

Sudoku No 9

- 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

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

Solution to Sudoku No 8

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

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.

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.

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.

You know you're getting old when you can no longer understand TV adverts!

Opportunities to Volunteer

Although at Selsey Community Forum we have a small number of paid staff, we rely heavily and place great value on the involvement of our volunteers. They enhance the range and quality of services we can provide by donating their time, skills, knowledge and experience. We aim to ensure that volunteers feel valued and are motivated to provide a professional quality to our services and to gain satisfaction from their efforts on our behalf. All our volunteers are given induction training and on-the-job training in the intended role. Those involved with vulnerable individuals are required to be cleared through the Disclosure and Barring Service. There is no fixed commitment but it is helpful if volunteers are available on a reasonably regular basis.

Helping to support others in the community can be very rewarding. If you would like to volunteer with us, please get in touch at the Selsey Care Shop, 121 High St or by telephone on 01243 201616 - we would be delighted to hear from you.

Senior Selsey News

- in partnership with the wider Manhood Peninsula

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Selsey Care Shop

The Selsey Care Shop remains open with social-distancing measures in place and, as they have done throughout the lockdown, the shop's counselling and advice services are continuing. Some of the shop's events and activities are now starting again but booking is essential so we can limit the numbers to ensure the safety of those attending:

Carers' Social Interaction Group
Male Carers' Breakfast Club
Carers Support West Sussex Sessions
SDAA SHOPtalk Sessions
Befrienders SHOPtalk Sessions
SDAA Men's Group

If you have been before or are interested in attending any of these events, please visit the Selsey Care Shop, 121 High St or telephone 01243 201616 to find out more and book your place.

Scam Corner

Chichester Police have advised that they are aware of a new scam where criminals are contacting potential victims claiming to be from Action Fraud. If you receive a call from someone claiming to be from Action Fraud or an automated message asking if you wish to speak with an adviser, hang up immediately.

If you wish, you can contact Action Fraud directly by calling 0300 123 2040 to confirm whether the call was genuine. Action Fraud will never call you and ask for your bank account details or to verify your PIN number.

If you have handed over these details, call your bank immediately.

If you think you've been a victim of fraud, you can report it online at www.actionfraud.police.uk or by calling 0300 123 2040.

Selsey Buddy Support

As we promised last month, the Buddy system which was widely admired during the Covid-19 Lockdown is being continued as Selsey Buddy Support. This innovation aims to support our more vulnerable residents with shopping, collection of prescription items and access to books, films and jigsaw puzzles. Selsey Buddy Support will also deliver food parcels and information leaflets as well as offering befriending and organised social activities for the lonely. If necessary, welfare checks will be initiated through Neil Hill, the Selsey Community Warden. Karen Halford has joined Jo Hughes in the Selsey Care Shop to help coordinate Selsey Buddy Support and assist over 80 volunteers who are involved in getting it safely under way.

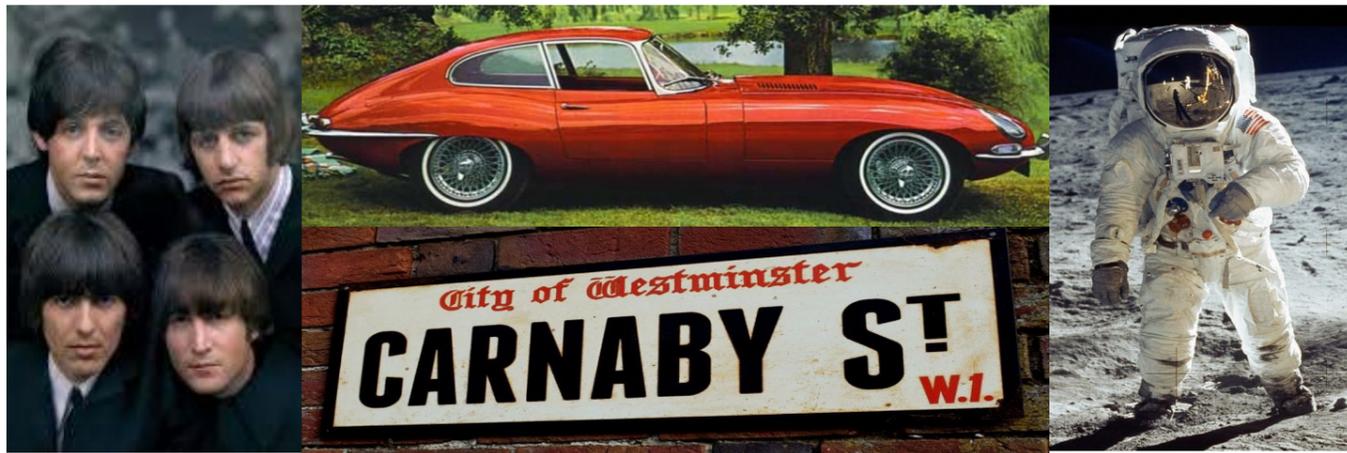
If you live in Selsey and have real difficulty in getting out and about to carry out normal activities, or you know of someone who might be in need of support, please contact the Selsey Care Shop at 121 High St or on 01243 201616.

Selsey Carers Support AGM

Subject to Covid-19 restrictions at the time, Selsey Carers Support are holding an Annual General Meeting at 10-11am on Friday 25th September in the Methodist Church Hall. To meet social-distancing requirements at the time, numbers might have to be limited so booking beforehand is essential by contacting the Selsey Care Shop at 121 High St or on 01243 201616.

Stroke Club

A Stroke Club is being formed in Selsey – you can find out more by ringing the Selsey Care Shop on 01243 201616.



Another Trip Down Memory Lane – Those Swinging Sixties

For those who were there, the 1960s were arguably the most upbeat and exciting decade of the twentieth century. Our whole way of life changed for the better as the shadow of the war disappeared and we looked to the future. The economy was booming and unemployment almost unheard of - British goods and services were in great demand and we had a thriving manufacturing industry. We were wealthier than our predecessors and there was a great sense of optimism and adventure. In 1963, the pop groups arrived - the Beatles, Rolling Stones, Manfred Mann and a host of others. The 'mod' fashion scene started in Carnaby Street and by 1964 was fast spreading around the country - and then the world. Hair grew longer and skirts grew shorter - the 'Swinging Sixties' had well and truly arrived.

BBC and ITV were the only TV channels until they were joined by BBC2 in 1964 – but there were some memorable programmes. 'That Was the Week That Was' broke new ground in satire - on Saturday nights in 1962 and 1963, it emptied the pubs before the 10.30pm closing time as we all went home to watch it. David Frost, Peter Cook, John Cleese and Millicent Martin tore into the establishment of the day, the first time it had been treated in the media without respect. The programme ended in 1964 because the BBC feared that it would influence the General Election. Monty Python's Flying Circus took comedy in a new direction and The Prisoner enthralled us all as we tried to discern what it was all about. Coronation Street introduced us to Ena Sharples, Ken Barlow and Elsie Tanner. Sea-borne radio pirates, Caroline and London, gave us Tony Blackburn, Dave Lee Travis and many other DJs playing the new music – the whole record, not just the two-thirds we got on Radio Luxembourg who had to make time for Horace Bachelor's infallible way of winning the football pools! At 3pm on August 14th 1967 the Marine Broadcasting Offences Act brought the pirates to an end. We waited, listening to the sound of silence - the day the music died? Well, perhaps a bit.

1960s Britain witnessed amazing social, political and cultural change – upheaval, even. The abolition of capital punishment, the abortion laws, the decriminalising of homosexuality, the Pill, technological advance – it seemed change would never end. Lady Chatterley's Lover was allowed to be published. Cigarette advertising on TV was banned while E-Type Jaguars and Minis appeared on our new motorways. James Bond made his entrance. The first credit card was issued by Barclaycard – our grandparents, used to saving up to buy things, were horrified. There were some great achievements. Early in the decade, Yuri Gagarin was the first man in space and, near its end, Neil Armstrong walked on the Moon. Francis Chichester sailed single-handed round the world in the famous Gypsy Moth IV but was trumped the following year when Robin Knox Johnson was the first person make the same journey non-stop. The Cuban missile crisis, when President Kennedy stood up to the USSR and the world held its breath. Just 63 years after the Wright brothers first flight, the shapely, supersonic, passenger-carrying Concorde took to the skies - and it was British, well, apart from the French half! Electric trains started to replace dirty and expensive steam and diesel

locomotives. There were some setbacks. We tried in vain to Ban the Bomb. The assassinations of President Kennedy and Martin Luther King horrified the world. Winston Churchill died and was accorded a state funeral. The tanker Torrey Canyon was wrecked and deposited 32million tons of crude oil on the Cornish coast, causing untold havoc and destruction of marine and birdlife. The RAF was called in to bomb the wreck and ignite the remains of its cargo. President de Gaulle twice rejected us by vetoing our applications to join the European Economic Community - he did not believe Britain was compatible with Europe!

If there was ever a time for England to host the football World Cup, it had to be in the Swinging Sixties. No football match had ever before received as much worldwide attention, partly because the final was to be held in London, the undisputed cultural capital of the world. If ever there was a time for England to win the football World Cup, then it had to be in 1966!

What You Might Need to Know About Falls

Older people are more likely to fall with about 1 in 3 aged over 65 and living at home having at least one every year. Most falls do not result in serious injury but there's always a risk that they could lead to broken bones or cause a damaging loss of confidence. Prevention is most important, so think about the possibility that you might fall at home before it actually happens.

Some health conditions, medication and footwear can affect your ability to stay steady on your feet. You might not notice your health slowly changing, so it's vital to have regular check-ups to pick up any issues before they cause a fall. It is important to stay active – exercises designed to improve muscle strength can reduce the risk of falling by improving your posture, coordination and balance. Take vitamin D to strengthen your bones and make them less likely to break if you do fall. Take care of your eyes and have them checked regularly. Hearing deterioration can be linked to problems which can affect your balance, so get your hearing checked if you think it has deteriorated. Certain medications can affect your balance – let your doctor know if any medication causes dizziness. Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling. Seek advice about any foot issues and make sure your shoes fit well and don't have a tendency to slip off. Avoid sandals with little support and shoes with high heels. Wear slippers that have a good grip and that fasten and stay on properly. Never walk indoors in bare feet, socks or tights.

If you've had a fall or you feel your balance isn't as good as it used to be, it's natural to feel worried about the possibility of falling. To feel more confident and in control, think and plan ahead. Most slips, trips and falls happen in or around the home. Keep an eye out for potential hazards and do something about them to make your home a safer place. Rugs and mats at the top or bottom of the stairs are a trip hazard and can easily lead to a fall, so it's a good idea to move them out of the way. Install a night light near the bed to make sure if you wake up in the dark you can see where you're going. Remove trip hazards like trailing wires, clutter and rugs. Avoid glass furniture as it can be harder to see and may cause a stumble. Make sure that any spillages are cleaned up straight away. Finally, consider having a personal alarm which allows you to call for help if you can't reach a telephone.

If you do have a fall, it's important to keep calm. If you're not hurt and you feel strong enough to get up, don't get up quickly. Roll on to your hands and knees and look for a stable piece of furniture, such as a chair or bed. Hold on to it with both hands to support yourself and, when you feel ready, slowly get up. Sit down and rest for a while before carrying on. If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your alarm call button (if you have one). If possible, crawl to a telephone and dial 999 to ask for an ambulance. Try to reach something warm, such as a blanket or dressing gown, to put over you, particularly your legs and feet. Stay as comfortable as possible and try to change your position from time to time if there is no pain. If you are in pain, be wary of being helped up by well-meaning friends or neighbours – leave it to the professionals.