

## August Events

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

- Thur 1<sup>st</sup> **Tea, Cake and Live Music** – enjoy, relax and participate, Methodist Church Hall 1-3.30pm, £3.  
**Seal Island WI** – Selsey Centre 7.30-9.30pm. More from Jane on 01243 605649.
- Sat 3<sup>rd</sup> **Selsey Festival** – runs until 1<sup>st</sup> September with over 30 events advertised widely around the town.  
**Jumble Sale** – in aid of Selsey Cancer Relief Fund. Methodist Church Hall 10am - 1pm.  
**Grand Afternoon Tea** – in aid of RNLI. See front page. East Beach Church 2-5pm.
- Sun 4<sup>th</sup> **Mazegarden Open Day** – 68 Street End Lane, Sidlesham. Adults £3, Children free.
- Tue 6<sup>th</sup> **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.
- Wed 7<sup>th</sup> **Selsey Sea Bathing Society** – swim, tea and cake. Adults only. More: Justine 07714 333418.  
**Coffee Morning with Dementia Friends** – drop in at Witterings Medical Centre 10-11.30am.  
**Return to Sunday School** – dementia-friendly - see centre page. East Beach Church 2.30pm.
- Thur 8<sup>th</sup> **Jigsaw Puzzle Club** – in aid of Snowdrop Trust. 14 Green Lane 10am-4pm. More: 01243 605942.
- Fri 9<sup>th</sup> **Gardening Club** – visitors welcome. The Selsey Centre 7.30-9pm.
- Sat 10<sup>th</sup> **Abba Tribute Concert** – Selsey Centre 7-10pm Tickets and information from 01243 602623.
- Thur 15<sup>th</sup> **Lunch Club** – good company and a tasty lunch. 12.30-1.30pm East Beach Church. More 607741.  
**Carers Support Session** – in conjunction with West Sussex Carers. All carers welcome. Methodist Church Hall 1.30-3pm. More information from 01243 201616.
- Wed 21<sup>st</sup> **Selsey Folk & Music Club** – special guest Laura Thane. Selsey Club, Coxes Road 7 for 7.30pm.
- Wed 28<sup>th</sup> **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.

Please note space here is limited - many more local events and weekly activities are listed in the Selsey Community Diary at: [www.selseycommunityforum.uk/Community-Information/](http://www.selseycommunityforum.uk/Community-Information/)

## 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](http://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 2<sup>nd</sup> & 4<sup>th</sup> Tue each month 2-4pm - 606995.
- Wed **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 1<sup>st</sup> & 3<sup>rd</sup> Wed each month 2-4pm. Lisa 01243 601032.  
**Selsey Community Choir** – Methodist Church Hall, 7-8.30pm.
- 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.  
**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.

Senior Selsey News is published by Selsey Community Forum (Registered Charity No 1156460) and sponsored by Julie's Kitchen with funds generated by the Community Christmas Dinner. See more at [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk).

# Senior Selsey News

Issue Number 45

August 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.*

## Selsey Carers News

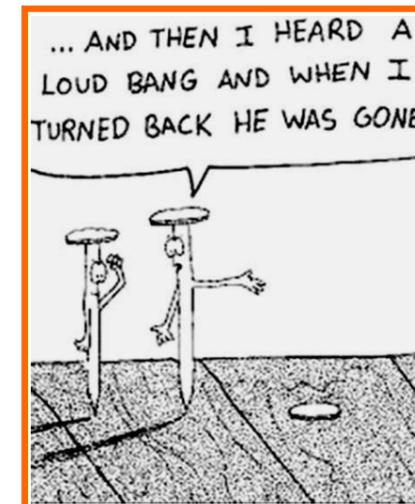
Unfortunately, the weather put paid to this year's fourth Car Boot Sale - let's hope the weather gods are on our side for the next one on 1<sup>st</sup> September! It has certainly been warmer recently but that can present challenges for the vulnerable or elderly, as well as their carers. Our Old Fashioned Afternoon Tea event with some very tasty sandwiches and homemade cakes, all served on beautiful bone china, was a lovely occasion.

Together with Carers Support West Sussex, we invite family and friend carers to join us and meet other carers at advice and support sessions on the third Thursday each month from 1.30-3pm at Selsey Methodist Church Hall. We also hold regular Coffee Mornings on the second Thursday each month from 10-11.30am; they offer an excellent opportunity for those carers new to Selsey to meet others in our community.

Selsey Carers exists to help and befriend unpaid carers in our community; we also offer the opportunity for trips out for both carers and their loved ones. On 9th August, we have a coach outing to Country Market Retail Outlet and Garden Centre. Sue White, our events organiser, is busy finalising details for our Christmas events. You can find us in the Selsey Care Shop, 121 High St on 01243 201616.

## Sea's the Day

There is currently an exhibition with the above title at the Novium Museum in Chichester celebrating more than 1,000 years of fishing in Selsey. The exhibition is well worth a visit. A number of associated talks will take place in September and October on a range of fishing and maritime subjects. More information from the museum on 01243 775888.



## Lunch & Movie Club

'Movies for Memories' is taking a summer break in August - it will recommence as usual in September.



## Lifeboat Launch Day

Selsey's Lifeboat Week culminates on Sunday 4<sup>th</sup> August with an event-packed Lifeboat Launch Day: Charity & Craft Stalls (from 10pm), Fun Fair, Manhood Classic Cars, Selsey Shanty Men, Raft Race (1pm approx) and the Selsey Lifeboats display with visiting boats.

Weather and operational commitments permitting - all proceeds to RNLI.

## Grand Afternoon Tea

In support of Lifeboat Week, tea or coffee, sandwiches, cakes, scones, jam and clotted cream.

East Beach Church  
Saturday 3<sup>rd</sup> August 2-5pm  
£5 per person

All proceeds to the RNLI.

**People say nothing is impossible - but I can do nothing all day!**



In our June and July editions, we have explained a little about the amazing human brain. It is more capable than any computer we have yet devised and, for all we know, might be the most complex device in the Universe. Unfortunately, because our brains are so complicated, there are many things that can go wrong to adversely affect them and lead to what we collectively refer to as 'dementia'. There are many causes of dementia and they can affect different people in different ways; nevertheless, many of the symptoms can be similar.



It is estimated that there are 850,000 people living with dementia in the UK, with numbers set to rise to over one million by 2025 and soar to two million by 2051. Selsey has its share of those who are living with dementia - probably more, because of our relatively older population. The Forget-Me-Not project is seeking to create and sustain Selsey as a truly dementia-friendly community. But what is a dementia-friendly community? To understand the answer to that question, you need to know something about dementia so that you can glimpse part of what life can be like for someone experiencing dementia. Dementia is a progressive disease but there are treatments and strategies which can help to mitigate some of its effects. It is possible to live well with dementia but the following might give you some idea of the problems those living with dementia can face.

Imagine that you have been diagnosed with the early stages of dementia. That, in itself, is worrying enough, but - if you haven't already - you could soon discover that venturing out of the relative and familiar safety of your own home could be a frightening experience. For a start, you might forget where you are going - you might even be going home, but can't remember where it is. The man with the dog who walks past you doesn't seem to care when you try to get him to help you. You might get on the bus and be quite unable to tell the driver where you want to go - but he doesn't care, he's more interested in where he has to go and the time he needs to get there. You might manage to find the cash machine, or be trying to buy something in a shop, but discover that you have completely forgotten your PIN. You might go into a shop with a carefully prepared shopping list and be quite unable to understand 'Chicken Cheese'. You ask the shop assistant but she's busy and doesn't have the time to consult your list and tell you where you can find the chicken and where you can find the cheese. Your eyesight is fine but the messages being received by your brain from your eyes are being misinterpreted: to you, a doormat can look like a hole in the floor; a shiny floor might seem to be a swimming pool - would you walk across it? The mirrors on the walls inside a lift can throw you into total confusion - you simply can't make any sense of it at all. You might find yourself talking to a shop assistant and slowly realise that you are actually addressing a tailor's dummy. Hearing can be similarly affected: if someone is talking to you, the words can appear to become garbled and gibberish - what do you say in reply? Your sense of balance can go hopelessly wrong: the messages from the sensors in your ears are, again, misinterpreted by the brain which sends the wrong commands to the wrong muscles and you fall over - imagine that. Everything considered, the big outside world can be a very frustrating, confusing, frightening or even hostile place for someone who is living with dementia; it is not surprising that many of them tend to shut themselves away in the relative safety of their own homes. But it doesn't have to be like that.

People experiencing dementia can still be independent and safe in a non-threatening environment; they can still contribute to society - but they do sometimes need help from a friendly and sympathetic community. Everybody can help: shop assistants, public service workers, faith groups, businesses, the police, fire and ambulance staff, bus and taxi drivers, passers by, neighbours, clubs and societies, community leaders and all other members of the community. In short, everybody. It is not only the community and those living with dementia that benefit - family carers find that the stress of looking after loved ones with dementia can be much reduced.

There is a lot that can be done to make the local community more dementia-friendly: it doesn't need to start with expensive items like the design of buildings - it can include care in the design of signs, menus and other information material. Most of all, it can be achieved through sympathetic understanding about dementia by members of the community. Small changes can make a big difference - and that is what Selsey's Forget-Me-Not project seeks to achieve.

You could become a Dementia Friend by attending an information session where you can improve your understanding of dementia (see top of next column). If you are a local business owner, or involved in running a local organisation of any kind, you might wish to take part in the Forget-Me-Not project by becoming a member of the Selsey Dementia Action Alliance, as well as becoming, and encouraging your staff or colleagues to become, Dementia Friends. You can find out more at: [www.selseycommunityforum.uk/SDAA/](http://www.selseycommunityforum.uk/SDAA/) One day, you might be grateful that you live in a dementia-friendly community.

If, after reading this article, you are worried about yourself or someone close to you, visit your GP and talk about your concerns. Dementia can only be diagnosed by a qualified professional.

### Dementia Friends

Dementia Friends are people who have attended an information session where they can increase their understanding of dementia and think about the small things that they can do to make a difference to people in their community who are living with dementia.

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

More from Sue Hancock on 01243 201616.

### Return to Sunday School

An exciting new cafe-style, dementia-friendly service for those living with dementia, their carers and those interested in dementia.

East Beach Church Wednesday 7<sup>th</sup> August 2.30pm

Tea and scones provided!

In partnership with Selsey Dementia Action Alliance, part of Forget-Me-Not - a project to create and sustain Selsey as a truly dementia-friendly Community

### John the Handyman

John set up his business 19 years ago specialising in small diy-type jobs for the over-50s in which many tradesmen are not interested. John charges by the hour and agrees a price before starting any work; he is insured, DBS-checked and references are available. If you have a small job you do not feel up to tackling yourself, give him a ring on: 01243 603750.

### 'It's OK not to be OK'

A free confidential support group, in which it is OK to admit that you are not feeling OK, offers an opportunity to openly discuss life's problems and complications - no more silent suffering. The group allows those attending to suggest and discuss ideas and find sources of support. Tuesdays at the Selsey Care Shop, 121 High St from 5.15pm until 6.15pm

In August, the focus will be on bereavement and its issues.

Advance registration is not necessary, you can just drop-in. More Information from Lee Sharp on 07798 806969 or at [leesharp@youthdream.co.uk](mailto:leesharp@youthdream.co.uk).

### Dementia-Friendly Singing Group

The Birdham Dementia Friendly Singing Group meets on Thursday afternoons. You don't have to be a good singer or be able to read music to enjoy these sessions, the emphasis is on socialising and enjoying the pleasure of group singing in a friendly environment.

You can find out more from Sue on 01243 512044.

Don't forget, you don't need to carry your driving licence with you. If it gets stolen, particularly along with your keys, the bad guys will know where you live and might pay you a visit.

**Scam Corner**

### You Know You're Getting Old When You .....

- Groan as you stand up.
- Groan as you sit down.
- Look in the mirror and see your grandad.
- Can no longer understand TV adverts.
- Begin all sentences with 'In my day...'
- Be in a different room to your teeth.
- Never see the end of a film.
- Are told you look young!