



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

## SDAA Newsletter

September 2025

This newsletter is formed from reports from members of the Selsey Dementia Action Alliance. The meeting was unable to take place due to technical difficulties on 23<sup>rd</sup> September 2025. To find out more about any of the items, contact: [sdaa@selseycommunityforum.uk](mailto:sdaa@selseycommunityforum.uk)

✿ **Mike Nicholls** welcomed everyone to the meeting. Apologies were accepted.

Good news, we have received £7,000 in dementia fund. Mike went on to say there has been a lot of news recently about living with Dementia and Alzheimer's disease. He asked the group if they feel that as well as supporting people in that condition there is a fresh need to educate people about people with Dementia and do we need to revisit this in the locality. Karen H said there are more younger people being diagnosed now, some as young as 50. Karen P will ask Mike Beal about holding some Dementia Friend Training for the new volunteers in The Care Shop. Chantelle was asked did she think that highlighting dementia with the services they offer was helping to educate people. Chantelle replied that any enquiries she receives she sign posts to The Care Shop, but what she also finds recently that when they take the group go out to places like Asda, hairdressers and other normal places there are a lot of people staring at the clients, obviously not aware that their clients have dementia so it would be beneficial to raise awareness in people and places like cafes and other local shops. Karen P suggested we need to revisit the churches, secondary schools and the local community. Corinna said the local community, and shops teenagers need educating and certain people do stare. We need to break the stigma. Chantelle commented that when they take their clients to the inclusive park at the back of the Selsey Centre. It seems the younger mums and the children are quite happy to chat with the clients and seem to understand they have dementia.

It was agreed that when we next meet in October we will have Education as the first item on the agenda and have a constructive conversation about how to take this forward.

### ✿ **Karen Halford Report**

Karen confirmed that this week she had completed 3 Herbert Protocol's and it was only Tuesday. She visited someone to do a claim for Pension

Credit paperwork and he couldn't keep still, he was agitated, and he wanted to go for a walk. Fortunately, a kind neighbour took him for a walk while I did the claim for pension credit and the Herbert Protocol with his partner. Karen P took a call from someone about a lady we knew to say this lady had gone out for a walk and was missing. Karen then received 2 phone calls from different people in a pub to tell her that this missing lady was there. So she was able to identify who that was and was able to setup a Herbert Protocol.

Karen went on to say we are increasing to 4 locations from October, supporting clients in The Willows, The Rookery, possibly Seaview Court and Hanover Court helping to apply for benefits and IT support for clients who don't use IT for booking doctors' appointments. Tomorrow I'm providing a training course at Caraway House, so a busy time.

Mike clarified that Clarion Housing, who run The Rookery have contacted us to open up a Hub there and have asked us to support them with that. The idea of having Karen with 55 residents there it makes sense It will mean that there will be less people coming into the Care Shop.

## **News From Those Attending**

### **Alzheimer's**


Deirdre Timney said she would be happy to help with any Dementia Friend training. She is a Dementia Champion and is all for education about Dementia and would be happy to help with an evening session, especially with young people, Karen H suggested The Bridge would be a good venue and it is not used in the evening.

The Dementia Carer support group last month we had 8 or 9 and we had a lovely young man from Portsmouth Water who did a 10-minute talk and then spent time with each of the carers individually to make sure they were on the correct tariff explained about the priority service. The feedback from that was excellent. In the pipeline we are going to have Southern Water to give a talk and Keith Batchelor will give a talk about Reminiscence. Deirdre has also planned a session on memory boxes in the future. They always start a talking point with a loved one. Also twiddle things can distract someone.

### **Together Time and Venture Club**

Ronelle Juleff confirmed how popular music was within the groups. They enjoy a sing song and musical bingo whether they have Dementia or not. There are 2 gentlemen that try to out sing each other and thoroughly enjoy it. There is also a very large box of old advertisement and the group love to look through those. We also have books and magazines which loan out. The music related activities are always very popular.

### **End-of-Life Care Network**

-  Linda Edwards informed the group that Karen Pirks and Linda will be attending The-End-of-Life Network event on 6<sup>th</sup> October at 6pm at in The Brasserie at The Minerva Theatre in Chichester. There will be a number of organisations attending

and a variety of speakers and it's an evening of connections and sharing good practice. Tickets are free, you just need to book on Eventbrite, purely so they know how many people will be attending. This is the link <https://www.eventbrite.com/e/end-of-life-network-launch-tickets-1584962488469?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=>

### **Sussex Grange – Home Care**

Home Care is extremely busy with lots of client referrals. We are now recruiting for a new Supervisor. Our Activities Lady is arranging for one of our clients to visit the Lifeboat Station because he volunteered for them for many years. His mobility is very poor now and it will be precious for him to go there and visit them. One of our carers was recently visiting a client when a situation occurred, they carried out CPR on the client successfully. Our lovely client is now back at home with her husband.

Karen mentioned that we have started our list for the Christmas Community Lunch so if Sussex Grange have any clients please who would like to be included please send the information through to. Mike mentioned that Tom Jameson from Sussex Grange gave a donation towards the Christmas Community Lunch, which we thank him for.

### **Sussex Grange Care Home – Kellie Barker**

August was very busy and we had our holiday week and we all went to France (In care home). We set the lounge up as a Departure Lounge and issued Flight Boarding Passes and we sent them out to everyone. We had Flight Attendance, people were wearing berets all week and we spent the entire week celebrating all things French including Frogs Legs and Escargot and they were the proper thing. The residents tried them and said they tasted like chicken. We also had French Cheeses and French Wines and Sam was pronouncing them all correctly. We ended the week with 101<sup>st</sup> birthday celebration. The Day Care guests are doing week we say from 9-5 but are not pressure about the timing. Some come for a bath some for hairdressing. They the jet bath is very popular. It costs £60 per day and meals and everything is included, no extras. We have 6 regulars and some come 3 or 4 times a week. We have a vacancy available for a Care Worker as one of our staff is pursuing a nursing career. Sarah Palmer visits once a month and the residents enjoy the gentle exercise.

Sussex Grange have taken on a Marketing and Engagement co-ordinator for all our advertisements and recruitment. On the training front we had some free training provided from NHS we had 3 sessions last year and it was phenomenal. Corinna has completed her Dementia Trainer Training Course and was congratulated.

### **Buddies Day Centre – Chantelle Maison**

Buddies Day Centre have just rebranded and are now called The Care Pod. They are more creative now and we have Music and Movement and a Psychologist coming in to do Reminiscing Therapy. They also have a Wellbeing Registered Nurse calling in once a month to do some health checks. Our morning sessions

have now been capped to 6 people. Monday to Friday 10-12 in Selsey is capped to 6 and 10 visitors altogether. The Selsey Community Nursery are visiting the Buddies Centre on Friday and bringing the young toddlers in for a visit.

We have people coming from Tangmere, Sidlesham and Bracklesham Bay who attend. The use of the Venture Bus has been amazing and a massive help to be able to take our clients home.

Pagham is being opened in October. We are looking for another member of staff at Selsey. The Therapies have been a bonus. They have lots of activities and lots of Fidget Blankets if anyone needs them. We have been so welcomed by the Selsey Community.

Chantelle tried the Wittering's for a couple of sessions but the location didn't work too well. It was not suitable in the Summer as they couldn't open the doors and windows it was too hot but will re-assess in the Autumn. We may try Bracklesham on a Thursday but will talk to Karen P more on this.

### ✿ Karen Pirks Update

**Lions Golf Club Event.** The Lions members raised vital funds for SCF to support people with Dementia. I was invited to attend, and share what we do for people with dementia, which was well received. A donation of £2k has been raised and a formal presentation of the cheque will be organised by the Lions Chair at some point soon.

We are looking at possibly hiring the Dementia Training VR Bus to offer training to our staff, volunteers and for possibly some carers. Thank you Lions!

**Make a Difference Award by BBC Radio Sussex and Surrey.** Selsey Buddy Support were nominated and winners in our category against some strong competition: The Community Group Award. I was joined by our Trustee and buddy Liz Ball, and heard some very inspirational work across the counties. Danny Pike was MC and I was interviewed live this morning. There are links available to listen to various successful winners.

### RADIO

Today, we are marking the awards with highlights from the night and some winner interviews throughout the day



on [BBC Radio Sussex](https://www.bbc.co.uk/sounds/play/live/bbc_radio_sussex) and on [BBC Radio Surrey](https://www.bbc.co.uk/sounds/play/live/bbc_radio_surrey). If you click on those names, it'll take you to BBC Sounds to listen to the station. No doubt you will have heard some on our breakfast shows already.

**Also, excitingly, on Sunday, we have a special one hour show from 5pm until 6pm to enjoy.**

Please tell your friends and family and they can listen on:

BBC Radio Sussex

here: [https://www.bbc.co.uk/sounds/play/live/bbc\\_radio\\_sussex](https://www.bbc.co.uk/sounds/play/live/bbc_radio_sussex)

BBC Radio Surrey

here: [https://www.bbc.co.uk/sounds/play/live/bbc\\_radio\\_surrey](https://www.bbc.co.uk/sounds/play/live/bbc_radio_surrey) .

Or there's the other ways on normal radio and digital.

BBC Radio Sussex on FM: 95.3 FM, 104.5 FM, or 104.8 FM (depending on your area)

BBC Radio Surrey on 104 FM and 104.6 FM (depending on your area)

## ONLINE

We've also written some online articles in the run up to and after the awards which are on the Sussex and Surrey pages of the BBC News online website... Links are here:

After the event: <https://www.bbc.co.uk/news/articles/c62lwe936gjo>

Before the event: <https://www.bbc.co.uk/news/articles/cvg98m41yd2o>

A special mention: <https://www.bbc.co.uk/news/articles/cj9z3d8v92ro>

## TV

BBC South-East today is running coverage today as well: <https://www.bbc.co.uk/iplayer/episodes/b006pfp8/south-east-today>

The team were also there on Monday night if you want to revisit the 6:30pm news programme via the same link.

## SOCIAL MEDIA

And we're about to post a video on social media too

## Robins Service

Our end-of-life service has 15 new Robins befrienders. Each will have an identifiable **Robin Lanyard** and have been allocated to work in the local Care Homes. Kellie suggested that Karen just phone either Kellie or Jackie to arrange a chat with the new Robins Volunteers. **Flyers** have been produced with contact details, and we await referrals from the hospice and the medical practice in due course. Thank you to Guardian Angel's Carers for the printing of the flyers. A **Robins Peer Support** session will take place again shortly to ensure the volunteers are supported well. If you know anyone who may be living in the community and whereby a Robin maybe a helpful befriender then please let us know with that person's consent. **Referrals** can be made via the [robins@selseycommunityforum.uk](mailto:robins@selseycommunityforum.uk) email.

## Hub Work

As our work expands across the Peninsula, SCF will be recruiting volunteers based in BB and the Wittering's towards the end of October.


We are in discussions about a suitable premises that will home a Wittering's Care Shop supported by the Woodger Trust. SCF Trustees are putting together a 5-year business plan.

Carers Support WS will hopefully be supporting SCF at BB to have a weekly Carers Hub and Cared For from November. This will be aimed at under 65 years old and held on a Thursday. This will complement the work at the Downsview Hall on a Tuesday.

## **Any Other Business**

Earlier in the year we had two friends who passed one was Sue White who used run our Care Work and the other was Dee Everett one of our service users who lived with Dementia for 5 years. At their funerals we collected about £2000 in donations and we wanted to create an award called The Sue White Award for Carers who have done exceptional work. Mike suggested we could invite Paul Everett and Dave White and anyone else from their families to one of our meetings so that we could acknowledge these things between us about the main dementia work and select a couple of Carers who we could acknowledge on that basis.

Last Thursday we went to look at premises in East Wittering to view a Care Shop that has been bought for us. We are hoping to open a new Care Shop in that area in the next few months and provide some of the services we provide in Selsey in the Wittering area.

 **Next Meeting:** 28<sup>th</sup> October at 5.00pm at the Cabin, Beacon Church.