



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

March 2024

This newsletter forms the notes of a Selsey Dementia Action Alliance Meeting held remotely via Zoom on 26th March 2024. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

Mike Nicholls welcomed the folk who were able to log in despite software update issues with Zoom.

News from those attending

✿ Alzheimer's Society - Lorraine Bridger

Lorraine was able to update us with the very good news that the Memory Assessment Clinic will be recommencing at Sage House on the 1st April and will start with Level 1 assessments which will be followed up with a scan and diagnosis. There are over 1000 people on the waiting list and there will be 5 consultants so there is quite backlog to get through. Everyone agreed this is such good news.

Karen P and Karen H have been encouraging some people with suspected dementia to have a Well Woman check just to rule out other possibilities. Lorraine agreed this is the right way to go forward especially if that person has recently been discharged from hospital without any medication or follow-ups.

At this point Mike was able to welcome Deirdre Timney to the meeting after overcoming the gremlins, and introduced Karen Pirks and Karen Halford who, with a group of others, look after our dementia service in Selsey. We run some Carer's Support Groups and reminiscence and music activities and we also provide Dementia Friends training. All this started in 2017 in partnership with Alzheimer's Society and we are very grateful to them.

✿ Report by Karen Halford

Karen began by explaining she and Lorraine had been working with a lady whose husband has Lewy Body and Parkinsons. Although he got his diagnosis last October due to their recent move to Selsey he slipped through the net and he has progressively deteriorated due to lack of treatment. After Karen H meeting with his wife last week along with Lorraine and Deirdre, they are putting Herbert Protocol in place in readiness for a busy period over the Easter Break with holiday makers visiting into to the area. Karen H has also been visiting other groups explaining the importance of having the Herbert Protocol in place.

Our close contact with Justin at the medical practice has continued to be valuable and we had someone today who was showing signs of dementia and we were able to refer them to Justin for a mini-MOT to show whether there is a deficiency in bloods or a urine infection and this starts the ball working to eliminate things which could affect someone's health and this then can lead to a way forward to get dementia screening done.

We continue to work with people to get their Attendance Allowances, Council Tax discounts and also to ensure their accommodation is satisfactory.

Lorraine informed us that recently Arun Council had decided to take a surprising step to send out letters to everyone receiving Council Tax reduction for dementia. The letter is asking people if they still have dementia and if so to reapply for the Council Tax reduction by completing a very long form and providing proof of their Attendance Allowance and emailing the form back to them or completing the form on line!

Karen Pirks

Karen is just starting to make plans for Dementia Awareness week in May. Karen P said we are hoping to encourage the Shops to decorate their windows Blue that week like we did last year. Selsey businesses have always been very supportive. Plans have just started and The Bubble Bar have agreed to offer this as a meeting place and for some Dementia Friends training which will be delivered by Mike Beal who is our Dementia Ambassador. Later that week Karen P will be running a session called Navigating Together. These sessions have just started at The Shop once a month on a Thursday afternoon and Karen would welcome Lorraine or Deirdre to join the meeting.

Befriending Activities – Ronelle Juleff

MOVIES FOR MEMORIES - this is on twice a month. We had 4 guests living with dementia on Monday who thoroughly enjoyed the lunch and film out of a total of 24 guests altogether. We also had a lady with learning difficulties who came with her sister who is her carer. We show feel - good films that have happy endings or musicals. The music seems to be very appealing to those living with dementia.

TOGETHER TIME - every Thursday at the Methodist Hall. Always a Sing Song in the mornings with old time familiar songs. Usually, 7 guests living with dementia who attend with carers and/or the carers from Tuvida, Guardian Angels or Vitale who attend each week support them.

MORNING LIVE - every Monday morning at the Venture club. Normally 20 or more guests who enjoy a morning of conversation and tea and cake. Again 4 living with dementia. We were told by the wife of a man living with dementia that this group is the only outing he wants to attend and that it has made a huge difference to them. We hope that he will soon be able to attend more small groups.

FRIDAY TEA AND TALK - every Friday afternoon at the Venture club. We usually have 14 guests.

Sussex Grange – Kellie Barker

From Sussex Grange care home we have had another busy month, celebrating mother's day with all of our lovely mum's, the home was bursting with love, laughter and lots of flowers. We have been excited to welcome and

introduce our new deputy manager Kerry Ryan into her role at Sussex Grange, with her she brings 20 years of experience in the care sector. We look forward to you meeting her at the next meeting.

As part of the Robins project, we at Sussex Grange have been matched with a lovely volunteer Carol. Carol has been visiting us on a Monday to meet and engage with all of our residents.

Our Day Care service has returned and has been such a welcomed experience for some regular returning day guests.

We are currently in preparations with our nominations for the WSPiC Accolades, coming soon! We have just held a coffee morning in aid of the Alzheimer's Society, which is held so dear by so many. A staff member here is taking part in a charity raiser for this particular charity, further updates will follow once this has been completed and the final count raised is in.

We enjoyed an afternoon of entertainment from "The Selsey Molls" last weekend, such a wonderful afternoon. We have an Easter Egg hunt in the grounds of the care home this Saturday morning, an event that is enjoyed by all.

(Although Sussex Grange were not able to join us during the meeting we are thankful they were able to send us this report despite their busy workload.)

Progress in the Wider Manhood Peninsula


In the Good Morning Call service has been going for 4 years and the group have now started a regular Tuesday Coffee morning and this week there were 30 people in attendance. During the coffee morning they are now providing a Help table where people can pick up a variety of leaflets and literature where they can refer people and this will be the start of their Care Shop. We have been working with them to develop this sort of service and Mike asked Lorraine if it was possible to do something with that group in the Witterings that would be very variable. It is run in the Downview Hall and there is good parking. Lorraine will contact them with a view to working with them on a regular basis. There is also a group in Birdham linked with St James Church and Eric Ayre and its Amblers group and this is a dementia friendly group.

New Support Groups

In addition to the Navigating Together group on the 3rd Thursday of the month, The Care shop is now starting some other support groups on a Thursday afternoon. Anxiety Support Group will be held on the 1st Thursday of the month; Parental and Guardian Support Group on 2nd Thursday and Cancer Support in partnership with MacMillan will be held on the 4th Thursday of the month. All the details will be listed in the monthly newsletter which comes out on Wednesday 27th March.

Any Other Business

According to statistics out today a prediction that by 2040 people living with dementia will have doubled. The number of Care Home beds available in the country would be taken up with people living with dementia. This just reinforces our determination to provide something in Selsey to give people immediate access to support and advice. Mike went on to thank Alzheimer's for all their support.

 **Next Meeting PLEASE NOTE** we are reverting to monthly meetings commencing from Tuesday 23rd April 2024 at 5pm via Zoom.