



## SDAA Newsletter

May 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 27<sup>th</sup> May 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.

There were several apologies received due to work commitments or holidays.

✿ **Karen Halford**

Karen has recently returned from holiday and wanted to recommend to with the meeting a book she is reading about dementia entitled "What I wish people knew about Dementia" written by Wendy Mitchell who had worked in the NHS before being diagnosed with young-onset dementia at the age of 58 and how it affected her especially with her eating and drinking.

We have been working with Social Services over concerns we they have about a few clients and in particular, a younger person. We reported these concerns about 2 years ago but through lack of staff it hasn't been dealt with until it's now at crisis point.

Stephanie Nightingale is attending our case conferences once a month, so hopefully this will improve our lines of communication.

Karen raised a safeguarding for a lady whose husband has advanced dementia. She has been told she won't be seen until the end of July and to contact Tuvida who will give her special rates at £8 an hour for care. She can't afford to pay Tuvida as she gave up her job with the NHS and only had attendance allowance and carers allowance. So, Karen has done a safeguarding on this lady's own neglect and she can't cope with the situation caring for him, as he needs double handling and she is doing this on her own. She has tried every avenue to help, even the doctor because she wants to care for him at home.

Karen P suggested taking this to our MP Jessica Brown and inviting her to visit us in June.

✿ **Befriending groups – Ronelle Juleff**

The Cared For Group was advertised as 15<sup>th</sup> May the 3<sup>rd</sup> Thursday of the month in the newsletter and people arrived but no one was there to organise it. There was a misunderstanding this month as there were 5 weeks, but this group will continue, and thought was given to arranging to ring people and invite them to attend. Karen H explained that there are 12-15 people who attend the

Alzheimer's group and they could be invited to attend the Cared For Group and bring their loved ones too. SDAA group would like to join this group at the Methodist Church Hall and although the SDAA group are mostly ladies and one gentleman.

Morning Live is becoming more popular with members enjoying tea, coffee and biscuits and playing board games.

Sunday Respite Teas has increased in popularity. Volunteers who attend offer to help with the teas also sit and chat with other guests.

All of our groups have people attending who have dementia.

There will be a Respite Tea at the end of June held at Caraway House Care Home.

### **Alzheimer's – Deirdre Timney**

Deirdre shared some important news with the meeting regarding our Alzheimer's Support Carers' group meetings on the 3<sup>rd</sup> Wednesday of the month.

"As you may know, NHS England is facing significant financial challenges, and NHS Sussex, our funding body, has been asked to make savings of £55 million. Unfortunately, this means our contract funding has been reduced.

As a result, we have had to make some difficult decisions to ensure we can continue providing our services. One of these changes is that our group meetings will now be held every six weeks instead of monthly. We understand that this may be disappointing and could impact on your routine.

Please know that our Commissioners and Funders recognize the importance of these meetings and the support they provide. They have asked us to gather your feedback in the Autumn to better understand how these changes affect you and how we can continue to support you effectively."

Deirdre is encouraging all the Carers that attend the meetings; to email her to say how important these meetings are to them personally and how much of a lifeline they are. Karen H offered to ring everyone in the group and ask them to email Deirdre within 2 weeks.

At the next meeting Deirdre is going to do a session on creating a Memory Box. Karen P explained that HILS also gave a talk about the meals they provide for people including a hot lunch and desert and a supper at £10 per day which is excellent value especially if you are not feeling well. It also means someone is checking in on the client. Karen H and Deirdre have tried them at a taster session and were favourably impressed.

### **Operations Lead Report – Karen Pirks**

#### **Turn Selsey *Blue* for Dementia Awareness Week**

15 organisations participated the 3<sup>rd</sup> year of us supporting this awareness week.

14 shops and 1 church as in previous years, there were some very creative and attention-grabbing windows.

Town Councillor Gareth Gofton Dann and Ashley Graham kindly scored the windows looking for 3 criteria's.

1. On a scale of 1-3 does it draw your attention?
2. On a scale of 1-3 is there a creative use of materials?
3. On a scale of 1-3 does it get the message across to be more dementia aware?



The winners were: **The Shop** This will be announced on social media shortly.

**Sing Your Heart out Choir** facilitated by Belinda Gannon also participated by wearing blue clothes, baking blue cakes (and eating them) singing blue songs, and raising vital funds (£100) towards SCF to continue to support people with dementia and their families.



**Dementia Friends** sessions facilitated by Mike Beal was able to create 2 new Dementia Friends. He also attended the **Alzheimer's Society Group** held on the Wednesday Mike Beal carried out a more detailed DF session to **13** people attending, sharing worries, insights and being there for each other through difficult circumstances.

Welcome and Wellbeing Group had 7 guests attending. We had a Blue Lucky Dip and played Beetle Drive. The "Blue" songs were a little fast, but all would like Graham to attend and play music at a slower pace for our next session.

### Sage House updates

I met with COO Emma Radley who updated me on the work being carried out by them.

- Outreach area is being extended to include Aldwick and Emsworth
- MAS 3 months wait at Sage House
- Day Breaks have been increased so they have 26 capacity Mon to Weds, and 15 capacity Thursday and Friday, to respond to demands.
- Electronic equipment on display at Sage House for people to check out (not telecare)
- Wayfinders/Grief Cafes and Cognitive Stimulation Therapy sessions all take place.
- Wayfinder Bus is being launched in next couple of weeks. They have offered to attend our Community Hubs to inform people of their service and possible support.
- Accreditation for their Training Modules.
- Wayfinders Session for Carers every other Monday, 1:30pm - 3:00pm East Wittering URC Church, Oakfield Avenue, East Wittering, PO20 8BU
- (Flyers attached see end of Newsletter)



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


Kellie was unable to join the meeting due to covering staff on leave, but very kindly sent this update:

"In the care home we have seen another fun filled month in May:

As well as our regular scheduled weekly in-house activities, we have enjoyed our monthly coffee morning out to the Piggery. We joined in and celebrated VE day in style with a street style party down our driveway, with live singing from Melody Lanes. It was such a lovely afternoon of celebrations for all.

As part of international nurses' day, we celebrated our local GP surgery by delivering boxes of chocolates for them to enjoy.

As part of dementia awareness week, we all wore our blue ribbons and turned our lounge and dining room windows blue, enjoying blue decorations, drinks and snacks for all. We have enjoyed a creative talks session with Michael with the Chelsea flower show theme this month, which falls perfectly in line with the upcoming open gardens in the beginning of June, with our preparations for opening our garden up to our local community in full swing.

We had a number of our staff team nominated for the West Sussex Partners in Care Accolades, a heartwarming evening of celebrations filled with inspiring stories, one of our wonderful staff members received the clerical worker award 

We have enjoyed our very own day at the races as well as mind and body exercises. Our visit from our therapy dog as well as a morning musical treat of a live flute player.

Due to her relocation, we bid farewell to our deputy manager Kerry Ryan. Wishing her much luck, happiness and success in her new endeavours.

It has been another busy successful month for Sussex Grange residential care home."

### **Buddies Day Centre**

The Buddies Day Centre at the Selsey Centre seem to have more places filled on a Friday than on a Monday. The free place for one of our clients to attend Buddies meeting on a Friday, has now been filled.

### **AOB – There was no other business.**

### **Next Meeting:** 24<sup>th</sup> June at 5.00pm at the Cabin, Beacon church.

Carers Support web address [Our Support Services | Carers Support](#)

**Wayfinders Leaflets and Sage House Leaflet on next page**

## Meet Kay and Kim

### **"How much did I know about dementia before Kay's diagnosis?"**

Not enough! It's a nightmare, there's just so much to understand. It took a long time to get a diagnosis because Kay was only 58. Her speech is affected more than her memory. Things can change quickly too – at the start of lockdown, when we video called our family, I couldn't get a word in edge ways, but now I do most of the talking. Kay is often anxious when we go out. I've tried to stay strong for Kay and to manage on my own, but the reality is, it's tough."



**"Sage House is so well set up for people living with dementia – everything's been thought of. We felt at home right away. If it's all getting on top of me, I can talk to our Wayfinder about anything and everything. I think there should be a Sage House in every county."**

**To find out more or to book any of our services,  
please get in touch!**

**Telephone: 01243 888 691**

**Email: [info@dementiasupport.org.uk](mailto:info@dementiasupport.org.uk)**

**Website [www.dementiasupport.org.uk](http://www.dementiasupport.org.uk)**

**Sage House, City Fields Way, Tangmere,  
Chichester, West Sussex, PO20 2FP**

Sage House is operated by local charity Dementia Support and we rely on fundraising to support our services. Find out more at [www.dementiasupport.org.uk/get-involved](http://www.dementiasupport.org.uk/get-involved)

**SageHouse**  
by  **Dementia  
SUPPORT**

Sage House Tangmere is a charitable company limited by guarantee in England and Wales.  
Registered Charity No. 1158640 Company No. 9044373



# Bringing local dementia services together under one roof at Sage House



Providing the latest support, information, advice and activities to people living with dementia and their families.

# Wayfinding

Dementia Advice & Emotional Support



**Sage House in Tangmere offers a unique advice and support service.**

The Wayfinding team provide information, guidance, a listening ear and active support throughout the entire dementia journey. They support people living with dementia, family members, friends and carers.

## **Contact us**

**Phone:** 01243 888691

**Email:** [info@dementiasupport.org.uk](mailto:info@dementiasupport.org.uk)

**Website:** [www.dementiasupport.org.uk](http://www.dementiasupport.org.uk)

**Follow us:**    [@sagehousedementiahub](https://www.instagram.com/sagehousedementiahub)

## **Visit us**

**Address:** Sage House, Tangmere, PO20 2FP

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## What is Wayfinding?

A Wayfinder will be your named contact throughout your dementia journey and can offer you:

- One to one emotional support
- Accurate, accessible information
- Support to access the right services at the right time
- Support to live well with dementia and maximise your quality of life
- Care planning for the future
- Peer support groups

## How to contact a Wayfinder

Drop in to **Sage House**

Call us on **01243 888691**

Email **info@dementiasupport.org.uk**

Visit **www.dementiasupport.org.uk**



The team are available Monday - Friday, 9am - 4:30pm. There is an out of hours answer machine and we will call you back during office hours. Other Sage House services include, Day Breaks, Personal Care, Activities and Support Groups.