Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter October 2026

This newsletter is formed from reports from members of the
Selsey Dementia Action Alliance on 27th October 2026
To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

Apologies were received from Corinna Forsdike who sent a report and Richard Lamdin.

- **Mike Nicholls** - welcomed everyone to the meeting. Mike opened the meeting by discussing the government initiative to stockpile 3 days of food and water and essentials and asked if this is something we should focus on to assist the elderly and vulnerable in our community. The consensus of the meeting agreed it was. Further discussion at the end of the meeting.

- **Karen Halford –** Karen explained she has been very busy with clients needing a range of support. She also has 7 cases of Environmental Health issues she is dealing with. The Environmental Health Officer has been very supportive and helpful. Sue Boucher has also been helping with the housing side.
  Karen H is also delivering training when required to private Carers and Residential Care Homes. Lots of help given for clients who need money support and also with arranging the Herbert Protocol. Karen H has also had two very good Tribunal outcomes on behalf of clients one for £18,000 and the other of £11,500 where people have been refused benefits.

- **Karen Pirks –** Discussed problems around clients who are hoarders. There is a mental side to the problem and felling in control, so its not just about clearing out because the client feels their control is lost, so its about understanding how to deal with it. The Fire Service have been conducting courses and KP is hoping to go on the next one. It's hoped the rest of the team could also attend also.
  Karen P attended the funeral of a much loved client who had dementia and loved singing. He attended a number of groups and was very popular with other members of the group and the volunteers supporting the group. The service was lovely full of joy and his favourite music was played.
  Discharges from Hospital are massive now. There is a lack of dignity for patients during their stay and are being discharged from hospital, having been immobilised during their stay, have a catheter fitted subsequently are depressed when they are discharged needing Carers, whereas before they went into hospital they were mobilised and could look after themselves at home.
  Kellie Barker said their contact Helen Mason was brilliant when helping with discharges but the support has somehow gone.

The Managers' Forum is going well. The medical practice staff come in for part of the meeting are very supportive. The next meeting is due and we have ECHO service coming to talk to us. There is a Prime Number recognition now so Care homes are not holding on the line for too long, this is also coming in for the Care at Home Agencies now too.

- **Deirdre Timney, Alzheimer's -** Deirdre is now back from sick leave and confirmed there are lots of referrals to deal with, more than ever. Last Carers Support group meeting had a person from the Library Services came to talk about Reminiscence packs and services they offer with volunteers changing library books and collections they loan out, and everything that the Library offers is amazing. The Carers Support group is 4th November, at the Methodist Church Hall.

- **Dementia Activities** - Mike said All Our Yesterday group is going really well. Carers Support group are still meeting despite the lead being on sick leave. A volunteer had arranged to cover but there was a crisis today in the Care Shop so that meeting had to be cancelled. Parkinson's Group is progressing very well, 1st and 3rd Wednesday each month at The Shop. We have Sally Futcher, an ex-nurse running that and Sally has lots of activities arranged for the group such as hand massage and healthy eating and wellbeing.

- **Ronelle Juleff –** TOGETHER TIME - every Thursday - normally between 30 and 35 guests (5/6 living with dementia). We have 2 or 3 carers each week as well as 5 volunteers and at least 2 staff members. Tea and cake, sing song, games followed by a 2-course lunch. Then a raffle and more games, more tea and cake until 3.30. The Venturer club provides transport for 14 guests, most using walking aids.
  MOVIES FOR MEMORIES - twice a month on a Monday afternoon. Usually 25 guests. In winter Janet makes home-made vegetable soup, sandwiches and a sponge with custard. The Venture bus also assists with transport.
  MORNING LIVE - every Monday morning at the Venture club. 20 guests plus 2/3 volunteers. A mix of guests, some disabled, or living with dementia. One of us goes along if they wish to pop in at Boots, Co-op etc. We play dominoes, card games and serve tea, cake and sausage rolls.
  FRIDAY TEA & TALK - every Friday afternoon at the Venture club. Usually, 15 guests enjoy tea and eats. Most are fit and able to get there on their own.

- **Kellie Barker - Sussex Grange Residential Care Home**

  We have been busy with activities throughout the month. World Teaching Day. Coffee with a Cop – PC Viktor – who stayed 2 hours and took questions. Coffee and Bingo at the Selsey Club including lovely spread and they can walk there with wheelchairs. Autumn Scavenger Hunt, Breast Cancer Day when everyone wore Pin., and we also collected Bra's for charity. World Mental Health Day which we recognised with Kindness Cards and families were included. Beacon Church – Harvest Festival and they stayed for lunch and gave a donation to the Foodbank. The surgery came out to the Home and gave Flu Vaccines had a full take up, and Covid vaccinations also. Sunday they had a Spa Day with Facials and Pedicure and hand massages. Halloween will be celebrated between 3 and 5, small children welcome, lots

of sweeties available. and Fireworks. Christmas plans underway and the donkey is booked.
Dementia referrals for assessments. There has been some delay with diagnosis which means the right medication is not accessible and resources.

- **Sussex Grange Home Care – Corinna Forsdike Update**

We held a 'Wear Pink Day' for breast cancer and most of our staff wore pink and got the clients involved.
We are currently collecting for the Harvest festival.
Recruitment is going very well and we have 2 new Supervisors starting next month, which is exciting for growing the team.
Several more care packages have been taken on.
The team continues to be amazing. It hasn't been easy the last few weeks, with road closures, but they have battled through the traffic to ensure that all our lovely clients still had their visits.

- **Any Other Business**

There has been a suggestion from our Accountant that we need to think seriously about a Care Shop membership like The Venture Bus which would provide a priority service.

Thinking about the government initiative having 3 days supplies of food and drink. A suggestion about treating it like when we had Covid and started The Buddies Service. Karen Pirks said she has information booklets for everyone to distribute. We could provide a suggested list of essentials to help people. Karen met with Jo and they discussed what we could do feasibly. We need a plan and that is being worked on. Also cooking facilities could be a problem. A gas hob needs an extractor fan. Kellie said that they can buddy up with another Care Home to share resources. Using a lift to other floors can be a problem. These things are now highlighted in Sussex Grange's emergency plan. High Viz jackets and Foil Jackets, rechargeable lights. List of available gas hobs. Check Town Council Emergency Plan. Talk to Supermarkets about ring fencing certain foods and water for Care Workers in an Emergency. Highlight possible Scams regarding an emergency situation. The meeting was generally supportive of providing a Buddy Service and working with Care Homes in planning for an Emergency, further discussions needed.

- **Next meeting:- 1st December 2026 5pm**