

Sudoku No 8

- For beginners, put each of the numbers 1-9 in each row, column and 3x3 box.
- Look for a square that has all the other numbers except one in its row, column or 3x3 square – that's the number!
- Every time you enter a number, see what effect it's had on other squares.
- Don't guess!

Answer in the next edition

		4	5		3		7	
				6			4	1
	6	9					3	
6				5	9			
1	9							3
			8			1	5	
	5	7				4	9	
		1		2	5	3		7
9			3	4		8		

Solution to Sudoku No 7

1	7	4	8	3	6	5	2	9
8	5	3	2	4	9	1	7	6
6	2	9	5	7	1	8	4	3
4	3	8	1	5	7	9	6	2
2	9	5	6	8	3	4	1	7
7	6	1	9	2	4	3	8	5
9	4	2	7	1	5	6	3	8
5	1	7	3	6	8	2	9	4
3	8	6	4	9	2	7	5	1

Selsey Money Support

A new service, Selsey Money Support, can assist with debt advice, benefits, form-filling and money management. Please phone 01243 201616 for an appointment.

Sue Hancock Retires

Those of you who have met Sue Hancock, the Selsey Dementia Action Alliance Coordinator, will be sad to hear that she has retired from her role. Sue's knowledge and experience of dementia, together with her professionalism and her sympathetic and caring personality, made her outstanding in her role and brought much comfort to the individuals and their carers that she supported. There is no doubt that Sue has made Selsey a more dementia-friendly community - she has been our very own Dementia Champion! We wish Sue all the very best for the future.

Sue's role will be taken up by Karen Halford who, in August, is joining Selsey Community Forum from Sussex Grange as the Support Manager for people living with dementia and for the Selsey Buddy System.

Lending Library

The Lockdown Lending Library is still in business! The library is stocked with books, audio books, DVDs and jigsaw puzzles which are all quarantined and sterilised before being lent out. The library is in accommodation provided by Selsey Town Council but all items are delivered and collected.

If you would like a loan, or want to know more, ring the Selsey Care Shop on 01243 201616.

Another Point of View

July's edition of Senior Selsey News contained an article emphasising the wonder and capacity of the human brain. It postulated possible origins and processes that have evolved to this day. There are, of course, other points of view. Whatever scientific theory we may hold, Christians are committed to the view that God is the ultimate author of creation. The Bible tells us we are all made in God's image. For this reason Christians treat every human being with dignity and respect. Relationships are characterised by compassion, kindness, justice and love. Communities living with diversity and in harmony reflect the ideals taught and lived by Jesus Christ. There are many scientific, philosophical and religious views of the world. I have reflected one. I hope you will allow me that personal privilege. Mike Nicholls

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- in partnership with the wider Manhood Peninsula

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Selsey COVID-19 Mutual Aid



The Selsey Covid-19 Mutual Aid project has now been put into hibernation – no longer operating but ready to spring into action in the event of any second wave of Covid-19. The project involved a partnership of local organisations which aimed to alleviate some of the problems arising from Covid-19. Following an urgent appeal, 140 Selsey residents offered their services to a 'Buddy' system to help those in the local community who might be in need of support during lockdown. The project has involved shopping, collection of prescription items, delivery of food, distribution of information leaflets, operation of a lending library, making supportive phone calls and addressing other matters as they arose. Some of the highlights during the last twelve weeks have included: delivery of 1,800 meals and 300 food boxes to a small number of people in need; delivery of 100 Easter treats to those who would normally attend afternoon teas in local churches; delivery of 100 VE Day treats to some of our more vulnerable elderly residents; development of the Lockdown Lending Library with donations of 1,000 books, 70 jigsaws, 800 DVD's and 30 audio books; finally, on different occasions, delivery of nearly 22,000 copies of information leaflets and Senior Selsey News.

A comprehensive report on the Selsey Covid-19 Mutual Aid project is being prepared which will involve consultation with all those who took part to determine what was done well and what might have been improved. The project has not only been very successful but has also shone a light on hidden local needs which will shape the provision of Selsey's future community support. Work has begun to identify the services which are needed and on how they might be introduced. The Buddy system has been widely admired and IS BEING CONTINUED AS 'SELSEY BUDDY SUPPORT'! Selsey's response to Covid-19 has demonstrated what can be done when a community comes together to meet the needs of all its members.

Staff and volunteers from the Selsey Care Shop, which was initially closed to the public at the start of lockdown, played a major role in managing Selsey Covid-19 Mutual Aid. The shop is now again open with Covid-19 measures in place and, although its events and activities had been suspended, they were now restarting in a limited way with much-welcomed social gatherings. As they have done throughout the lockdown, the shop's counselling and advice services are continuing by telephone. If you still have any problems arising from Covid-19, why not visit the shop at 121 High Street or ring on 01243 201616.

Our thanks are due to all those who have worked to ensure the success of Selsey Covid-19 Mutual Aid - individuals, families, local councils, businesses, community groups and others. Also those who, although not directly involved in Selsey Covid-19 Mutual Aid, have done a great deal to keep us safe and well-supported: Selsey Medical Practice, local care providers, our key workers and others on the frontline – our grateful thanks to them all.



Carers Emergency Alert Card and Emergency Respite Service

Are you looking after someone that is either frail or have an illness, disability, sensory impairment or dementia? Do you worry about what would happen if you were taken ill and unable to tell anyone that someone depends on you? The Carer's Emergency Alert Card, about the size of a credit card, identifies you as a carer if you become ill or have an accident.

What contingency plan do you have in place should you, the carer, suddenly have to go into hospital, or attend to a close relative who is taken ill, or are called away for work urgently?

The Emergency Respite Service is a scheme that will ensure the person you look after is provided with care in the home by highly trained staff who can take over your caring duties for up to 48 hours during the week or 72 hours over a weekend until the emergency is over or other care arrangements are in place. The scheme is run by Crossroads Care and Chichester Careline (now PPP Taking Care) with funding by WSCC.

The Selsey Care Shop holds details of both these schemes; if you are an unpaid carer as described above, and would like to know more about these vital services, contact them at 121 High Street, Selsey or telephone 01243 201616. Both services are free of charge.

Know Someone Who Might Be Scammed?

Anyone can fall for a scam, but older people and those with mental health problems, learning difficulties or dementia are more likely to be targeted. If you are a carer, relative, friend or neighbour of someone who is vulnerable, you might be the only person who can stop them from being scammed. Do they receive a lot of junk mail, get frequent phone calls from strangers or become secretive when discussing finances with you? Ask them if they receive any unusual mail or phone calls – but try to do it in a way that doesn't cause unnecessary alarm. If you are aware of a current scam in your area, make sure the person you know or look after knows about it. People are often embarrassed to admit they've fallen for a scam or don't believe they have been conned. Reassure them that it's a common problem, that scammers are clever and that all sorts of people get taken in. To help keep them safe from scammers, try to persuade them never to give their name, address, bank account details or any other personal information to anyone they don't know. If necessary, help them to ask Royal Mail to re-direct their post either to you or another trusted friend or relative. Help them sign up to the free Telephone and Mailing Preference Services (0845 070 0707 and 0345 0700 705 respectively) to cut down unwanted phone calls, texts and post. Finally, report a scam to Action Fraud (0300 123 2040) which provides a special service for carers to report scams on behalf of a vulnerable victim.

Famous Dodgy Predictions

"There is not the slightest indication that nuclear energy will ever be obtainable".
Albert Einstein, 1932

"We don't like their sound, and guitar music is on the way out. The Beatles have no future in show business"
Decca Recording Company turning down the Beatles, 1962

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication."
Western Union internal memo, 1876

"Reagan doesn't have that presidential look."
United Artists executive after rejecting Reagan as lead in the film 'The Best Man', 1964

"I think there is a world market for maybe five computers."
Chairman of IBM, 1943

"The horse is here to stay but the automobile is only a novelty - a fad."
Bank president's advice not to invest in Ford Motor Co, 1903

East Beach Church

As well as being open for prayer and contemplation each weekday afternoon, East Beach Church is now open for a 10am Sunday morning service. At present, you are asked call 01243 607945 to reserve your space as numbers are limited.

The church continues to stream services on YouTube – search for 'East Beach Church Selsey'. For DVD copies of the services, contact Richard on 07771 914277.

Our Changing Taste in Foods



The 1950s were the age of spam fritters, salmon sandwiches, tinned fruit with evaporated milk, fish on Fridays and ham salad for high tea every Sunday.

The only way to add flavour was with tomato ketchup, brown sauce or salad cream. There were no salad dressings as we know them today - olive oil was only sold by chemists to loosen ear wax! 'Meat and two veg' was the staple diet for most families in the 50s and 60s. The closest most people came to eating out was to visit the pub. There, you could get

plain crisps (the only kind available!) with their little blue wrapper of salt. Perhaps you tried cockles, winkles or whelks from the seafood man who visited the pub on weekend evenings. Things started to change when the UK's answer to American burger bars arrived in the 50s to cater for a new group of consumers - teenagers. The first Wimpy Bars opened in 1954 selling hamburgers and milkshakes and were extremely popular. The late 50s and 60s saw a rise in immigration from the former British colonies - and with them, at last, came flavour! Although the first Chinese restaurant in London was opened in 1908, the real spread of Chinese restaurants began in the late 50s and 60s; they proved very popular - in 1958 Billy Butlin introduced chop suey and chips into his holiday camps! The 60s also saw a big rise in the number of Indian restaurants and, about this time, a new drink appeared - lager. This light, cold beer was the perfect partner for the new spicy food. In the late 60s, the first Indian and Chinese 'convenience' foods became available - Vesta curries had arrived!

The late 60s saw a dramatic rise in the standard of living. The first package holidays started in the late 60s and made overseas travel affordable to almost all. This played its part in tempting the British palate with tasty new foods and ingredients. By the late 60s and early 70s dinner parties had become very popular, featuring the new fashionable 'foreign' dishes like Spaghetti Bolognese, often accompanied by wine. Before the 1960s wine was only drunk by the upper classes, everyone else drank beer, stout, pale ale and port and lemon. Now, Blue Nun, Chianti and Mateus Rose were the wines of choice. Many spaghetti novices spent their evenings chasing their food around the plate attempting to catch it in the fork and spoon provided, whilst trying to avoid splattering themselves with thick Bolognese sauce. In the 70s, restaurant chains such as Berni Inns began to appear, serving the classic favourites of Melon or Prawn Cocktail, Mixed Grill or Steak, and Black Forest Gateau or Lemon Meringue Pie for dessert. Pubs and Nightclubs served that great 1970s snack of sausage, chicken or scampi 'in a basket'. The decades between 1954 and 1974 saw a dramatic turning point in British eating habits. From a nation still dealing with rationing in 1954 and whose staple diet was plain home cooking, by 1975 we were regularly eating out and becoming addicted to the new spicy foods available - the nation's love affair with Chicken Tikka Masala, now our favourite dish, had well and truly begun.



An Appeal by Selsey Community Forum

We have been delighted to serve our community in so many partnerships as part of Selsey Covid-19 Mutual Aid. We plan to open up our activities safely in the next few months but fewer people at each event. To serve everyone, we will need more occasions at greater cost. In recent months your generosity has been heartwarming - but we continue to need resources. If you are able to be generous again, please send cheques payable to Selsey Community Forum or bank transfer to Barclays, Selsey Community Forum, 20-20-65, 83970701.