



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

January 2026

This newsletter is formed from reports from members of the Selsey Dementia Action Alliance.

The meeting was held on 27th January 2026 at The Beacon Church.

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

✿ Chairman's Report:

Mike started with a few updates. The Rookery Hub have an increased team supporting Karen H, Sharri (Aunty Tech) Linda Edwards and Bob Patterson.

Tomorrow, we have another Open Arms meeting which is for people with addictive habits. They may be recovering from addiction or in the process of recovering. Support is provided by those who have recovered and support and chat to others in the group.

This week we will be requesting more Fuel Vouchers. We want to contact new people who are in need and offer support for energy etc. and also introduce them to The Better Housing Better Health Scheme. Karen P will contact Sage House and liaise with them. Each voucher is worth £50 with a maximum of 6 vouchers per contact. With £1000 worth of vouchers, we can help 18/19 people. With a maximum of 6 vouchers. If further help is required, we will offer them a Money Support interview and help them budget finances.

✿ Karen Halford Report

We had a situation over the weekend with one of our clients which started on Friday evening and continued to Sunday night. Karen was involved with Susie P. The gentlemen contacted Karen in tears about a situation with his wife who has dementia. The lady in question attends the Buddies Care Pod on Fridays and it is thought that owing to all the activities available during the day this lady becomes over stimulated. The lady attended an appointment on Monday at the GP with her husband and KH and made a suggestion but instead of accepting the suggestion made they increased her dementia drugs. Unfortunately, these will take 4 weeks before being fully effective. The husband did not feel he was listened to about the seriousness of the situation and how it was affecting his health as her carer. This lady was diagnosed 14 months ago but still hasn't been referred to a CPN yet. Karen will follow this up with the GP and show the evidence.

We have had some good support from Ford Ward. The had 4 discharges for the same chap in 4 days. The family came into the Care Shop and we were able to speak to Ford Ward who were able to provide more support for the family and the gentleman is now going into Care.

Aviston are providing a day course for First Aid training at the Selsey Centre and the date is 16th February 10-4. This is for care providers. Also Dementia Friend's training by Mike Beal.

Karen sat in on a Court Process to appeal an outcome with the DWP online. She noticed that all the paperwork sent for the appeal was not included and questioned the DWP as to why it was missing and was able to provide details of tracking. The Judge will consider the appeal based in Karen's evidence.

Good outcomes for people supported by Karen for rehousing.

Richard Lamdin – Beacon Church

There were 18 men at The Men's Breakfast on Tuesday morning plus some volunteers. Everyone who accepted the invitation all attended. Next month Richard from Attic Attack and Liff are going to bring in some models that were displayed in Attic Attack's window and the following month Liff someone else will bring in a collection of whistles.

Richard attended a Dementia Seminar at Lake View last week with a talk given by Mark, which was excellent. Michelle at Caraway House is interested in Mark giving a talk at Caraway and will contact him.

There was good attendance at the ResBite Teas. It's a friendly group who enjoy chatting to each other and in some cases they about their loved ones who have passed which helps with loneliness.

Alzheimer's Deirdre Timney

They are incredibly busy with referrals dated back to mid-November. There are 4 of us dealing with the work and it has been a tough time dealing with the referrals. Deirdre is also runs the Alzheimer's Carers Support Group every 6th Wednesday afternoon with Karen H at the Methodist Church Hall.

Befriending – Ronelle Juliff

Last week both morning and afternoon sessions of Together Time were filled, 28 stayed for lunch. The ResBite Teas are always popular as Richard said, and helps with loneliness. The Venture Bus is so valuable with the clients picking up and collecting from the events we run. There is one lady who is a little disruptive on the bus and thinks when the bus stops it's time for her to get off. Mike B said he is quite firm but patient with her and she always does the belt up again when she is asked to. Karen H said this lady used to be a hairdresser when she was younger and loves to have her diary where she would write everything down. She still likes to have a diary and Deirdre suggested that as she always sits in the front seat, give her a diary to write people's names in when they get on the bus to take her mind off it and give her something to focus on.

Karen Pirks Report

Karen represented SCF and the SDAA at the first **Dementia Network** event that took place earlier this month. There is no government strategy for dementia, nor is there a county council directive. Previous NHS/WSCC Dementia Strategy, enable SCF to fund a range of activities for people with dementia, including the Friday Club Singclusive choir for people with dementia and their carers, run by Belinda Gannon.

However, as a group of organisations represented and people with dementia and their carers present, we are keen to identify key priorities for people living in Sussex. We were joined by Alzheimer's Society, West Sussex Partners In Care, some

care home managers, Sage House, NHS, Community Transport, and Martha Pusey. The room was full of people enthusiastic to move things forward and commit to improving services for people enabling them to live well with dementia. More information can be found on www.sussexpress.co.uk/health/new-west-sussex-dementia-network-launched

Karen will be joining Sue Ridgewell at a Dementia training evaluation of **My Story, My Future** workshop on the 17th February. Both Sue and Karen are trainers, and hope to bring back some new knowledge. The aim of the story telling workshops will be delivered in care homes in the near future.

Sue Ridgewell facilitates the **All our Yesterdays** at Beacon Church once a month, which is well attended, and full of joy and fun. The Selsey Venture Club support Care Home's with transport to enable their residents attend the lively session. Sue is supported greatly by Lyn Richardson.

At last month's SDAA it was requested that some Dementia friends' sessions were needed, and thanks to Mike Beal we have two dates booked: 11th February 4.15 and 11th March at 4.15 both at the Cabin at Beacon Church. Contact Karen P to book please.

Dementia Friends Training – Mike Beal

Mike B is conducting Dementia Friends training at Chichester College on Wednesday, and also as mentioned by Karen, 2 sessions on 11th February and 11th March at The Cabin behind The Beacon Church at 4.15pm. This is for SCF volunteers and staff only. Please contact Karen P to book a place.

Mike B wanted to raise an issue about doorbells. When he calls on people with equipment or to collect them with the Venture Bus quite often doorbells are not working, there may be 2 doorbells one that works and one that doesn't or a doorbell that doesn't work at all. Please remove the one that doesn't work. Emergency support services have difficulty finding some houses with just house name and no number or the number is missing.

Karen Halford thanked Mike Beal and his colleague are doing on behalf of The Care Shop for the amazing work they are doing with the equipment store and enabling our residents to borrow equipment in an emergency.

Sussex Grange Homecare

At Sussex Grange Home Care we continue to be very busy.

Recruitment is going very well. The new Sussex Grange newsletter is a great success, and the clients are enjoying reading it.

We are getting ready early for Easter, so that our clients have a lovely little Easter gift delivered to them.

We continue to receive very good reviews on homecare.co.uk.

Some of our clients are enjoying the day care in the home.

Sussex Grange Residential Care Home – Kellie Barker

As we head into the cold and darker months of the year that doesn't seem to slow down our fun dial!

We acknowledged grandparents' day at the beginning of the month, providing gift bags full of sweets for all grandchildren visiting the care home. We enjoyed a visit from the Beacon church for the Harvest festival celebrations, enjoying their company while they joined us for a festive lunch. We have continued our fitness throughout the month with a range of mind and body exercises, sessions with

Charlie from G fitness as well as our packed-out session of mobility and mindfulness with Sarah.

We celebrated and acknowledged all of our wonderful chefs with the National Chef's Day, this came at such a wonderful time as one of our chefs has just completed her level 2 production chef course, achieving a distinction.

Of course, we all wore pink to raise awareness for breast cancer, having had the most amazing cake baked by our kitchen team.

We have enjoyed a coffee outing locally and not to forget our pumpkin carving activity.

We have met and had a cup of tea with our two lovely volunteers from the Robins project and look forward to seeing more of them.

✿ **Next Meeting Tuesday 24th February 2026 5pm**

Attached:

- ◆ **Help Hubs Information**
- ◆ **Carers Support West Sussex**



Hub Help Desk Locations

BIRDHAM - 2 nd Wednesday of the month 11am - 1pm St James Church Centre, Birdham, PO20 7HG
BIRDHAM 4 th Thursday of the month 10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG
BOSHAM - 1 st & 3 rd Wednesdays of the month 10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB
BRACKLESHAM - Thursdays - weekly 2pm - 4pm - Bracklesham Barn, PO20 8HU
CHICHESTER - 4 th Tuesday of the month 2pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ
HUNSTON - Fridays - weekly 11am - 1pm - Hunston Community Club, Hunston, PO20 1AW
SELSEY - 4 th Wednesday of the month - includes 'Digital Support' 10am - 3pm - The Rookery, PO20 0LL
SELSEY - Tuesdays - Fortnightly with Food Hub 2pm - 3pm - Beacon Church, PO20 0PD
SELSEY - Thursdays - weekly 12noon - 1pm - Selsey Methodist Church, PO20 0RD
SELSEY -Thursdays - weekly Selsey Medical Practice, PO20 0QG - by appointment only
SIDLESHAM - 2 nd Tuesday of the month 1pm - 3pm - Parish Rooms, PO20 7RE
SIDLESHAM - 4 th Thursday of the month 2pm - 4pm - Parish Rooms, PO20 7RE
WITTERINGS - Tuesdays - weekly 10am - 12noon - Downview Hall, East Wittering P020 8NS 3.30pm - 5.30pm - The Witterings Medical Centre, East Wittering PO20 8BH

Help Hub Contact number: 07379 789 721
(phone monitored Monday - Friday 9.30am - 1pm)

Carers Support West Sussex - This month Carers Support West Sussex are emphasising the importance of the Carers Emergency Contact Card. You may apply by phoning their Help Line:

Carers Support Help Line 0300 028 8888

Opening Hours: Mon-Fri 9am-4pm | Wed 9am-7pm | Sat 10am-12pm

Or On Line:

www.carerssupport.org.uk/carers-emergency-contact-card/

Register as a Carer for up to date news about support.

www.carerssupport.org.uk/register-as-a-carer/