



## Activities Explained

Our monthly **What's On Section** has expanded so much over the past year that we thought it might be helpful to give a brief synopsis of what all the activities are.....

### **Sundays**

**ResBite Teas** - 4 Sundays a month at each of the local **Churches** and, where there is a 5<sup>th</sup> Sunday in the month, it is held at **Caraway House Care Home**. An afternoon of entertainment such as quizzes, games, music and refreshments.

### **Mondays**

**Morning Live** - every Monday morning at the **Selsey Venture Club** to enjoy refreshments and conversation with up to 20 of our service users and **Venture Club** members.

**SHOP Talk** - tea and cake at **The SHOP** every Monday afternoon. This is a small group run by volunteers, especially for those who prefer socialising in smaller numbers.

**Movies For Memories** - this takes place twice a month in the **Methodist Church Hall** and accommodates up to 30 guests. A classic film and a home-made 3 course lunch are provided.

### **Tuesdays**

**Game Time** - twice a month at **The Rookery** where you can put your skills to the test and show your competitiveness.

**Friends Group** - a monthly coffee morning for former Carers at **Beacon Church**.

**Veteran's/Serving Personnel Brunch** - monthly on a Tuesday at **The Hopp Inn** and monthly on a Saturday at the **Selsey Club** with opportunities for veterans and serving military personnel to meet face to face in a relaxed and safe, social environment to enjoy breakfast, and banter helping to combat loneliness and enabling veterans to "return to their tribe".

**Man with a Pan** - monthly at **Beacon Church** and aimed at men who may not be comfortable in the kitchen or find that cooking for one can be a lonely task. This project focuses on value for money, choice and the healthy eating plate.

**Hello and Help** - fortnightly drop-in hub at **Beacon Church** for anyone that needs help filling in forms, advice about benefits etc. There will also be some fresh fruit and vegetables there if you need anything. The alternate Tuesdays will be the **Selsey Community Food Hub**.

**Selsey Community Food Hub** - a fortnightly event at **Beacon Church** where **UKHarvest** help us fight food waste and you can fill your bag with surplus food for a small donation (suggested £5). Don't forget to bring a bag.

**Carers Afternoon Tea** - weekly tea and cake for Carers support at **The SHOP**.

**Wellbeing Groups** - provide counselling, mediation, parenting and bereavement support as well as low-level mental health support. Weekly sessions at **Selsey Care Shop** and **Star Office** can include Family Support, Bereavement Support, It's Ok Not To Be Ok.

**Bereavement Group** - informal support in a friendly environment weekly at **The SHOP**.

**Menopause Group** - a monthly group at **Chaplin's Coffee Shop** for those suffering peri-menopausal, menopausal or post-menopausal where you can find out more, share your experience and seek support.

**Men's Breakfast Club** - meet twice a month at **Beacon Church** and **Caraway House Care Home** for men getting together and supporting each other. They delight in many topics of discussion as well as activities such as quizzes whilst enjoying their bacon and sausage butties.

**Group for Visually Impaired** - twice monthly at **Selsey Venture Club** for those who are visually impaired where you can socialise, enjoy some refreshments and find support and information.

**Welcome and Wellbeing Group** - a monthly group at **Beacon Church** supporting people having problems with speech, particularly those who may have had a stroke, brain injury, Aphasia, Parkinsons or any learning difficulty and who would like to practice their communication skills and develop ways to improve their overall health and wellbeing. Carers are very welcome.

**Vitale Stroke Group** - our monthly session at **Beacon Church** offers support to stroke survivors, carers, family and friends. It's a safe and supportive space to learn more about stroke and self-care and to build your confidence as you rebuild your life after stroke. It is a place to chat; get support; share experiences and information; do some gentle exercise; do some cognitive and memory challenges; and the all-important tea and biscuits.

**Selsey Dementia Action Alliance** - a monthly meeting of all the local organisations involved in dementia support.

### Wednesdays

**Friendship Group** - time for refreshment, quizzes and fun weekly **Methodist Church Hall**.

**Hope in the Dark** - monthly sessions dealing with mental health needs, offering a sympathetic environment where individuals can be directed to professional counselling or other appropriate support.

**Parkinson's Group** - twice a month at **The SHOP** for people who are living with Parkinsons can chat, share experiences and information and get support with a smile and a few laughs.

**SDAA Ladies Group** - a monthly afternoon tea at **The SHOP** for ladies who are caring for their partners living with Dementia.

**Alzheimer's Group** - support for carers monthly at the **Methodist Church Hall**.

**Carers Drop In** - on the 4<sup>th</sup> Wednesday at **The SHOP** sees a small group getting together, especially helpful for new carers

### Thursdays

**Together Time** - weekly at the **Methodist Church Hall**. A day that can include tea and cake, sing-songs, crafts, games, raffles, Mobility Mindfulness and a hot lunch provided by our local pubs and cafes.

**Indoor Tea Garden** - takes place weekly in the winter months at **Caraway House Care Home**. In the summer months **Grow Selsey Tea Garden** will see guests enjoying refreshments at **The Hidden Garden**, often leaving with some fresh produce and plants (when available for a small donation).

**Dispute Resolution Café** - monthly by appointment only to resolve conflict. We have teamed up with **The Dispute Resolution Agency**, and these are free sessions to help you navigate through conflict and work out your resolution options. All types of conflict such as in the workplace, between neighbours, between businesses, landlord and tenant issues, money and debt, wills and probate, family matters, consumer issues are covered.

**Wellness Café** - weekly at **The SHOP** with each week covering different support: anxiety; guardian and parental; individual bereavement and cancer. These sessions are to support people in growing old and living well.

**All Our Yesterdays** - a twice monthly group at **Beacon Church** for those living with dementia, their carers and friends who wish to attend. The aim is to have fun whilst going on nostalgia journeys, playing games, listening to music and eating cake.

**New Carers Group** - monthly at **The SHOP** for company, a place to share with other like-minded carers and receive support for what can be such a challenging but rewarding role. All the while, your loved one will be cared for at the Methodist **Church Hall** where they will have company, tea, cake, help and activities.

## **Fridays**

**Foodbank** - weekly at **Methodist Church Hall**. Vouchers are available from **Selsey Care Shop** and **Selsey Town Council**.

**Money Support** - weekly at **Methodist Church Hall** provides debt advice, benefits advice and ongoing support as well as money management courses.

**Counselling Support** - weekly at **Methodist Church Hall**.

**Friday Tea and Talk** - refreshment and chat weekly at **The Venture Club**.

**Wellspring** - a weekly support group for men at **The SHOP**.

**Ladies Breakfast** - a new monthly group at **Carraway House Care Home** (invite only).

## **Saturdays**

**Veteran's/Serving Personnel Brunch** - monthly on a Tuesday at **The Hopp Inn** and monthly on a Saturday at the **Selsey Club** with opportunities for veterans and serving military personnel to meet face to face in a relaxed and safe, social environment to enjoy breakfast, and banter helping to combat loneliness and enabling veterans to "return to their tribe".

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**Sunday and Bank Holidays: 10am – 1pm**