



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

April 2026

This newsletter is formed from reports from members of the Selsey Dementia Action Alliance.

The meeting was held on 28th April 2026 at The Beacon Church.

To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

✿ Chairman

Mike Nicholls welcomed everyone to the meeting.

✿ Karen Pirks Report

Dementia Awareness Week commencing 18th May to 24th May. We have a respectable number of shops in Selsey, Bracklesham and Wittering entering the competition and who have agreed to turn their windows blue.

The programme will run as follows:

Tuesday 19th Dementia Friendly Group Help Hub at Downs Hall View at Wittering

Wednesday 20th Mike Beal will be giving a Dementia Friends talk at The Royal British Legion at Easy Wittering

Wednesday 20th Deirdre Timney will be at The Selsey Library to answer any questions and there will be a Reminiscence Resources, and Karen has also asked the Library at the Witterings if they could put something in place.

Thursday 21st The Witterings Hub Karen has organised a number of agencies to meet and talk to Carers and Cared for.

The Community Warden will also be in attendance as well as The Fire Service, Sage House who will be running a course like the one they run at Sage House. Also, The Wayfinders Bus will be parked up outside.

Sue Ridgewell who runs All Our Yesterdays group meetings, is leading a peer support training session for our Volunteers and Staff to develop their listening skills "Helping people Tell Their Story". At The Beacon Church from 3pm – 5pm.

✿ Karen Halford Report

Karen has recently been working closely with Social Services and has 4 cases ongoing at the moment.

Also, a number of clients who need help with Money Support issues. One chap had an issue with his electricity provider. The provider stated the consumer had run about over £4,000 debt over 5 years. He could prove he paid regularly by direct debit but the account numbers did not match and once they accepted

the evidence and found the money had not been allocated to his account, he got a refund of £3,500.

One lady we managed to get 45% off of Water Rates and only has to pay £36 this year now.

Lots of applications for disabled people for council tax rebates. If they do not sleep with their partner any longer, they can get 25% rebate.

One gentleman who has a child under 18 who has ADHD and Autism which is classed as a disability now, and we applied to the council for a tax rebate. The council refused initially, but we submitted it again and this time it was agreed and he will get the 25% discount.

Befriending – Ronelle Juliff

Ronelle has been really busy. Together Time has 30 people each time and last week the Selsey Molls came to the session and sang for us and it was very much appreciated. Yesterday Movies for Memories had 23 people attending and a few of these were new people. The Venture Club meetings are also well attended.

The Beacon Church – Richard Lamdin

Today, the men's breakfast was held at Caraway House, Richard had a conversation with one gentleman whose wife is in Caraway. He related how he had a conversation with his wife, who has Dementia, and how he was trying to reason with her about what she was saying wasn't quite right, but she didn't want to listen to reason. Richard explained to him gently about trying a different approach with his wife by changing the conversation instead of disagreeing with her which caused her distress. It reminded Richard of the Dementia seminar they had been to at Caraway recently with an excellent speaker, Mark Harrison. Two people Richard spoke to on Tuesday, would have so benefitted from listening to what Mark had to say, and help them understand the disease more. Sometimes they just need someone to sit with their loved one so they can have a bit of time to themselves. Deirdre pointed Richard to the Carers Support group which meets every 6 weeks at the Methodist Church Hall and will send him details. The meeting is for Carers only so they can open up about the difficulties they face while caring for someone. Mike thanked Richard for the recent donation made to SCF which his family collected owing to the death of Richard's mother recently.

Alzheimer's Deirdre Timney

Deirdre told the meeting that she has a stand at St Richards currently, giving out information on behalf of Alzheimer's. At the last Carers support group which is run by Deirdre and supported by Karen Halford, there were 8 Carers attend and a guest speaker, Keith Batchelor, who talking about Reminiscence and remembering sweets and adverts of everyday things we used to see in the past. Deirdre continued to say they have a waiting list at Sage House of about 60 referrals for Dementia which goes back to beginning of March and are gradually being worked through.

✿ Sussex Grange Homecare – Corinna Forsdike

Corinna announced they had members of staff who had been shortlisted for the WSTPIC Awards in May. These are awarded to Carers, Nurses and the NHS staff. The whole team will be going in support. Lavant held a Coffee Morning last Friday in Lavant to raise money for Sage House. There was quite a bit of interest. We had a cold call issue with some of our more vulnerable clients and need some notices to put on the door for their vulnerable clients. Karen Halford gave Rich Moorey, the Community Warden's telephone number to Corinna explaining he always keeps a supply of these for people.

✿ Sussex Grange Residential Care Home – Kellie Barker

Kellie explained to the meeting they have had some exciting news for the team which were also nominated for the WSTPIC Awards and they were excited to have been informed they are shortlisted. The staff have been very busy throughout the month with a Coffee meeting at the Selsey Club with coffee and cake and lots of in-house and outside activities. Sussex Grange have submitted their PIR and await to hear if they will have a physical visit or remote. They are in full force planning for the Open Gardens, they will be providing refreshments and entertainment by the Selsey Molls, and Megan over different time slots during the day.

✿ Dementia Friends Training – Mike Beal

Mike was in St Ives recently and visited the local library. He was interested to see a project in their library where they had made automaton. The idea is that they made these little models and placed them on tables in cafés for people to fiddle with while they are waiting for a drink or food. It's something that would When Mike returned home he went to see the Men in Sheds and talked to them about whether they would make some models for our Dementia friends in our community. Mike is looking for people to make some of these in a simple form for places like The Shop, the Venture Club and café's and asked for recommendations. He has a book with ideas that he can share and he's looking for people like retired carpenters and engineers.

✿ Next Meeting Due to Bank Holiday meeting has been moved to Tuesday 2nd June 2026 5pm

✿ Attached Dementia Awareness Week Programme of Activities : Next Page

Dementia Awareness Week

Mon 18th May - Sun 24th May

Events taking place across Selsey, Bracklesham and the Witterings to meet the needs of the community, raise peoples awareness of dementia and support carers.

Tuesday 19th May 10-12 Dementia Friendly Group and Help Hub. A welcoming group for people with varying needs and their carers. Offering cognitive stimulation, conversation and refreshments. **Downsview Hall, East Wittering, PO20 8BH**

Wednesday 20th May 10.30am Become a Dementia Friend Session- an interactive way to become more aware approximately 45 mins **Royal British Legion, Legion Way, East Wittering, Chichester PO20 8PA.** Delivered by our own Alzheimer's Society DF Ambassador **Mike Beal**

Wednesday 20th May 10am to 12 noon Deirdre Timney, Dementia Advisor from the **Alzheimer's Society** will be available to answer any dementia related queries. Also view **Reminiscence Resources** that are available on loan. **Selsey Library, School Lane, Selsey PO20 9EH**

Thursday 21st May SCF/Combined Help Hub, Bracklesham Barn, Beach Avenue, Bracklesham Bay, PO20 8HU (2-4pm) representatives from:

- **Carers Support West Sussex-** support and advice on hand for carers.
- **Sage House-** find out more about the **Wayfinder Service and Bus** Join us for an informative **Dementia Carers Session** from **Jacquie Pond, Educator** from Sage House (1.30-2.30pm) with opportunity for Q and A
- **WSCC Fire and Rescue Service-** sign up to a Safe and Well Visit
- **Alzheimer's Society, Deirdre Timney, Dementia Advisor**
- **NHS/WSCC Prevention and Assessment Team (PAT)**

Refreshments available, and activities for cared for supported by our team of experienced volunteers.

Any enquires to: **Karen Pirks, Operations**
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at-home care



home instead.

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NHS



Alzheimer's Society