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Selsey
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What is the '**Selsey Community Forum**' and what do we do? This is an umbrella charity that has run for 14 years, with the primary aim of helping residents of our wonderful seaside town Selsey and surrounding villages on the Manhood Peninsula. Through action-driven regular partnership meetings, we bring together local organisations to help meet local needs. Recently as a charity, we demonstrated how we were able to respond to multiple needs during the Covid-19 emergency and substantially increase awareness in the local communities of what Selsey Community Forum offers.

Selsey Care Shop- Acts as a one stop-shop in the High Street and can help people in lots of ways. The Care Shop works with other local community groups, churches, charities, businesses and statutory organisations to coordinate and deliver a wide range of support for the local community. We are open 7-days a week now. Areas that the shop can help and assist are:

Travel info

- Woods travel
- Bus times
- Venture Club
- Selsey Shuttle

What's on

- Time of groups activities run by the charity
- Selling tickets for local events (by agreement only)

Welcome to Selsey

Carer information

- Local carers/ care packages
- Day care provision

Selsey Life Distributor

SCF newsletter distributor- Published monthly, this brings regular news of community activities and services.

Community Drop-ins

- Service users popping in to the shop
- An ear for those in distress
- Seen as a safe place to come
- Donations of money and equipment
- Residents concerned about neighbours/family
- Moving of furniture
- Thank yous
- Help with top ups of mobile phones
- Help with domestic appliances.

TV licence enquiries

Foodbank voucher distributor

Banking of all SCF donations

Selsey Buddy Support base

- Prescription pick up requests taken and requests to volunteers for help
- Small shops organised for those that cannot leave their home
- Organising volunteers to distribute newsletters

Buddy Assisted Transport (BATS)

- Initial calls taken for BATS bookings and referrals done as necessary

Bookings of Selsey Money Support appointments

All phone calls taken into the charity and referred on as necessary

New Service user registrations

Help with 'Tell us Once' following a death

Linking with Solicitors for service users without NOK following deaths

Working with local estate agents for private rentals

General information provided:

- Is the launderette open?
- Where can I get a dentist?
- What time is the mobile bank?
- Where is xyz in Selsey?
- Asked for numbers for local tradesmen/ hairdressers/ cleaners/ plumbers/gardeners/garages
- Asked for information about preferred vets
- Where can I do my will?

Requests for help when someone has collapsed in the hairdressers/ Co-op/ High Street.

Referrals from Medical Practice for advice:

- Help completing e-consults for those that cannot use the internet
- Help to apply for Med 3 certificates online
- Installing medical apps and uploading photos of medical conditions.
- Registering with medical practice using google translate.
- Supporting people with changes to prescriptions.
- ResPect documents/DNR/ End of life

Supporting people to use cashpoints to obtain their own money

Supporting people who have difficulty with reading and/or writing

Equity release questions

Enquiries about printing

Witnessing signatures for legal documents

Medi-sort- medical waste/ yellow bag service.

As the first point of contact for most of the users, referrals to the below sections of the charity are generally undertaken from the Care Shop:

Good Morning Calls- Amanda (manager) and a team of volunteers offer a friendly, daily phone call to those living in the Manhood Peninsula who are vulnerable or housebound.

Selsey Befriending Activities – Seeks to draw isolated and lonely people more closely into our community, consisting of :

- Resbite Teas
- Morning Live
- Shop Talk
- Movies for memories
- Game Time
- Mindful movement
- Friendship Group
- Together Time
- Garden Tea
- Friday Tea & Talk
- Christmas Day lunch- provided for those who may otherwise be on their own, or unable to prepare a meal on Christmas Day. Most join at the venue, but meals are also delivered at home to those unable to get out.

Individual befrienders also organised as necessary for lonely and vulnerable users.

Further groups include the Menopause Support group, VIP group for the visually impaired.

Shared carers support with Alzheimer's- All of Yesterdays, Friends sessions, Friday Club (formerly SYHO)

Selsey Dementia Action Alliance

- Dementia Friends sessions
- Individual support
- Appropriate activities
- Community awareness
- Partnership meetings

Carers Support Selsey- Supports unpaid carers with advice and the opportunity of social contact with:

- Emotional Support calls
- Tuesday support group
- Friends group
- Men's breakfast
- Say Aphasia
- Stroke Club
- Warm Space for Carers
- Parkinson's support group
- New carer's drop in
- Wellness Café- Guardian and parental support group
 - Cancer Support Group
 - Anxiety Support Group

Also under the 'carers' umbrella is the organisation of car boots to raise vital funds for the charity.

Equipment Service- donated goods such as wheelchairs, walkers, raised toilet seats etc are stored and delivered to those in need as necessary for periods of time.

Buddy Support- Volunteers throughout the community looking out for their neighbours with assistance, such as:

- Help with prescriptions
- Shopping
- Transport
- Moving of furniture
- Strategy group
- Food hampers
- Foodbank and pantry
- Warm spaces
- Sign Language Classes
- English Classes – English as a Foreign Language classes

- Computer Literacy support (CASPS- Computer and Smartphone Service)
- My Future Care Handbook
- Dispute resolution, Wellness Café (addressing 'Growing Old Well')
- Robin's Service (befrienders for End of Life)
- Health Inequalities Project.

Grow Selsey

An Intergeneration gardening and environmental project with the benefit of spending time outdoors. The Hidden Garden Community Project allows people of all ages in Selsey to be part of a community gardening project. This project has led to 'Grow Selsey' which encourages people to create more spaces for community gardening and to share plants, seeds and produce.

Also encompasses:

- Young people
- Volunteers
- Food distribution
- Arts project
- Grow Selsey Tea Garden

Employment/ Housing – Provides help and advice to local people seeking employment, either for the first time, or later in life.

Housing support is also available liaising with the local Council when necessary and assisting with housing applications.

- Help with CVs
- Job applications
- Skills academy
- HYDE
- Housing applications
- Abuse
- Welcome pack

Selsey Money Support- In partnership with Frontline, provides debt advice and ongoing support as well as Money Management courses. Help can be offered with:

- Debts
- Benefits
- Pensions
- Energy
- Appts made for Money Support at Selsey Methodist Church
- LPA
- Completion of paperwork, such as blue badge application, AA forms, PIP applications
- Internet support- creation of CASPS (Computer and Smart Phone Service) to help users in their own homes.

Buddy Assisted Transport- transport arranged for medical and dental appts, discharges and sudden trips like cancer appts to Portsmouth, for users who otherwise may not have attended their appointments.

Well-being – Offering support in the following areas:

- Bereavement
- Counselling
- Mediation
- Parenting support
- Its ok not to be ok
- Crisis plan
- Cooking for men
- Hope in the Dark
- Anxiety Support Group
- Parental and Guardian Support Group
- Placements for Social Workers and physios
- Generic addiction support

Greenway Cycle Route- The Selsey Cycle network was formed some years ago and Selsey Community Forum has been at the forefront in advocating a direct cycle route between Selsey to Chichester which is safe and no further in distance than the B2145. The route is defined but a new exit from Selsey is required.

Ferry Farm grants-Distributed by end of February

Birdham- Amblers, bereavement support and loss course, working in partnership with SCF.

Bracklesham- Good morning calls, befriending and Robins Service, working in partnership with SCF

Remember, we are your community's charity, here to serve and support you to live well in your community.