

## Sudoku No 11

- 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.

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

## Solution to Sudoku No 10

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

## Hidden Disabilities

Many people live with hidden disabilities. We only see the effects in their behaviour: slowness, confusion, forgetfulness or reluctance to engage with others. We need to remember there is a cause for such behaviour and react with kindness, compassion, understanding and patience.

Senior Selsey News is published by Selsey Community Forum (Registered Charity No 1156460). Find out more at: [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk) . Email us at: [mail@selseycommunityforum.uk](mailto:mail@selseycommunityforum.uk)

## 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 accomodation 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.

## Selsey Community Diary

Selsey Community Forum maintains a community diary of forthcoming events and activity groups in the town. The diary is useful not only for finding out 'What's On', but can also be helpful in avoiding clashes with other future events. You can consult the diary and enter details of your event or activity at [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk) or by visiting the Selsey Care Shop, 121 High Street.

Almost all the items in the diary, particularly the repeat ones, have been disrupted by the Covid-19 Lockdown. The diary has therefore been cleared of such entries and, although we live in uncertain times, we ask that new entries are restricted to those likely to take place.

## Scam Corner

Which? reports many complaints about scam phone calls from companies offering insurance for washing machines and other domestic appliances. Cold callers are targetting elderly people in an attempt to pressure them into buying bogus or unnecessary insurance. In one case, a woman found that her deceased father-in-law had been paying 28 direct debits totalling over £1,000 per month for appliance cover, many for the same appliance. There are three lessons: first, don't be pressurised into buying anything or giving any bank details over the phone; second, if somebody does persist, simply hang up; lastly, if you know anyone who might be susceptible to such a scam, try to keep an eye on what might be going on.

# Senior Selsey News

- in partnership with the wider Manhood Peninsula

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*Senior Selsey News presents matters that might be of particular interest to our older residents. All contributions are welcome, especially those promoting the huge variety of clubs and voluntary groups that Selsey is able to offer.*

## Community Christmas Lunch

Unfortunately, the current Covid-19 regulations mean that it will not be possible to hold the Selsey Community Christmas Lunch as usual. Instead, Christmas lunch and gifts will be delivered by volunteers to people in their own homes. The number of meals will be limited, so if you will be on your own with no plans for Christmas Dinner, then make a booking by visiting the Selsey Care Shop, 121 High Street or telephone 01243201616.

## Help With Computers

Has lockdown finally convinced you 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. Don't miss this opportunity – more from 01243 201616.

## NHS 111 Service Enhanced in Sussex

The NHS 111 service can help if you have an urgent medical problem and you're not sure what to do. In Sussex, the service has now been enhanced and it can offer access to a wider range of health care professionals: GPs, paramedics, nurses, mental health professionals, dental nurses and pharmacists are all part of the new NHS111 clinical assessment service. If you call 111 or access the service via [www.111.nhs.uk](http://www.111.nhs.uk), you can speak to call handlers or healthcare professionals who will be able to assess symptoms over the phone, issue prescriptions and directly book people into onward care appointments. Over the coming months, NHS111 will integrate more closely with the 999 service and existing out-of-hours care, which means you will be able to be access evening and weekend GP appointments, home visiting services, and appointments at minor injury units and urgent treatment centres as well as A&E departments.

## Smiling is Infectious Too

Smiling is infectious,  
You catch it like the flu.  
When someone smiled at me  
today,  
I started smiling too.

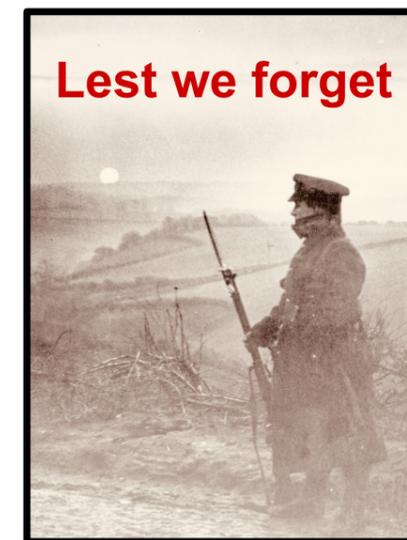
I passed around the corner  
and someone saw me grin.  
When they smiled I realised  
I'd passed it on to him.

I thought about that smile,  
then realised its worth -  
a single smile, just like mine,  
could travel round the earth.

So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick -  
and get the world infected!

Spike Milligan

## Lest we forget



## Colin Pullinger – 'Mousetrap Man' of Selsey

You probably know that Colin Pullinger lived in Selsey and that, today, there is a 'Blue Plaque' commemorating the fact. Colin was a man of many parts: among other things, his trade card claimed him to be a builder, baker, undertaker, fisherman, farmer, mender of glass, cooper, clock-cleaner, collector of taxes, accountant, teacher of navigation and repairer of umbrellas, not to mention Clerk to the Selsey Police and Clerk to the Selsey Sparrow Club. He was born in 1814 in Ivy Lodge (now Ivy Cottage, next to the Town Hall). To add to all the claims on his trade card, Colin inherited his father's house and carpentry business and, about 1860, he earned his place in history by inventing a mousetrap.

Mice have probably always plagued people - ever since we first moved into caves, mice have been right alongside us - so people have probably been inventing mousetraps for thousands of years. The earliest mousetraps were probably just holes in the ground. Later, bottles were sunk into the earth so that mice that fell in were unable to climb out. The standard modern mousetrap has a powerful spring to kill the mouse. Apart from its terminal cruelty, this design has another major disadvantage: it can only catch one mouse at a time; once it has operated, any other mice can eat the cheese with impunity. Colin's idea was to invent a mousetrap that would catch mouse after mouse and stay ready all the time. He came up with the Pullinger Perpetual Mousetrap – the heart of the device was the see-saw in the middle. The mouse comes along, sees and smells the bait and steps through the entrance onto a beam. Its weight makes the see-saw descend and there is no way back.

At the same time, the trap is set for the next mouse.

Colin Pullinger's mousetrap was incredibly successful. His advertising claim was that he had caught 28 mice in one trap in a single night, and that in 9 months, a farmer had caught nearly 1,000 mice with one trap. We don't know if these claims are true, but we do know that



in the 1861 Census he described his son Charles as a 'mousetrap-maker', and he employed up to 40 people – the biggest employer in Selsey. They had horse-powered circular saws and drills and could make a mousetrap in four and a half minutes – 960 a week. By 1885 they had sold two million traps at half a crown (12p) and the company went on making mousetraps until 1920. Colin Pullinger clearly did his bit to put Selsey on the map!

## Remember the Two Ronnies?

- A key company has gone into lockdown.
- An Iceland store has had its assets frozen.
- A bread company has run out of dough.
- A laundrette has been taken to the cleaners.
- A dog kennels has had to call in the retrievers.
- An origami book company has folded.
- A fire in the main Inland Revenue office was extinguished before any good was done.
- An out-of-work contortionist says he can no longer make ends meet.
- A cement mixer has collided with a prison van - Police are looking for six hardened criminals.

## Beware Candle Fires

West Sussex Fire & Rescue Service are asking people to take extra care with open flames this winter. More than a quarter of all fires started by candles and attended by fire and rescue services result in death or injury. The most important step you can take to keep yourself and your loved ones safe is to ensure your home has working smoke alarms. To prevent candle fires from starting in your home, you should make sure candles are kept away from young children, pets and flammable materials like curtains. You should also make sure that candles are put out when you leave the room, even for a moment.

## A Personal Trip Down Memory Lane

Later this year, Covid-19 regulations permitting, I am going to meet two longstanding friends in Derby where we grew up together. It is intended to be a nostalgic trip but I do wonder how many of the places where we played and gathered will still be recognisable today. The impending adventure set me thinking about the days of my childhood – I'd forgotten how very



different life was in those days. The house my family lived in was newly-built, so it was modern - it had an upstairs bathroom, a single electric power point in nearly every room and a garage (but no car!). There was no central heating, though, so we were used to having the most beautiful ice ferns on the inside of the windows on cold winter nights. We were lucky – there were still a lot of houses with a privvy at the bottom of the garden – and they became iced-up too! I seem now to have spent all my waking hours in the garden or playing in the

street with the many local children around my age. There were no cars parked in the street and those few that drove past always went very slowly. They were nearly always black with a very occasional white one. Cars were not the only thing in black and white, the televisions were as well, although few people had them until the 1960s. Believe it or not, the first program I remember watching was Coronation Street – some things never change! Without a TV, we had to rely on Radio Luxembourg for Jet Morgan and on Saturday Morning Cinema where the Lone Ranger and Zorro were favourites. There were no fridges and, in summer, the milk that the birds hadn't drunk would go off the same day it was delivered - fridges came later (along with more electric power points). Schools were very strict and corporal punishment, inflicted by belts, sticks and plimsolls, was an everyday feature of life. I'm not sure why, but we had a begrudging respect for anyone in authority – undoubtedly born out of fear! There were no school buses – only public-services trolley buses on which I used to travel on my own to school, even the infants' school. At the age of 10, I was trusted to travel alone by train from Derby to London (where, admittedly, I was met by my grand-parents). Children had their own hospitals in those days – and I made frequent visits for my many wounds to be stitched - trees and building sites were great, if perhaps rather dangerous places to play when we weren't scrumping for carrots and apples at the local allotments. We really did have a great deal of freedom and I loved it. I can't wait to see some of these places again.

With thanks to Ken Spencer

## East Beach Evangelical Church

We still live in unusual times but are enjoying being open for two Sunday Services at 10am and 5pm - please book your seat in advance by calling Alan on (01243) 607945.

We held a 'Return to Sunday School' Harvest thanksgiving service last month and various other Care Shop activities are taking place during the week, as well as our own YouTube streamed services and of course, Zoom meetings! We are busy planning our Christmas services which should still be able to take place, albeit with limited numbers. Please do call if you would like any more information or a DVD copy of some of our weekly services that we regularly record.

