

Sudoku No 14

- 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.

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

Solution to Sudoku No 13

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

Farewell and Adieu

After more than five years and sixty seven editions of producing Senior Selsey News, I am handing over to my successor and, Covid permitting, hope to drive off into the sunset. My grateful thanks for all the contributions that I have received from readers over the years.



The Selsey Road

This is the tale of the Selsey Road,
the one that drives us mad.
The one that incomers vow to change -
they think the road is bad.

What they don't know is the way 'twas made,
the rolling Selsey Road:
by smugglers swinging back from a raid
with their guilty smuggler's load.

It goes from here and it goes to there
for sixteen miles return -
and never a straight - 'twill make you wait,
that awful Selsey Road.

They gave it a number instead of a name
and added to which a letter.
But what they forgot, this clever lot -
it never could be better.

The Selsey Road is twisting, wild
but listen to me, my friend:
the Selsey Road is intended to drive
all citizens round the bend.

But looking back, I love the track
for the thing you all forgot:
it might be bad, but listen, lad -
it's the only road we've got!

In memory of Ellis Berg

Do you remember when we used to go to the High Street to shop and went home for coffee? Now, we shop at home and go the High Street for coffee!

If the human brain was simple enough to understand, we wouldn't be able to.

If you get on a plane and see an old friend called Jack, do not shout 'Hi Jack'!

The Sussex Men that dwell upon the shore look out when storms arise and billows roar, devoutly Praying with uplifted hands, that some well laden cargo ships may strike the sands, to whose rich cargo they may make pretence, and fatten on the rich spoils of Providence.

William Congreve (1670-1729)

Senior Selsey News

- in partnership with the wider Manhood Peninsula

March 2021

Issue Number 67

Selsey Care Shop

The Selsey Care Shop continues to remain open with social-distancing measures in place. The shop can still offer bereavement and other counselling services, debt support and help with claiming allowances and other entitlements.

Selsey Buddy Support also continues with over eighty wonderful volunteers providing help and support to those in their neighbourhood.

The Buddies can help with shopping, the collection of prescription items, the delivery and collection of the Lending Library items (see below) and many other things. If you, or someone you know, have any problems with which the Buddies can help, then do please get in touch with us at the Selsey Care Shop, 121 High St or telephone 01243 201616.

Time You Started Using a Computer?

Are you finally convinced that you need to go online to shop, manage your bank account or have the world's greatest library in your pocket? Fear not – Selsey has a group of young people willing to assist older friends with smart phones, tablets, laptops and the like. Find out more from 01243 201616.

Lending Library

The Lockdown Lending Library is still in business with books, audio books, DVDs and jigsaw puzzles which are quarantined and sterilised before being lent out. All items are delivered and collected. Find out more, or ask for a loan, on 01243 201616.

Food for Thought?

Sometimes I think the surest sign that intelligent life exists elsewhere in the universe is that none of it has tried to contact us.

Arthur C Clarke

Ferry Farm Community Grant Fund

The innovative Ferry Farm Community Solar Project raises money from the sale of solar-generated electricity and makes funds available to community groups based in Selsey and Sidlesham. The Grant Fund received twenty six applications from local community groups for the bidding round which ended in January. Seventeen successful groups were granted sums up to £2,000 and totalling £20,000 in all.

You can find more details at selseycommunityforum.uk/Ferry-Farm/

Free Home Eye Tests

Care Opticians Sussex provide free NHS Eye Tests at home for those who have trouble getting to visit an opticians on their own. The tests include a comprehensive range of eye health checks. You can contact them on 01273 220588 or, if you prefer, the Selsey Care shop at 121 High St can contact them for you.

... AND THEN I HEARD A LOUD BANG AND WHEN I TURNED BACK HE WAS GONE



Selsey Community Forum

All our services are free

We started as Selsey Community Forum in 2010 and grew to become a registered charity in 2014. We now have twelve volunteer trustees and seven part-time employees, all of whom have wide experience both in the world and in what we do. We are immensely proud to now have over one hundred and sixty volunteers, freely giving their time to the local community.

We place great importance on forming partnerships with a wide range of organisations. That approach makes our mutual aims much more achievable and our projects and services more efficient and effective. Currently, our partners include local councils, Chichester University, churches, businesses, Frontline Debt Advice, care homes, community groups, Selsey Venture Club, Selsey Lions, Selsey Medical Practice, West Sussex Carer's Carer's Support, Crossroads Care and the Alzheimer's Society.

Last year, we were fortunate to be able to play a leading role in the partnership formed for the Selsey Covid-19 Mutual Aid Project. That project saw the start of the Buddy System which is now continuing in the guise of Selsey Buddy

Support, doing valuable work providing help and assistance to the more vulnerable members of our community. Covid-19 has done much to create and bring to the fore problems such as mental health issues, loneliness, finances, addiction and domestic abuse. We are now actively involved with partners in seeking to address these issues.

We have for some years been involved as part of the Selsey Cycle Network Group in pressing for a direct cycle route between Selsey and Chichester - the Greenway. In addition to the benefits to cyclists, the safety of the notorious B2145 would be improved. Much work has been done and some of the route now exists. Although there remain a small number of land ownership issues to resolve, it is hoped that further construction work will be approved and funded in the near future.

The Ferry Farm Community Solar Project produces electrical energy and provides funds of around £20,000 each year for community groups in Selsey and Sidlesham. We are proud to administer this fund on behalf of Ferry Farm.

We are pleased to have been able to assist the wider Manhood Peninsula in setting up walking and singing groups for those living with dementia and also in replicating our daily telephone call service to the lonely in their community.

Much of what we do is undertaken by our wonderful volunteers so our costs are very low. Nevertheless, our services are free to all and there are a variety of unavoidable expenses. In the past, we have been fortunate to receive grants and donations from a wide range of organisations and individuals - but we do have a continuing need for funding. We would be most grateful for any donation at the Selsey Care Shop, 121 High Street.

Selsey Care Shop

The Selsey Care Shop is an innovative and widely admired project with a central presence on the town's High Street. Opened in 2018 by the local MP, Gillian Keegan, this one-stop-shop provides access by the community to all the services which we provide. In normal times, a variety of regular social

activities are held for the lonely, unpaid carers and those living with disabilities or dementia.

Unfortunately, current contacts are limited to doorstep chats and around 800 phone conversations each week with those being supported. During the current Lockdown, the Selsey Care Shop remains open with appropriate social-distancing measures in place.

The shop's bereavement and other counselling services, debt support and help with claiming allowances and other entitlements are all available. Selsey Buddy Support is also continuing.

As a pleasant seaside town, Selsey attracts many retirees. Sadly, many lose their life-long partners and find themselves living alone, often far from family and earlier friends. Selsey Befrienders offers a variety of support in seeking to help those in such circumstances.

Selsey Befrienders

Carers Support

Carers Support has a long history of providing information, advice, training and support to unpaid carers in Selsey. We are proud that Carers Support has now become part of Selsey Community Forum.

As part of our aim to create a truly compassionate community, Selsey Dementia Action Alliance seeks to create and sustain Selsey as a dementia-friendly community. It also offers practical and moral support to those living with dementia and their carers.

Selsey Dementia Action Alliance

In our relatively isolated seaside town, Selsey Community Forum, in partnership with local voluntary groups and co-operation with the statutory and commercial sectors, seeks to identify and meet our local needs. Over the past nine years, the forum has been involved in starting and sustaining over a hundred new activities and services.

Buddy Support

Selsey Buddy Support originated with the first Covid-19 Lockdown. In a wonderful demonstration of Selsey's community spirit, we were able to recruit over a weekend more than 150 new volunteers willing to provide support to neighbours in need of help with shopping, prescriptions and a wealth of other assistance.

Wellbeing Services, which have been much in demand during the Covid-19 pandemic, include: Psychological Support for low-level mental health problems, Bereavement and Family Support, Mediation & Mentoring and, in partnership with Chichester University, an Adult Counselling service.

In partnership with the regional charity Frontline Debt Advice, Money Support can help with welfare benefits, form-filling, debt advice, budgeting, creditor negotiations, and general money management support.

Wellbeing Services

Grow Selsey is a therapeutic, intergenerational project for those of all ages with an interest in gardening and the environment.

Money Support

The Selsey Care Shop maintains lots of useful information about the town, particularly the wide range of clubs and activities that, in normal times, it has to offer. It also provides Welcome Packs to newcomers and maintains a Community Diary of forthcoming events.

Grow Selsey

About Us

Partners

Covid-19

Greenway Cycle Route

Ferry Farm

Manhood Peninsula

Funding

Community Information

You can find out more about us at www.selseycommunityforum.uk.