS
COMPUTER AND SMART PHONE SERVICE

*Do you need general help using your computer or Smart Phone? Do they frustrate and baffle you?
..... then we may be able to help!*

In the comfort of your own home, we have volunteers that can happily assist with general advice and guidance helping you navigate your computer/ tablet or smart phone.

This could help with submitting responses or requests to the Medical Practice, ordering prescriptions, sending e-mails or just learning more about your devices in general and safely shopping online if needed.

Please call Selsey Care Shop for more information

Selsey Community Forum
Registered Charity 1156460
Telephone: 01243 201616
Email: mail@selseycommunityforum.uk
Website: www.selseycommunityforum.uk
Address: Selsey Care Shop, 121 High Street, Selsey, PO20 0QB

The **Robin's Project** was launched recently to offer peace and comfort for adults who are sadly at the end of their lives. The project are looking for compassionate volunteers across the Manhood Peninsula to spend some much needed time with our service users towards the end of their lives, in either their own home or perhaps a Care Home. The role is about being with a person rather than completing tasks and full training will be given. Ideally a volunteer willing to help with this would need to be able to offer around 8 hours per month and have their own transport. If you feel that this is something that you could help with, please contact either the Care Shop, alison@selseycommunityforum.uk or call 07826 062934.

As always, if I can ever support any of you with any issues please don't hesitate to contact me.

Stay safe and well, Katy xx