

Forum News



November 2023

This copy of Forum News forms the notes of a meeting held at
The Academy School at 4.15pm on 15th November 2023
If you would like to know more about any of the items, please contact us at:
mail@selseycommunityforum.uk.

➤ WELCOME

The meeting opened with a round of applause by everyone in attendance, following the exciting news that Selsey Community Forum had been awarded The Kings Award for Volunteering and acknowledged by Mike as he welcomed everyone.

➤ WINTER PROVISION

We are pleased to confirm that in terms of our local provision of Food, Warm Spaces, Money Support and Energy Support we are in a good place. We have a good partnership with our Energy and Money Support. Following our last meeting and a discussion about potential food provision, Paul has offered to do some research about that.

➤ CHRISTMAS PLANS

Karen Pirks advised the meeting events during December.

2nd December, Saturday we have the Christmas Parade starting at The Beacon Church, East Beach leading with Father Christmas down Church Road passing St Wilfrid's, St Peters and the Methodist Church down the High Street. There will be a rolling road block from the South Side of the Fire Station. Lots of activities throughout the day along the High Street, with Santa's Grotto at Flowers by Sue Bellamy, lots of stalls, mulled wine and Christmas treats.

From 9am to 1pm a Christmas Fair is being held at the Selsey Town Hall.

At 7.30pm at Selsey the Town Hall there is the Shade and Bone Cabaret with a group of singers and musicians singing songs covering 40 years. Tickets available from Raycraft.

7th December Thursday from 7 – 8pm a Carol Concert is being held at The Academy in the Main Hall from 7pm to 8pm admission is free. There will be two choirs from the churches, Selsey Community Choir and Seal School. Anyone wishing to sponsor the event Matt Tyman would be glad to hear from you.

16th December, Saturday in St Peters Church there is a concert with the new "Joy of Singing choir" (was Selsey Community Choir)

25th December our traditional Selsey Community Lunch is being held at The Beacon Church, please book through the Selsey Care Shop.

➤ YOUNG ENTREPRENEURS

Karen Pirks and Sue Boucher are looking at this early in the New Year and suggested they keep in touch with Matt and touch with Chris Wilsher concerning this. Matt explained that a group of the students went to The Apprentice versus Dragons Den event where they were given a task in an entrepreneurial sense, and the group got the award for Out of The Box Thinking!

➤ NEWS FROM AROUND THE TABLE

The Academy - Matt Tymon said they now have 500 students following the largest intake in September which means more funding and more TA support for the students. Recently Vaping has been a concern for young people and following an educational programme and recent news on the TV this has decreased significantly among the students.

Career Advice is ongoing and also pushing the Apprenticeships programme so if anyone has any news of opportunities, please let Chris Wilshere know as she is Careers Guidance Office and is keen to hear of any opportunities for their young people. School trips have now started again and the planned trips are Belgium, with a visit to the Battlefields, Madrid, Skiing trip, and also the Harry Potter at Universal Studios. Cove is still sponsoring and fully funding the breakfast club with over 200 students attending. There's a change in after school clubs being offered after asking the students what they would like.

The school production this year is "Ernie's Incredible Illusions" about a boy who daydreams and also The Dance Live Event in April choreographed by Chris Williams. Matt thanked the community for supporting the school and also RNLI for their visits during the Summer Term, the kids absolutely loved hearing the stories.

Hidden Garden – Paul Sadler

Grow Selsey is doing very well. We are preparing the garden for next year now. The Fruit Abundance collection was very successful. The fruit was collected and then redistributed in different ways. We want to persuade people to plant more fruit trees which are a great resource or wildlife as well as people. On Saturday 6th January we are offering a Christmas Tree recycling scheme at the Hidden Garden for suggested donation of £5 or we can collect them on a Sunday for a suggested donation of £10. Those trees will be chipped and recycled in the garden.

Befriending – Ronelle Juleff

On a Thursday we hold Together time and people are offered a lunch, once a month by Neil and the other weeks we have a volunteer who cooks provides a hot lunch and desert for those that attend. On a Monday we have Film Club and people can also book in for the 3-course lunch which is a healthy vegetarian freshly cooked meal including a pudding. Mike commented that this is lovely for people who live on their own and especially for men who may have recently been bereaved.

Friendship Groups – Amanda Daniels

Amanda organises different types of quizzes including picture quizzes and also finds photos of older people in different situations like being dressed as a Punk or a Ballet dancer. She has also found that some people who first attended because they were on their own have now got together.

Mike commented on a recent article by Chris Whitty The Chief Medical Officer, and he has written about older people in coastal communities where there is an increasing number of older people and increasing health challenges. Older populations need treatment more treatment, so thank you to the Health Centre, and also environments. It is very good that in Selsey we have so many opportunities to eat together and keep well and exercise, and it's a combination of these things.

Community Warden – Rich Moorey

When Rich has been called on by The Selsey Care Shop to do some welfare calls on some older people. On one occasion he went to a lady's house and she was unable to answer the door as she had fallen and had been on the floor for 21 hours as it turned

out. Rich was unable to get and called the Fire Brigade to help. Another situation where someone could not get out of bed and the police were called. This triggered the idea that some more vulnerable people need a Key Safe. Rich Joint Action Group and Rich asked for £600 on behalf of Care Shop to provide a Key Safe for vulnerable people. Some 40 were ordered and now 27 Key Safes are in the community and Rich has fitted them saving the time of The Fire Service and Police being called out. The Selsey Care Shop have a copy of the number in case its needed in the future and Rich also advises the resident to contact the Doctor's Surgery to advise them of the number too. Rich is also dealing with some neighbourhood and housing issues. On 21st and 22nd Rich will be offering Bike Marking event at the Selsey Town Hall between 3 and 5pm open to children and adults as well. Its all free and the bike has stickers applied to it which are tamper proof and the registration number and QR code and details go on the Bike Register, confirmed by email.

The Selsey Care Shop – Linda Edwards

I have worked two mornings a week in the Care Shop for the past year. Each week we seem to get busier with more callers with a variety of problems, ranging from financial need, housing problems, help with form filling, information or just calling in if they are having a bad day and are lonely and need a chat or a shoulder to cry on. We have a number of Volunteers covering different days in the Care Shop on the front desk and help support the staff. There are also a good number of Buddies and Volunteers who help in our community too.

Selsey Medical Practice – Nicola Collins

There is one more session of the mobile unit attending the Medical Practice to provide Covid Vaccinations on Wednesday 22nd November and this may be the last time it is able to offer this service in Selsey so if you know of anyone who needs a covid jab please contact the surgery.

Town Council News – Philip Grocott

The Town Council have been preparing their Council Plan and everyone should receive one through their door over the next week or so and it will be an opportunity to have your say.

News from our Churches – Richard Lamdin

A combined Christmas Card is being prepared and will be posted out to all residents shortly informing everyone of each of the four Churches activities during December, opening times and services Christmas Carols and will include any events happening in each church.

The Shop – Janet Langford

The Shop continues to welcome lonely people including some new gentleman who have recently started to visit. The stock in the shop is being changed over the next few weeks. Some additional Volunteers offering their services would be greatly appreciated even if it was just for one morning a month.

The RNLI – Vaughan Turney

Vaughan explained they were planning a number of events for next year which will be 200th anniversary of the RNLI. Some of the events depend on sponsors and Volunteers. The Virtual Row, Sponsored Walk and Lifeboat week will be going ahead. There will be

an emphasis made on encouraging the schools to bring the children to visit the Boat House when we aim to deliver more proactive on Water Safety. They are also becoming more active in community organisation in giving presentations and spreading in the local community and more distant parts of the region. There were outlined plans to do a Carol Service this year, but the dates clashed with other Carol services but next year they will have a greater co-ordination with other choirs to hold a Carole service and ensure it doesn't clash. 2024 Activities will be come clearer in January.

Arts Dream Selsey – Chris Butler

A Newsletter will be going out advertise all the events. We are performing a trilogy of plays in February, March and April in St Peters Hall. On Saturday 13th April there will be a concert by Selsey Chamber Choir in St Peters Church. Saturday 11th May is Belinda Gannon's Big Sing with Sing Your Heart Out, Hunston Open Door Choir, and Friday Club Choir in The Academy Main Hall. 17th -21st June and 15th – 19th July we have The two weeks booked for the Winding Willow Project in The Hidden Garden and residents can be apart of that project.

Friends Dementia Friends Project – Mike Beal

Mike B has planned some time to deliver some Dementia Friends Training again at The Bridge next year to deliver Dementia Friends Training.

The Venture Bus are looking for additional drivers so if you or someone you know would like to volunteer to drive, not necessarily as a regular thing but just to help out, please let Mike know.

Mike N said Ronelle produced a list of all the journeys the Shuttlebus had done to and from all the activities we provide and it was considerable and Mike was aware of a load more. Mike B the stats for last year showed there were over 5286 person journeys, and if we had more drivers we could do more.

SCF Operations - Karen Pirks

The main piece of work Ive been doing recently is working with the Care Providers and Home Care Providers joined us for joint group event last Wednesday and working together helps us to understand what goes on in the community working in the Care Sector. We have a Forum every couple of months which is a good opportunity to provide the best type of Care in the Community providing Speakers and working with the Medical Practices. Daniel Ayton participated in the Recruitment Event and has interviewed three people following that. Doctors in Care and Care at Home Providers and Daniel said it encouraged dialogue between all the providers and it also included The Department of Works and Pensions and linked also with Chichester College. Karen added that SCF are able to deliver Training by their qualified Trainers and different Agencies are enquiring about SCF training for them in 2024.

Finally, the Robins Service is now live and that is for people who are on EOL journey, who may not have any close relatives nearby or may be living in a Care Home. A trained EOL Buddy would be identified to accompany that person through their journey. Karen thanked Vitale and Guardian Angels Care as Well as St Wilfrid's Hospice who are supporting this service Peninsula wide.

Mike N commented that if you live in Selsey you can Grow Old Well, you can get all your documentation in place, you can get good EOL treatment and Care and Befriending, you can die well, have good provision for the funeral and a good bereavement support service which is partly Church base, partly done by our Funeral Directors, or done by the Selsey Community Forum and others. What a group like this

represents is a really good Community where we have lot of Care and concern for others.

Men in Sheds – John Fletcher

We have quite a few new members who have joined recently. There are now 20 members who are going to the Christmas lunch at The Selsey Club, so it's going very well. Matt mentioned about an item about the Men in Sheds groups around the country and what it has done for Men's mental Health. It's great to see how Selsey's Men in Sheds has thrived. You can hear the news item on BBC Sounds. John responded by repeating the comments some of the guys have made about what a difference it has made in their lives, having somewhere to go and people to chat too.

Selsey Pavilion Trust – Keith Batchelor

Mike offered huge congratulations for achieving funding of £750,000. Keith continued to say, if the Solicitors stop nit picking, they should sign on the dotted line before end of December. We will then assess what needs to be done immediately to make things safe. The plan is for a late Spring early Summer opening and let people have a look around before closing to start the real work. Please sign up for the newsletter and keep updated with news.

SCF Buddies and Volunteers - Carol Purnell

The Buddy Assisted Transport is going particularly well since it started with over 500 lifts being provided to medical appointments. The Computer Training Scheme now named Computer Assisted Training Scheme has now taken off in a big way and Carol has undertaken 11 training sessions in this last week alone. Teaching people how to use their phones, iPads or laptops and logging onto the NHS App.

Vitale Care – Daniel Ayton

Vitale are committed to supporting the SCF with 6 projects, Together Time, Stroke Club, Robins Project, Good Morning Calls and MS Group and Wellness Café. Sometimes we offer our colleagues as volunteers and we pay their salary and sometimes we offer a donation where we can. We currently have Charlie who is our Community Engagement officer who is a very creative person, visiting groups, colouring painting, making flowers out of paper for dexterity and all activities are focused on Wellbeing. We also have Jo our Clinical Nurse and we have employed a second Community Engagement Officer which gives us a more time to do more. We are supporting locally fourteen different groups at the moment including the six in Selsey. Daniel said its his mission as a company to help the local communities that provide Care.

Mike N commented that with Vitale's ambition to extend their work across The Peninsula and beyond and a lot of the stuff we do now is being partnered in Birdham and Wittering and the Hospice. Recently Barbara Shepherd who Chairs the Local Patient Group and spends time her time at Pan Sussex Meetings and at the last meeting she was asked to share across the County the things that are going on in Selsey in terms of partnership work. Next week Mike N is visiting Midhurst to speak at there at their Community Forum where they have replicated the types of things going on in Selsey. I want to emphasise that we talk modestly about this, but it is lovely that other communities are picking on this partnership working and all of you here have contributed to that and it was very kind of you, at the beginning of this meeting, to recognise this Community Award that has been given. That kind of thing is for both history of 13 years and an enormous number of people not just who work in the

Community Forum but who are Community Partners, and I genuinely want to say thank you because it has been much appreciated.

➤ **ANY OTHER BUSINESS**

Richard asked if the Warm Spaces Poster could be shared by the School and Matt confirmed it could be emailed out to every parent. Richard will forward to Matt. Mike N said we have just formed an Energy Support Partnership with a Provider who is happy to offer home visits to residents in Selsey and can offer advice about home improvement advice about grants. If you know of anyone who would benefit, please let The Selsey Care Shop know.

➤ **NEXT MEETING – Please note Wednesday 21st February 2024 at 4.15pm**