

Selsey Carers Support



**Our focus
is on the
Carer**

Caring is defined as displaying kindness and concern for others. It is also the work or practice of looking after those who, due to illness, disability or ageing, cannot care for themselves.

You can find us at the Selsey Care Shop, 121 High Street, Selsey, from Monday to Saturday 9.30am to 4pm, Telephone 01243 201616.

Many people who care for someone don't recognise themselves as carers. But we know that the role can affect you emotionally, physically, financially and in many other ways. So why not pop-in to the Selsey Care Shop for a friendly chat and a cuppa?

We support unpaid carers in Selsey and the wider Manhood Peninsula by offering information, advice and access to respite services as well as helping to reduce social isolation through regular coffee mornings, events and outings for you and your loved one. Find out more at www.selseycommunityforum.uk.