



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

SDAA Newsletter

October 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 28th October 2025. To find out more about any of the items, contact: sdaa@selseycommunityforum.uk

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

✿ **My Future Care Handbook**

We began providing support using this book in 2021, for folk interested in planning for their future. We have support over 33 people who have either worked on their own or with Buddy support. The 4th edition has just been published, and we are now finding it invaluable for our Robins volunteers to use when supporting their clients and families through a difficult time.

One of the valuable resources in the book is The Twist-N-Care Chart used in over 1400 care homes and domiciliary agencies as well as hospitals to assist in more patient focused care. It is invaluable for folk who may be suffering from dementia or aphasia who find it difficult to vocalise their preferences down to how they prefer their cup of tea. To find out more about the My Future Care Handbook, contact Linda Edwards at the Selsey Care Shop.

✿ **Befriending Activities – Ronelle Juleff**

Morning Live at the Venture club has 18 to 20 guests. The group who are living with dementia play games and enjoy colouring-in.

Movies for Memories - we show feel good films every 2 weeks. A film and 3-course homemade lunch for a donation of £7. Usually 25 guests/carers attend this event.

Together Time - every Thursday for the day - games, raffle, sing song, tea & cake lunch (£7 donation for the lunch). Most weeks 30 guests attend and last week they all stayed for lunch. There is also a library of books and magazines for the guests to take home. Together Time has been running for over 3 years now and is a great achievement.

Friday Tea & Talk - 15 to 18 guests attend every Friday afternoon at the Venture Club for a sociable afternoon, tea and a chat.

Sunday ResBite Teas – Each Church in Selsey takes a turn in providing afternoon Teas on a Sunday. This Sunday we have the Selsey Molls who will be entertaining us at St Wilfrid's The Beacon Church is now hosts this on the 3rd and 5th Sunday.

Every year the Lions sponsor an outing - this year 44 of us went on the Watercress line. Always a great outing.

Ronelle thanked The Venture club which is invaluable in providing transport for all these events.

The Ladies Breakfast at Caraway House will, in future, be served by volunteers now that Caraway House has become busier with residents. They are always happy to provide a room for us and all the delicious refreshments.

The Venture Club – Mike Beal

All our yesterdays at The Beacon Church are primarily attended by residents of The Malthouse and Bill House care homes. This is run to inspire memories, by Sue Ridgwell on the 2nd and 4th Thursday of the month. The Venture Buses are used to ferry everyone to and from the Beacon Church.

Mike has 2 dates booked in 2026 with Chichester Technical College to deliver his presentation on Dementia Awareness, as he is the Dementia Ambassador for our area.

The Venture Club is going well and members now number over 120. The Shop selling clothes and Bric-a-brac is doing well on a Saturday.

We have noticed that the age of the members who belong to The Venture Club is changing as people are now driving longer and wish to keep driving for as long as they are able to, so membership is not as high as we would like.

A bit of good news, one of our contacts named Darren is raising money on Just Giving by walking from John O'Groats to Lands' End and has so far raised over £6,000. His intention is to raise enough money to have solar panels installed on the roof plus batteries etc. We have had an estimate for £8,000 and this will help enormously with charging the 2 minibuses for zero cost.

Mike Nicholls was at a meeting with the Patients Group at the Medical Practice yesterday and was impressed with the way they had updated the slideshows, initially provided by Mike Beal for The Care Shop and SCF. These run on the screens in each waiting area. It was well done, just a couple of tweaks needed.

Karen Pirks Report

Karen Pirks mentioned that Graham Pirks who has been singing at All Our Yesterday's has been approached to sing at the Say Aphasia group and hopefully he will sing a bit slower, so the people who attend the group will be able to join in with him.

Karen had received a message from the son of a couple in their 90's where circumstances have changed recently. The son has been into The Care Shop several times recently and was aware that they had supported his parents. He just wanted to say a big thank you for all the support his parents had received from Then Selsey Care Shop.

Karen has now recruited 14 Robins volunteers who are ready to go into the Care Homes and community. All of them have been allocated a Care Home. Karen also has people who are keen to work in the community like Together Time or one of the other activities. Robins' volunteers are visually recognisable as they wear a Red Lanyard. Karen has also contacted Care Homes and Care at Home Agencies offering support and they have been informed about how to refer into the Robins service using The Robins email, where it will be triaged. Robins@selseycommunityforum.uk

Mike N said the key things now emerging is that we are now serving people with greater needs, and if The Venture Club wasn't running, or the groups weren't running through The Care Shop and SCF with skilled helpers to look after folk, a lot of these people would spend every day in doors and would just fade away. We take some of these things for granted. It's also the same with singing and seeing the effect the power of music has on folk.

Wednesday 29th Ronelle will be providing a Thank You Tea for Volunteers and has been organising this with Janet who is preparing a Cream Tea and cooking scones and sausage rolls.

Alzheimer's – Deirdre Timney

11 Attended the Carers group meeting, which is held every 6 weeks at the Methodist Church Hall. Attending were also 2 young students from Chichester University who are involved in a big project with other Universities and a company in Denmark. The project is to develop Smart Watches to aid memory for people with Dementia. The watch can be programmed to give the user important reminders such as, taking medication, turning the oven off etc. The group agreed that, all the loved ones they care for are too far

along with their Dementia journey, so were asked to give feedback on the actual watch, strap, size and shape of face etc., and the students commented it was very positive and could help dementia users in the future.

Our friend from Portsmouth Water called in with taps that could restrict the flow of water and prevent kitchens and bathrooms being flooded by someone with dementia by accidentally leaving the tap on.

The next meeting is the 3rd December and Deirdre asked Ronelle if there was any way of having a joint Carers meeting on a Wednesday with another Carer group and checking the hall will be available to have a Christmas Social gathering 17th December. Deirdre was advised to contact Karen to check if the hall is available.

Mens' Breakfast - Richard Lamdin

Caraway House Care Home provided the Men's Breakfast this morning and this event has been going for a year now. Caraway kindly provide breakfast, tea and coffee and a room for this event. The men attending are all beginning to interact more with each other and are forming real friendships. Up until now Trina has been serving the group with their breakfast, but now the Caraway House is becoming fuller with their own residents, volunteers will be needed in future to help serve.

Caraway print out The Daily Sparkle newspaper which the Care Homes subscribe to and has lots of interesting articles and promotes conversations. These could also be used at Carers Groups and ResBite Teas.

Deirdre provided information about free activities for Carers which can be found on the Golden Carers website which is a very useful site, the address is www.goldencarers.com.

It was especially good to see one gentleman who has mild dementia and another gentlemen with mobility issues who have formed a friendship and enjoying each other's company.

The Ladies breakfast is also enjoyed and whereas the men like a little background music, the Ladies do not need that and are busy with conversation and enjoying each other's company.

Richard also mentioned how he enjoys dropping-in to Together Time and interacting with group and observed how well the group enjoy the day together.

The Beacon Church is now hosting the ResBite Teas on the 5th Sunday in the month as well as the 3rd Sunday, so there is a Sunday Tea each Sunday now for residents who wish to attend. With Christmas soon upon us, The Beacon Church will have a Christmas theme to any activities and meetings and is always enjoyed by those that attend the events.

Sussex Grange Care Home – Kellie Barker

Kellie was unable to attend the meeting but sent this update:

As we head into the cold and darker months of the year that doesn't seem to slow down our fun dial!

We acknowledged grandparents day at the beginning of the month, providing gift bags full of sweets for all grandchildren visiting the care home. We enjoyed a visit from the Beacon church for the Harvest festival celebrations, enjoying their company while they joined us for a festive lunch. We have continued our fitness throughout the month with a range of mind and body exercises, sessions with Charlie from G fitness as well as our packed-out session of mobility and mindfulness with Sarah.

We celebrated and acknowledged all of our wonderful chefs with the National Chefs day, this came at such a wonderful time as one of our chefs has just completed her level 2 production chef course, achieving a distinction.

We of course all wore pink to raise awareness for breast cancer, having had the most amazing cake baked by our kitchen team.

We have enjoyed a coffee outing locally and not to forget our pumpkin carving activity.

We have met and had a cup of tea with our two lovely volunteers from the Robins project and look forward to seeing more of them.

Sussex Grange Home Care – Corinna Forsdike

Corinna was unable to attend due to work commitments and kindly sent this update:

Recruitment has been busy and we have taken on new members of staff and recruited 2 new supervisors. This has allowed us to take on more clients, as we are busy.

With Halloween coming up we have some 1-1 Halloween activities planned for clients in their own homes.

Reviews from family members and clients continue and can be found on homecare.co.uk

We are now looking at the Christmas rota and Christmas activities.

Any Other Business

Mike N reminded the meeting that it was just over a year ago when we started the Help Hubs in and around Selsey and the Peninsula and we have exceeded over 1000 contact with people needing our help.

The meeting reflected on the passing of Prunella Scales, and her husband Timothy West's journey with her and how they went on with their Canal Boat Journeys, so it was not the end of their active life together it was the beginning of a different kind of journey together.

Karen had a call from a gentleman from a chap who has set up the Military and Veterans Breakfast, he needs a new venue for his meetings and Karen is going to introduce him to the managers of the local care homes and they may be interested in providing a room for the group to meet. It may link in well with some of their residents who may have been in the military and would join in. The next meeting is Saturday 15th November.

 **Next Meeting:** 25th November at 5.00pm at the Cabin, Beacon Church.