

# Forum News



February 2024

This copy of Forum News forms the notes of a meeting held at  
The Academy School at 4.15pm on 21<sup>st</sup> February 2024  
If you would like to know more about any of the items, please contact us at:  
[mail@selseycommunityforum.uk](mailto:mail@selseycommunityforum.uk).

## ➤ WELCOME

Mike Nicholls opened the meeting and welcomed everyone to the meeting and introduced Elizabeth Fox who was attending for the first time.

Elizabeth explained that she was an Independent Domestic Violence Advocate for a charity called Hour Glass. Hour Glass is a National Charity supporting people over 60 who might be experience some threat of harm through abuse or neglect. Even though we are National we also have a 24/7 helpline. A couple of years ago we established a community response service in the South of England and we support individuals across pan Sussex, across London boroughs, over to Kent, Thames Valley and Wokingham, right across the South of England. We support people over the telephone in their home or in a safe-place, like a café. We work closely with social services, safeguarding and police. We can also support someone through the courts. We have partners in the service who can offer one-hour free legal advice or free financial advice. All of our clients need to consent to our service and we also accept referrals. The public are invited to phone in for advice or friends or loved ones of someone who they may be concerned may be experiencing abuse. The helpline is also open to professionals who have may have concerns about someone. A referral form can be requested by phoning 0808 808 8141. The service is free of charge. Elizabeth can be contacted by emailing [elizabethfox@wearehourglass.org](mailto:elizabethfox@wearehourglass.org) and website is [www.wearehourglass.org](http://www.wearehourglass.org)

## ➤ SUPPORT GROUPS

The Advocacy Service was one of the support groups that we have on the Agenda.

As part of our Wellness Café, we are starting a support group for Guardians and Foster Carers and this will be run by a former Family Support Worker on our behalf. It will be run as a drop in from 1.30pm to 4.00pm will be on the second Thursday of the month at The Shop next to Truevision.

The third Thursday in the month will be called Navigating Together, for people who are waiting for a diagnosis for Dementia and their Carer to help them with practical things and some guidance about challenging behaviour. Depending on type of help needed we will introduce different speakers, practitioners and experts to provide support owing to the long waits for diagnosis to the cuts in services.

On the fourth Thursday of the month we have a new Cancer Support group starting and we have linked up with McMillan to bring access to their service in Selsey. In attendance will be a nurse and a former volunteer at the specialist cancer ward at St Richards and they are going to run that as a support for people in Selsey.

## **Future Wellness Café meetings will run as follows:**

1<sup>st</sup> Thursday of the month will be for people to discuss "My Future Care" and help them to plan for later life and to grow old healthily a drop-in from 1.30pm – 4.00pm

2<sup>nd</sup> Thursday of the month will be a drop-in "Support Group for Guardians and Foster Carers" from 1.30 – 4.00pm

3<sup>rd</sup> Thursday of the month Navigating Together for people with Dementia and their Carers, from 1.30-4.00pm

4<sup>th</sup> Thursday of the month "Cancer Support Group" from 1.30-4.00pm

### ➤ **ROBINS SERVICE**

The Robins service – the end-of-life befriending service which was set up on September 9<sup>th</sup> last year. We now have 10 trained Volunteers that are all in touch with the local Care Homes and are going to be available for End-of-Life Support. Selsey is now covered by this service and we are just about to branch out into the Witterings area and move into Fishbourne and Bosham as this is a partnership with St Wilfrid's' Hospice at Bosham and who have delivered all our training.

### ➤ **HEALTH INEQUALITIES PROJECT**

This is a project we have undertaken since last August to identify local groups of people who find they don't get the treatment or support that others may get. Recently we have provided internet support for people which we have developed between the Medical Practice and the Patient Group to enable people to use on-line bookings for appointments and to use the NHS app to order their prescriptions. An NHS leaflet had been sent out to Forum Attendees prior to the meeting asking if they could find time to click on the QR code and work through the questionnaire to provide feedback about their experience regarding NHS care. A copy is scanned into the end of the newsletter.

### ➤ **MEDICAL PRACTICE**

Nichola advised about the outbreak of measles that started in the North of England and there have now been a few cases in the South so everyone who can is advised to have a Measles vaccination if you have never had one, and that is regardless of age.

### ➤ **TRANSPORT**

The Buddy Assisted Transport service for medical appointments here in Selsey and Chichester has just exceeded 600 journeys in the past year and is being extensively used. The local transport Community Services like the Shuttlebus and the Venture Bus are now working much closer together and forming good partnership. Ronelle elaborated that the Venture bus and the Shuttlebus provide transport to the various groups and Shuttlebus once a week provides lifts to Tesco's, Sainsburys and sometimes also M and S. Regular outings are also provided which people can sign up for and this includes a trip to Chichester Theatre on a Wednesday.

Matt Tymon explained Year 9 have been asked to create some publicity such as a new website, business cards as part of their IT project.

### ➤ **YOUTH WORK**

#### **The Academy**

Matt Tymon updated the forum about the trips which have now restarted. The first trip was to the War Graves in Belgium and each student was given a small wooden cross and a photo was taken of them laying their cross with a poppy on it and they could choose which grave they wanted to leave their cross and they all reflected on that experience throughout the trip. That trip came about from someone in the Forum who related the experience they had had when they did the trip themselves.

The second trip was to Madrid and Matt has just returned from that trip and said it was a real success for the students' experiencing markets and shops. The next trips lined up are for The Harry Potter Studios and trips to Universities. The school are putting on a small play this year about Hallucinations and its quite funny and worth seeing. When it comes out later on in the year its well worth booking tickets for.

The School has redesigned its behaviour policy and we now have a reset room which is for disruptive students who are disrupting learning and this includes guidelines on the use of mobile phones. The Ping of a mobile phone is so addictive and releases a chemical in the brain much like cocaine, and is so disruptive in class.

Since the fire The Academy have re- introduced a new Tech department and one of their teachers, Tom Harrison has got involved in a piece of work for the students to build an electric car and then once built they can race it around Goodwood. So far they have raised funding equivalent to £4500 from local organisations Ferry Solar Farm , The Crown and SMR Solicitors and we just need another £1500. Academy Social media will show the progress of the build.

### **The Bridge**

Recently the work at the Bridge has increased by 60% in the last few months. The work at the Bridge can be very demanding and recently Kim has found herself there on a couple of occasions until 3am in the morning supporting a young person in need of Police and Social Services support. We work together for these young people but sometimes it is very demanding and costly in terms of peoples' commitment.

Recently we took on three new members of staff who were employed in a youth group in the Wittering but sadly it closed. These three youth workers are now visiting schools in the Wittering and Bracklesham area and that means the youth workers are going into 9 local schools for the benefit of the young people supporting their mental health and emotional wellbeing of young people. We have just applied for a Children in Need Grant to try and estimate how children between the ages of 8yrs and 13yrs can understand their own emotional wellbeing, how well they can talk about it, and how well they know where to talk about it.

Youth Dream are just coming to the end of a three-year Lottery Grant that was granted in 2021 and have to report on by the end of May. Tomorrow we will be applying for another grant for £312,000 for them for the next five years to sustain us with in this work. We never forget the work of the Scouts, Guides, Bubble Café and Skate Park, which provide a number of activities in Selsey for young people if they choose to engage in organised activities, but some they don't and provide a challenge.

### **COMMUNITY WARDEN**

Richard updated us that with the initial funding received from the LA 50 Keysafes were installed and we have just received funding from a Care Agency in Brighton to install a further 15. Up to date Richie has installed 67. Richard is approaching the Fire Service, Police and Ambulance Service.

Following a message on Facebook regarding a lady who had a visit from some cold callers. This company Triple 9 convinced her they could assess her drains by using a camera and then charged £150 telling her she needed more work to put a sleeve through the drains. They came back 2 days later and charged her a further £2,800. The outcome was Richard managed to contact the company and discussed phoning the Council and Trading Standards and the company have now returned the lady's money.

Recently Platinum contacted Richard regarding a romantic scam where someone was defrauded a lot of money. Richard contacted the Police about it and they were aware, but they had been in contact with the person six times and tried to talk to the person and warn them about scams but without success. Following on from this

Richard has visited Platinum and did a presentation on Scams, Frauds and Rogue Traders for them. Richard is able to do Scam presentations in the Chichester area.

### **THE SELSEY PAVILION**

Keith Batchelor was frustrated to say they are still waiting on solicitors to complete on the application for the grant, which must be done by the end of March otherwise the government part of the grant will be lost.

### **PARKINSONS SUPPORT GROUP**

Amanda explained that the support group had a visit from LV Rehab who are doing a piece of work with a company called Surge Technology. LV Rehab are doing research over a 10-week period with Parkinson sufferers where a piece of kit is supplied, assessments will be carried out by LV Rehab, an exercise programme which can be done at home is provided along with videos and hopefully this kit will identify what is going on with the persons' Parkinsons. So, twelve Parkinson sufferers signed up from the group which sounds very promising. The Parkinson sufferers have varying levels of Parkinsons but they all support each other. Thanks to the medical practice who sent out texts to patients who are registered with them and suffer with Parkinsons and notified them of this new group.

Karen Pirks has been working closely with LV Rehab which has led to this partnership work.

### **THE SHOP**

Janet Langford was attending the meeting on behalf of Sue who sent her apologies. The Shop has various groups who attend in the afternoon. They are open for refreshments each morning Monday to Saturday until 1pm and provide one of the Warm Spaces in Selsey where people can meet their friends for company and feel safe. Mike said it that The Shop was a valuable resource to Selsey.

### **CHURCHES**

St Peters Church is one of the Churches which provides ResBite Teas on a Sunday afternoon taking it in turns with The Beacon, St Wilfrid's and The Methodist Church. Janet informed us that on 8<sup>th</sup> June it will be St Peters Day and St Peters Church are holding a festival with different organisations in and around Selsey invited to take part. The Church roof is in bad need of repair which they estimate will cost about £160,000 and the first Bat survey has taken place and a further survey will need to take place shortly.

The community involvement of all the churches in Selsey is greatly appreciated. St Wilfrid's have just started using their premises for an additional AA group which means there is support on a Friday, Sunday and Tuesday and its greatly valued. The Methodist Church is used every day of the week and their office is used four days a week for counselling. The Beacon host fifteen community activities throughout the month free of charge and this sort of partnership is greatly appreciated and valued.

### **LOCAL COUNCIL UPDATE**

Philip Grocott updated the meeting with the sad loss of a local Councillor Patrick Rowe who passed away recently and his funeral will be on Friday 23<sup>rd</sup> February 2024.

Mike Nicholls said Patrick was a lovely man, full of ideas and suggestions on The Patient Panel and will be greatly missed.

### **DISPUTE RESOLUTION AGENCY**

The mediation enquiries are coming through and Free Pathway Resolution Service is in place. If anyone is experiencing any conflict with anyone or any business Will Chalmers

confirmed they can support them. Will has ideas to discuss with Matt for future Peer Mediation project to get the students involved to help with Self Development.

### **THE SELSEY CARE SHOP**

Carol Purnell said The Selsey Care Shop is busy, The Buddy Assisted Transport service is busy, very busy and a few more volunteer drivers would be appreciated. IT support is going well with four more volunteers helping to support people with IT training.

### **VITALE CARE**

Daniel Ayton wanted to thank Karen Pirks who four months ago helped set up the Registered Managers Forum for the Domiciliary Care companies who are renowned for not talking to each other. Daniel wanted to overcome that and wanted them to work closer together and at the last meeting there were six or seven Managers who shared conversations and stories confidentially – and this will benefit the community.

In November we started a massive recruitment mission in order to prepare for getting patients out of hospital prior to Christmas, and it worked really well. We have continued with the heavy recruitment campaign and we are taking on lots more capacity and have more Carers. We are working closely with the discharge teams at the hospitals trying to help get more people discharged.

We have also been working with LV Rehabilitation and they are working in the Barn next door to us and in the past year we have been working alongside them and their clients who may have had a stroke or Parkinsons or a Brain injury. We bring our Carers in and jointly put in a Care Package or Rehabilitation package together.

### **LOCAL BUSINESS NEWS**

Neil informed the meeting that we are losing another shop from the High Street, Seal's butchers is up for sale. There are two more take aways coming into the village which will hopefully keep it alive. Hospitality suffered between January and February and have found takings down by 50% which is more than previous Christmases. People are not spending. In the hospitality trade its going to become more difficult with the increase in the basic wage coming in April. Neil has spoken to our local MP Gillian Keeghan with regard to the release from VAT for Hospitality business in rural areas. Having a further conversation Gillian is going to raise it with the Chancellor. Businesses are suffering please shop local if you can and keep supporting the High Street.

### **ANY OTHER BUSINESS**

Will Chalmers said regarding local businesses, the second business he runs is a Business Consultancy and we are having a real push on local business support. May be we could have a conversation about end users identifying opportunities. Neal said we used to have a Business Network and we still do to a certain extent but they do not meet on a regular basis.

Please see the end of the Newsletter for further information regarding Will Chalmers Business Agency.

- **NEXT MEETING – Please note Wednesday 17th April 2024 at 4.15pm at The Academy**

## **Further Information**

**See below**



**We would like to hear from you about your experiences of accessing NHS services in Sussex.**

Please share your views through this survey on your experiences of current services, what is working well and where further improvements could be made. There is also a spotlight in this survey on the sharing and use of information about your health and wellbeing within the NHS to help inform our work.  
The survey will take approximately 20 minutes to complete and each response will be reviewed and analysed.

For more information or copies of the survey in Easy Read, Community Languages or another format please contact:

- [sxicb.involvement@nhs.net](mailto:sxicb.involvement@nhs.net)
- NHS Sussex, Wicker House, High Street, Worthing BN11 1DJ
- Tel: 0300 140 9854



Arts Dream Selsey Presents a Double Bill

**THE PARTY and TWO SUMMERS** by **GILLIAN PLOWMAN**

The First in a Series of Radio Plays  
**FRIDAY 23<sup>RD</sup> FEBRUARY 19:30**  
**SATURDAY 24<sup>TH</sup> FEBRUARY 15:30**  
**ST PETER'S HALL**  
 Refreshments available 30 min before Performances

Tickets £10, from: [ticketsource.co.uk/artsdreamselsey](http://ticketsource.co.uk/artsdreamselsey)  
 or Brent Lodge Bird & Wildlife Charity Shop  
 8 New Parade, Selsey

**PUZZLE CREATIVE**

Will Chalmers' support for newly formed organisation called [Puzzle Creative](#). This company extends the services we have been providing to Mediators through The Dispute Resolution Agency over the past 10 years to all businesses.

I am really keen to help our local community with increasing visibility, supporting the shop local initiatives, and working with businesses to help unpack challenges and bring clarity.

We're looking for businesses to take part in our social media marketing initiatives, which include a feature video on YouTube which will link on our website and be shared across our various channels.

My expertise is in strategic and creative thinking and identifying opportunities for businesses to grow and develop.

You can see more about Puzzle Creative here: [Business Solutions \(puzzle-creative.co.uk\)](http://Business Solutions (puzzle-creative.co.uk))

**Local Business Working Group**

I would like to work with interested people/groups and form a working group to build a sustainable plan for the high street and small businesses in the local area. I think Neil mentioned that there is a business networking group already in existence? Maybe this could be a partnership style opportunity which can be delivered with Selsey Community Forum?

**Business Reviews - to help identify improvements and opportunities**

Individual [business reviews](#) are held to help business owners unpack blockages and we'll provide clarity and guidance to achieve key actions. These are free. I enjoy sitting down and helping people achieve focus and achieve their vision!

**Business Club (it's FREE)**

We also have an online community which meets monthly that shares experience and helps each other with business building, and we invite external speakers to share expertise on particular topics: [Business Club \(puzzle-creative.co.uk\)](#). We share business building advice and guidance and facilitate peer-support discussions.