

Sudoku No 5

- 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 next edition.

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

Solution to Sudoku No 4

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

Selsey Community Warden

Selsey's Community Warden, Neil Hill, is playing a leading role in the Selsey Covid-19 Mutual Aid project. Community Wardens are employed by Chichester District Council to work with police and local communities to reduce crime and anti-social behaviour. They deal with environmental issues such as graffiti, litter and dog-fouling. Importantly at the moment, they work closely with agencies that can deal with issues in the community, particularly those involving the vulnerable and elderly. Contact Neil on 07768 206974.

You can find out more at: www.selseycommunityforum.uk, Facebook: Selsey Community Forum.
Email us at: mail@selseycommunityforum.uk or telephone 01243 201616.

Valerie Rose

Sadly, we have learnt of the passing of Valerie Rose who was one of the first to join 'Good Morning Selsey' in 2014 and, later, one of the first to start attending the Sunday Afternoon Teas organised by the Selsey Care Shop and local churches. She was also one of the first regular visitors to the Care Shop, arriving as she did by taxi at 11am on Thursdays. Valerie was very generous - we shall miss her and we offer our condolences to her family.

Seal Island Wools

While the shop is closed, Seal Island Wools is providing a local home delivery service for yarn and haberdashery on Tuesdays and Fridays. Leave your request on the answerphone on 01243 606837 or pop a note (remember to include your phone number) through the shop letterbox and they will contact you.

Lending Library

A Selsey Covid-19 Mutual Aid Lending Library has been set up in accommodation provided by Selsey Town Council. The library is stocked with books, DVDs and jigsaw puzzles which are all quarantined and sterilised before being lent out. All items are delivered and collected by using the Buddy System. If you would like a loan, or to know more, please ring Chris on 07979 224829 or Louise on 07984 573744.

East Beach Church

If you have access to the internet, you might wish to know that East Beach Church streams services or other items of interest at 10am and 7pm each day on YouTube; search for East Beach Church Selsey. The church is conscious that many people do not have internet access and, for this reason, the Sunday Service, Songs of Praise and another broadcast are being offered on DVDs each week. If you would like to receive a copy, contact Richard on 07771 914277.

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Senior Selsey News

- in partnership with the wider Manhood Peninsula

June 2020

Issue Number 57

Selsey Covid-19 Mutual Aid

Selsey Covid-19 Mutual Aid continues to alleviate some of the many problems created by the current lockdown. This project now makes contact with local residents nearly 2,000 times each week to arrange shopping, collect prescriptions, deliver food, distribute Senior Selsey News and information leaflets, operate the lending library (see back page), make supportive phone calls and address other matters that arise. Selsey Care Shop continues to provide by telephone its normal Wellbeing and Money Support services, including 'It's OK not to be OK' and support for the bereaved, those in debt and those needing counselling.

If you live in Selsey and have any problems arising from the current lockdown, you can ring 01243 201616 between 9am and 3pm every day for assistance (there is an answerphone outside those hours).

There is no doubt that Covid-19 is shining a light on hidden local needs which will shape the provision of Selsey's future community support. Work has already begun on identifying the services which are needed and on how they might be brought into being.

The Selsey Covid-19 Mutual Aid project relies heavily on volunteers but does incur unavoidable costs. Donations are most welcome, either by cheque payable to Selsey Community Forum and posted to the Selsey Care Shop, 121 High St, or by bank transfer to Sort Code: 20-20-65, Account: 83970701.



We are most grateful for the very generous donations we have already received – thank you for supporting Selsey Covid-19 Mutual Aid.



'Good Morning Selsey'

Since July 2014, 'Good Morning Selsey' has offered a daily phone call to those who might be vulnerable, housebound or lonely and appreciate a friendly chat. 'Good Morning Selsey' now has over fifty participants and has proved very successful, not only in offering the opportunity for a chat, but also in alerting to the need for immediate or other assistance when the situation has required.

If you, or someone you know, would like to join this free scheme, or would like to help in making the calls, please let us know at the Selsey Care Shop, 121 High Street or by telephone on 01243 201616.

Stop Press!

At the time of writing, it is hoped to reopen the Selsey Care Shop on Monday 1st June. To meet the current guidelines, access to the shop will be restricted to one person or a couple from the same household. The planned opening hours will be Monday to Friday 9.30am-3.30pm and Saturday 9am until 1pm. If you wish to discuss a specific topic at length, please arrange an appointment beforehand by ringing 01243 201616.

The Good Old Days' Weren't They?

Life in the 'good old days' of the 1950s and 60s was very different from that of today – you might remember them.

There was no central heating; the downstairs rooms were heated by coal fires and then later, to prevent smogs, by coke or gas fires. Upstairs, the heating was provided by paraffin stoves or electric fires. During the winter, it was common for ice to form on the inside of windows – looking like beautiful ferns!

In the kitchen, fridges were becoming more common but freezers were unheard of. It wasn't until the early 1960s that local shops (there were no supermarkets) started stocking basic frozen foods such as peas and fish fingers which were purchased and cooked straight away because most people could not store them. Many people had only the pantry with its cold shelf, where butter, milk, cheese etc. was stored. Because there were no supermarkets, the housewife would visit the local baker, the butcher, the greengrocer and the grocer individually, sometimes shopping every day with her basket or shopping trolley.

Monday was washing day. If you were lucky enough to have a washing machine, it would be a twin-tub with a mangle on top; it had to be filled from the hot tap. One tub was a washing machine, the other a spin dryer. The kitchen would fill with steam as first the whites were washed and then the coloured clothes as the water cooled. There were no tumble driers so, in the winter, clothes were hung on clothes horses or airers around the fire or in the kitchen where it was warm. Only in the summer could you hang them outside to get properly dry.

Sunday night was bath night. The water was heated by a back boiler behind the coal fire or, in the summer, by an expensive electric immersion heater. Hot water tanks could not store much water, so shallow baths were the order of the day, and all the family would bathe one after the other, often in the same water and often in the order husband, wife and children last.

Entertainment was provided by the wireless (radio) or gramophone, and more and more people were acquiring televisions. These, like telephones, were rented, not owned. All televisions were black and white and had only two channels: BBC and, later, ITV.

Clothes were often home-made, either sewn or knitted. When outgrown, knitted items were re-cycled by being unravelled and re-knitted into something else. When collars on shirts became frayed, they were unpicked, turned inside out and sewed back on. All buttons and zips from old clothes were saved for the button box. Socks and stockings were darned.

There was a succession of callers to the 1950s house. Apart from the postman, these would include the rag and bone man - a man with a horse and cart and a call of 'Any old rags?' - he would buy your old clothes for a few pennies. The milkman came daily and delivered to your doorstep; he would take away the empty bottles to be washed and re-used. The dustbin men carried the old metal dustbins on their backs.

For the 1950s housewife, there was no need to go the gym; her day-to-day jobs kept her physically active.

She walked to the shops and took the children to school every day on foot; the housework she did was very labour-intensive without today's gadgets and there were no such things as convenience foods or fast food outlets. Sweets and crisps (the only flavour available was ready salted) were treats rather than everyday foods. 'The good old days'? I'm not so sure!



Distraction Burglary

A distraction burglar's intention is to trick people into allowing them into a property, or create a diversion so an accomplice can sneak in. Because elderly or vulnerable people are often targeted, distraction burglary can have a devastating effect – victims can lose their confidence and peace-of-mind, as well as their money and possessions. Distraction burglars make up a story to get into your home – they will pose as tradesmen or officials or ask you to help with something. They play for sympathy: 'I've broken down, please can I use your phone?'; 'I don't feel very well, could I use your toilet or get a glass of water?'; 'My son's lost his ball in your garden.'; 'There's a gas leak in your road – I've come to turn off your supply.'; 'I've come to see my friend next door but he's out – can I borrow a pen and paper to leave him a note?'. Some work alone, but often they work in groups of two or more – they can be men, women or children and sometimes in any combination, smartly or casually dressed. The talker will persuade you to let them into your house and keep you occupied while others sneak in and search your house to steal cash and valuables.

**Stay Alert
and
Don't Be
Fooled!**

There are simple ways to protect yourself from distraction burglars:

- Fit a door-chain and, with a solid door, a wide angle viewer.
- Don't let anyone into your home that you do not know.
- Always ask for identification – genuine callers won't mind producing ID.
- If someone is asking for a favour, direct them to a shop, or public place.
- If you have real concerns about someone who has called at your door, call the police with as much detail about their appearance and vehicle as you can.

Bubonic Plague

Shakespeare lived his life in the shadow of bubonic plague which came and went in Europe between the 14th and 18th centuries; it originally came from Asia. A few months after the infant William's birth, the vicar, John Bretchgirdle, recorded in the parish register the death of Oliver Gunne, an apprentice weaver, and in the margin next to that entry scribbled the words, in Latin, 'here begins the plague'. On that occasion, the epidemic took the lives of around a fifth of Stratford-upon-Avon's population - only good fortune spared the life of young William. Such outbreaks did not rage on forever; with strict quarantines and a change in the weather, the epidemic would slowly wane and life would return to normal. But, after a few years, in cities and towns throughout the realm, the plague would return. Innumerable preventive measures were proposed, most of which were useless or made things worse. The smoke of dried rosemary, frankincense or bay leaves burning in a chafing dish was thought to help clear the air of infection, and, if those ingredients were not readily available, physicians recommended burning old shoes. In the streets, people walked about sniffing oranges stuffed with cloves. Pressed firmly enough against the nose, they functioned as a kind of mask.

It was early recognized that the rate of infection was far higher in densely populated cities than in the country; those with the means to do so escaped to rural retreats, though they often took the infection with them. Civic officials, realizing that crowds heightened contagion, took measures to institute what we now call social distancing. Collecting data from parish registers, they carefully tracked weekly plague-related deaths. When those deaths surpassed thirty, they banned assemblies, feasts, archery contests, and other forms of mass gathering. Since it was believed that it was impossible to become infected during the act of worship, church services were not included in the ban. But the theatres in London, where William's plays were much-favoured and which routinely brought together two or three thousand people in an enclosed space, were ordered to shut. It could take many months before the death rate came down sufficiently for the authorities to allow theatres to reopen. Hang on a minute...does some of this sound familiar?

**Age is a case of mind over matter –
if you don't mind, it doesn't matter.**

**'You can live to be one hundred years old
if you give up all the things that make you
want to live to be a hundred years old.'**
Woody Allen