

July Events

More information from Selsey Care Shop, 121 High Street,
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.
- Wed 3rd **Coffee with Dementia Friends** – chat and support. Witterings Medical Centre 10-11.30am.
- Thur 4th **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.
- Thur 11th **Jigsaw Puzzle Club** – in aid of Snowdrop Trust. 14 Green Lane 10am-4pm. More 01243 605942.
- Carers Coffee Morning** – all carers welcome - Methodist Church Hall 10-11.30am.
- Fri 12th **Gardening Club** – visitors welcome. The Selsey Centre 7.30-9pm.
- Wed 17th **Selsey Folk & Music Club** – special guest Dom Prag. Selsey Club, Coxes Road 7 for 7.30pm.
- Thur 18th **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 10243 201616.
- 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.
- Sat 23rd **Sidlesham Summer Fete** – 2-4pm in Vicarage Field. More information from 01243 641698.
- Sun 24th **Selsey Lifeboat Week** – until 4th August - see advertising around the town.
- Tue 30th **Summer Craft Workshop** – for adults and children. Make key-rings, cushion covers, printing on T-shirts and more. Methodist Church Hall 10am-4pm. Bookings essential on 01243 601032.

Please note that space here is limited - many more local July Events and Weekly Activities are listed in the Selsey Community Diary at: 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 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.
- 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.
- 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.

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Senior Selsey News

Issue Number 44

July 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.

Queen's Birthday Honours



We were delighted to hear that Mike Nicholls (pictured with his wife, Di), the Chairman of Selsey Community Forum has been awarded the British Empire Medal for services to the community. Mike has been involved in numerous groups and activities in Selsey since he and his wife moved here ten years ago. He is also a trustee of the charity Sports Dream and the Chairman of Youth Dream, a charity supporting our young people. Of all his work over the years, Mike has said that he has been most proud of the creation of the Selsey Care Shop and the Bridge Support Centre, which offers help to the mental health of Selsey's young people. Mike puts enormous energy and determination into his many community interests but, typically, says his best work is always done with other people who share his enthusiasm for volunteering their services.

A wonderful bird is the pelican;
his beak can hold more than his belly can -
he can hold in his beak
enough food for a week,
though I'm dammed if I know how the hell 'e can!

Ferry Farm Community Grants

Don't forget that applications are currently invited from community groups in the parishes of Sidlesham and Selsey for grants of between £250 and £2,000 from the Ferry Farm Community Grant Fund. The next deadline for the submission of applications is 5pm on 31st July. An application form and further information can be found at:
www.selseycommunityforum.uk/Ferry-Farm/

Alternatively, you can collect an application form from the Selsey Care Shop at 121 High Street.

If you are involved with, or are seeking to start-up a club, society or other community group in Selsey or Sidlesham, don't miss out – get your application in now!

Lunch & Movie Club

'Movies for Memories' at 1pm in the Town Hall - booking essential.

Monday 1st July

'The Lion King'

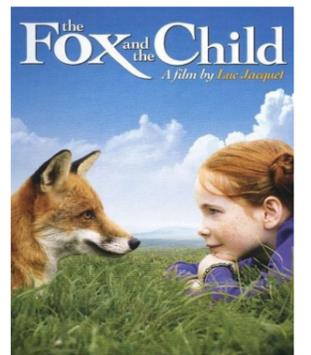
The adventures of the young lion Simba and the battle with his nasty uncle, Scar.



Monday 15th July

'The Fox and the Child'

A 10-year-old girl and a mountain fox form a magical relationship.



The Amazing Human Brain

Last month, we looked at the amazing human brain - not only is it the most complex organ in the human body, it could be the most complex creation in the universe. The human brain acts as a huge storage device and allows an extraordinary range of physical and cognitive abilities, as well as producing our individual personalities. In terms of its versatility, the human brain is far superior to the most powerful computers in existence. Sadly, the amazing human brain can go wrong.

Dementia is a broad term used to describe a number of different conditions affecting the brain, including Alzheimer's disease, vascular dementia, frontotemporal dementia and many more. Without getting too technical, the many different components in the brain can suffer damage for a number of different reasons, or even a combination of those reasons. The result is that dementia can affect individuals in many different ways. Some of the early symptoms of dementia are described below.



Loss of Initiative

At times, everyone can become tired of housework, business activities or social obligations. However, a person with dementia might become very passive, sitting in front of the TV for hours, sleeping more than usual or appear to lose interest in hobbies.

Changes in Mood

Everyone can become sad or moody from time-to-time. A person with dementia might become unusually emotional and experience rapid mood swings for no apparent reason. Alternatively, they might show less emotion than was usual before.

Language Problems

Occasionally, everyone has trouble finding the right word but a person with dementia often forgets simple words or substitutes unusual words, making speech or writing hard to understand.

Memory Loss

Declining short-term memory is the most common early symptom of dementia. People with ordinary forgetfulness can still remember other facts associated with the thing they have forgotten. For example, they might forget a neighbour's name but they still know the person they're talking to is a neighbour. A person with dementia will not only forget the name but also that they are a neighbour.

Misplacing Things

Anyone can temporarily misplace their wallet or keys. A person with dementia might also put things in unusual places such as an iron in the fridge or a wristwatch in the sugar bowl.

Disorientation in Time and Place

We all sometimes forget the day of the week, or where we are going, but people with dementia can become lost in familiar places such as the road where they live, forget where they are or how they got there and not know how to get home. A person with dementia might also confuse day and night.

Decreased Judgement

People with dementia can dress inappropriately, wearing thick clothes on a warm day or very few on a cold day.

Changes in Personality

People with dementia might seem different from their usual self in ways that are difficult to pinpoint. A person might become suspicious, irritable, depressed, apathetic or anxious and agitated especially in situations where memory problems are causing them difficulties.

Difficulty with Familiar Tasks

People with dementia often find it hard to complete everyday tasks that are so familiar we do not usually think about how to do them. A person with dementia might not know in what order to put clothes on or the steps for preparing a meal.

You should not use the above information to 'diagnose' dementia in yourself or someone else. If, after reading it, 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 health professional.

People affected by dementia can feel that society fails to understand the condition they live with, or how to interact with them. Because of that, both they and their carers tend to withdraw from their community and become isolated and lonely. We will tell you next month about 'Forget-Me Not', a project which seeks to make Selsey a dementia-friendly community where people are aware of and understand dementia. We'll also tell you how you might play your part in 'Forget-Me-Not'.

Selsey Carers News

Selsey Carers committee and volunteers have had a busy time since Easter organising car boot sales. Thanks to continuing support from the local community, traders and holiday visitors our car boot sales have been very successful. The last one this year will be held on Sunday 1st September.

Sue White is now working as the Carers Outreach Officer in The Selsey Care Shop. She has asked me to mention a number of items. First, a scheme which, for an annual payment of £6, entitles a disabled person to a free ticket for their carer or helper when they accompany them on visits to participating cinemas. Second, West Sussex County Council are offering a free 13-week trial of a Personal Alarm system. Finally, Crossroads Care can offer up to 48 hours of free emergency respite care. If you would like to know more about any of these schemes, please contact us at the Selsey Care Shop, 121 High St or by telephone on 01243 201616.

The money we raise from car boot sales, donations and sponsorship enables us to hold events and outings for our members and their loved ones. Membership is free so, if you're caring for a loved one, please join us and find out how we can help you. We are currently planning a coach outing to the Country Market Garden Centre at Bordon in Hampshire. We also hold a Coffee Morning on the second Tuesday each month in the Methodist Church Hall from 10 am - a chance for you to join us and get to know us better over a welcoming cup of tea or coffee.

Health Watch West Sussex

Healthwatch West Sussex is an independent organisation with an ambition to make local health and social care services better for people that use them. They can listen, take action and influence positive change for people living in West Sussex. They record what people tell them and share this anonymously with those who make decisions about our health and care services. Not only do they collect the experiences of local people, they can also provide free information and guidance in relation to complaints or other problems with the NHS. You can contact Healthwatch West Sussex on 0300 012 0122 or at helpdesk@healthwatchwestsussex.co.uk,



'Excuse me, would you mind making a sculpture of me and my family.'

'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

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

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 affected by 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.

*Violet smiled at me today,
her big brown eyes lit up
as I passed along the way.
A tiny mite of one year old
returned my smile today.
The kiss of an angel is a gift
that was given to me this way.*

Thea

Scam Corner

There are continuing warnings that, with crackdowns on internet scams, fraudsters are returning to telephone scams. Be very cautious if you receive unsolicited calls with requests for your personal or financial information. Just because someone knows your basic details (such as your name and contact details), it doesn't mean they are genuine. Legitimate organisations won't ask you to pay taxes, bills or fees: if you're contacted by anyone that asks you to do this, you're likely the target of a scam. Finally, don't be rushed or pressured into making a decision - under no circumstances would a genuine bank or some other legitimate organisation force you to make a financial decision on the spot.