

April Events

More information from Selsey Care Shop, 121 High Street, open Mon to Sat, 9.30am to 4pm, or telephone 01243 201616.

- Tue 2nd **The Writer's Circle** – for those already writing or complete beginners. First Tuesday each month - visitors welcome. Membership £12/year and £2 per session. Methodist Church Hall 2-4.30pm.
- Thur 4th **Tea, Cake and Live Music** – enjoy, relax and participate, Methodist Church Hall 2.30-4.30pm.
- Sat 6th **Jumble Sale** – in aid of Selsey Cancer Relief. Methodist Church Hall 10am-1pm.
Jumble and Rummage Sale – St Wilfred's Church Hall 10am – Noon.
- Mon 8th **Movies for Memories** – 'Victoria & Albert' - Town Hall, 1-3.30pm, bookings on 01243 201616.
- Thur 11th **Carers Coffee Morning** – All carers welcome - Methodist Church Hall 10-11.30am.
Carers Support Session – West Sussex Carers Support - Methodist Church Hall 1.30-3pm.
- Wed 17th **Folk & Music Club** – Selsey Club, Coxes Road 7pm - 3rd Wednesday each month. £4 entry.
- Thur 18th **Lunch Club** – monthly, with good company and a tasty lunch. East Beach Church. More 607741.
Ladies in Contact – St Peter's Church 7.15-9-15pm.
- Sun 21st **'ResBite Tea'** – tea, chat and entertainment. East Beach Church 3-4.30pm.
- Mon 22nd **Carers Car Boot Sale** – Recreation Ground, School Lane 7.30am – 1pm.
- Wed 24th **Support for Dementia Carers** – join a peer support group and have a chance to talk about how dementia affects your life. Fourth Wednesday each month, run by Alzheimer's Society. Methodist Church Hall 1.30-3.30pm. Register to attend on 01403 213017.
- Fri 26th **Selsey U3A** – monthly meeting. Visitors welcome. Selsey Centre 7.30-9pm. More 07710 658331.
- Sun 28th **'ResBite Tea'** – tea, chat and entertainment. Methodist Church Hall, 3-4.30pm.

Weekly Activities (Please remember some groups might not meet on particular dates.)

- Mon **Dementia Friend Sessions** – increase your understanding of dementia and discover the small things you can do to make Selsey more dementia-friendly. Selsey Care Shop 4-5pm.
Sing Your Heart Out! - friendly and supportive singing group. St Wilfred's Church Hall 1.30-3pm.
- Tue **Selsey Men in Sheds** – pursue your practical interests and hobbies or just chat over a mug of tea. 10am-4pm on Tuesdays and Thursdays and 10am-2pm on Saturdays. See www.selsey-men-in-sheds.co.uk or visit their Shed at Plot 2 (behind Cricket Pavilion), Recreation Ground, Paddock Lane.
VIP Club - for the visually-impaired. Hanover Close 2nd & 4th Tue each month 2-4pm - 606995.
Whist Drive – friendly event at Selsey British Legion 7.30pm. More - Madeleine 01243 603531.
- Wed **Selsey Wood Carvers** - be creative with wood and enjoy good company - ladies and gentlemen welcome. Scout Hut School Lane. 10am-4pm.
Model Boat Club - Sail radio-controlled boats (weather permitting). East Beach Pond 10am-Noon. Also meet Sundays at same times.
Fitter Sitters - gentle exercise class for the less mobile. Selsey Centre 10.20-11.20am.
Crafty Natter Club - many different crafts including embroidery, flower arranging, quilting and card and bread-making. Methodist Church Hall 1st & 3rd Wed each month 2-4pm. Lisa 01243 601032.
Selsey Community Choir – Methodist Church Hall, 7-8.30pm. (Current sessions end 13th March.)
Selsey Folk & Music Club - play, sing or just relax and listen with a drink from the bar. Third Wednesday of each month at 7 for 7.30pm in the Selsey Club. More from 07721 532711.
- Thur **Selsey Bridge Club** - friendly group, mixed-ability players. Selsey Centre 2-5pm. Carole 602250.
Selsey Library - read, chat and listen. 5.45-7.15pm. 01243 602096.
Walking Football for Over-50s - gentle game of football to keep you in shape. The Academy 6pm.
Carpet Bowls - come along and give it a try. Medmerry Primary School 7-8pm.
- Fri **Darby & Joan Club** - bingo, a cuppa and a chat in a friendly atmosphere with subsidised days out. St Peter's Church Hall 2-4pm. Find out more from Kim on 07838 549034.

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Senior Selsey News

Issue Number 41

April 2019

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.

Volunteers – Your Community Needs You!

Are you available on Mondays from 1.30pm until 3pm? A dementia-friendly local singing group would benefit from your assistance. You do not need to be a confident singer – you just need to join in and help out.



If you are interested in helping to make a difference, please contact the Selsey Care Shop, 121 High Street or on 01243 201616

Anti-Social Driving Clampdown in Selsey

In response to reports of anti-social driving in Selsey, and as part of Operation Crackdown, local police and the Driver and Vehicle Standards Agency teamed up recently to stop and search vehicles in the local area. Vehicles of interest were stopped and searched, resulting in two being seized for having either no tax or insurance. Operation Crackdown is aimed at reducing driving that is careless, deliberately aggressive or dangerous, as well as identifying abandoned vehicles. You can report any of these matters using online forms at www.operationcrackdown.org or by ringing 101. You should give as much information as possible, including the registration number and, ideally, the make, model and colour, as well as when and where the incident occurred.

Just remember – it's better to pay full price than admit you're a senior citizen!

Help With Computers

Last month, we lamented the closure of all the bank branches in Selsey and sympathised with those who, for whatever reason, didn't want to deal with banks on the internet or by telephone. We suggested that the time might have come to throw caution to the wind, bite the bullet and start using the internet. Apart from doing your banking online, you could also keep in touch with family and friends (the grandchildren would be very impressed!). You could buy things that you can't find in Selsey and have them delivered to your door. You would also have access to the biggest reference library that the world has ever known. But where to start?

One way would be to take advantage of the one-to-one 'Computer Buddy' sessions at Selsey Library. A friendly volunteer will show you how to use your own device or a library computer.

Sessions are on Tuesday and Thursday afternoons but you must book on 01243 602096.

Go on – you can do it!

Lunch & Movie Club

With Easter intervening, 'Movies for Memories' will be held only once in April - normal service will be resumed next month.

Monday 8th April, 1pm

'Victoria and Albert'

A love story - the early life and marriage of Queen Victoria and Prince Albert



Please note that the Town Hall fire regulations mean that booking on 01243 201616 is essential for the Lunch & Movie Club, Regrettably, those without a booking will not be able to attend.

Another Sweet Trip Down Memory Lane



Any Ideas on How Help the NHS?

With an ageing population, more people living with long-term conditions and lifestyle choices affecting people's health, the pressure on the NHS is increasing. Changes are needed to make sure everybody gets the support they need. The Government is investing an extra £20bn a year and the NHS has produced a Long-Term Plan, setting out all the ways it wants health services to improve for people across the country. Now, your local NHS needs to hear from you about what those changes should look like in your community. The Long-Term Plan sets out what the NHS wants to do better, including making it easier for people to access support closer to home and via technology, doing more to help people stay well, and providing better support for people with cancer, mental health conditions, heart and lung diseases, long-term conditions, such as diabetes and arthritis, learning disabilities and autism, and for people as they get older and experience conditions such as dementia.

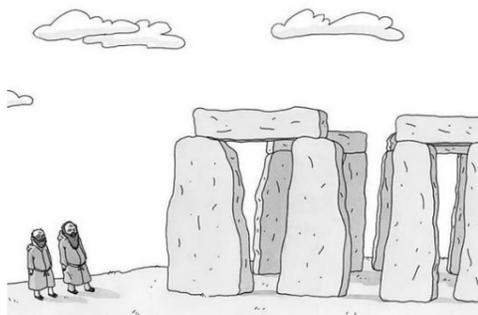
Your local NHS needs to hear from you about what it should do to make care better for your community. How would you help people live healthier lives? What would make health services better? How would you make it easier for people to take control of their own health and wellbeing? What would you do to make support better for people with long-term conditions? These are big questions with no easy answers but you can share your views with Healthwatch West Sussex on 0300 012 0122, or complete their survey at www.healthwatch.co.uk.

Dementia Friends

Dementia Friends are people who have attended an information session where you can increase your understanding of dementia and think about the small things that you can do to make a difference to people in your community who are affected by dementia.

Sue Hancock is currently holding friendly and interactive Dementia Friends sessions in Selsey Care Shop, 121 High Street on Mondays from 4-5pm.

More from Sue on 01243 201616.



Heh! Heh! That'll give 'em something to think about in 5,000 years time!

Selsey Dementia Action Alliance (Overheard in the High Street)

'What's the Selsey Dementia Action Alliance, then?'

'They've just had their first anniversary. My missus tells me all about it - her friend's husband's been diagnosed with dementia so she's been really interested. The alliance is aiming to make Selsey a dementia-friendly community.'

'OK - but what is a dementia-friendly community?'

'The missus says it's telling everyone about dementia so they understand it better - that way, they're more sympathetic and helpful. It's also about making sure that we've got the right local services and activities for those who need them.'

'What's this alliance actually been doing, then?'

'The big thing was starting the Care Shop in the High Street - it brought together different groups which can now work more efficiently and effectively to provide community information and support to lonely older people as well as those living with dementia and their carers. Apparently it's very successful - being held up as a shining light.'

'Oh, yes - I've seen the shop - looks a very friendly place. What else have they done?'

'Well, it's a long list! They're running weekly sessions to explain all about dementia. The missus did one - she calls herself a Dementia Friend now and is helping at some of their events. They work closely with the Alzheimer's Society and other charities and organisations, including Selsey Medical Practice, to offer information and practical support for those living with dementia and their carers. They're running Dementia Cafes, activity sessions for men with a diagnosis of dementia, outings and singing sessions. Apparently, singing is a great way of stirring memories. The missus says that most of those involved are volunteers but there is one part-time Coordinator employed to make sure everything runs smoothly.'

'Well, there certainly seems to be a lot going on. Is all this happening just in Selsey?'

'No - the Selsey Dementia Action Alliance is partnering various groups around the Manhood Peninsula. In the Witterings, Bracklesham, Birdham and the villages, Dementia Friends sessions started recently, a Dementia Cafe is being set up, a weekly singing group has just begun and other projects are being planned. Once again, Selsey leads the way!'

'All sounds pretty good - wonder what they'll get up to in their second year?'

Scam Prevention Presentation

Do you want to know how to avoid scam telephone calls?

Do you want to know how to deal with rogue traders?

Do you want to know what you should do about computer fraud?

Come along to an informative presentation by Sussex Police and get answers to these questions and much more (including refreshments)!

Thursday 9th May, 10am - Noon
Selsey Town Hall

A Trip to the Doctor

Springtime is here, a joy to behold.
A health check is due - it's free 'cos I'm old.
Me Doctor's prescribed a long walk or two,
he says t'will do wonders for me and for you.
Keeping us out of his surgery too.
But me feet's playing up, giving me gip,
not to mention me dodgy right hip.
Me knees won't unbend if I lean down too far.
Nevertheless - I makes me way out,
trying to forget this could trigger me gout.
I grit me teeth - yes, a couple fall out.
The wind won't stop blowing, I've a pain in my ear -

thank goodness I've spotted a hostelry near.
All pain forgot I break into a trot -
sit meself down for a chat and a beer.
'What's this, then' - Dr Doolittle's voice I hear
'Oooh doctor' I says 'I've walked all this way.
After leavin' me house - now I've come over queer.

Overdone it, I reckon, so I've just stopped off here.'

Doctor gives me a look, takes me arm an' says kindly

'I'll take you home then, how far do you live?'

Me face all red, I knocks back me beer.
Avoiding his eyes I mutters 'quite near'.
'Not too far, the barman pipes up.

He leans on the bar and says with a lear,
'S'right mate, he lives in a cottage -
the one with the thatch - next door to here!'

THEA x

Why is everyone my age older than me?