



Selsey Community Forum Annual Report 2025 - 2026

Message from our Chairman...

I continue to have the privilege of being Chair of **Selsey Community Forum**. We maintain the expansion of our work responding to the needs in our community. This Report highlights the variety of work we undertake and the many activities we host through our staff and volunteers. We owe them and all our partners a great debt of gratitude. I do hope you are inspired by all that we continue to accomplish.

Mike Nicholls

What is Selsey Community Forum?

It is an umbrella Charity, first registered with the Charity Commission on 31st March 2014 as an unincorporated Charity. Since that time the Charity has expanded both in size and in the number of services it offers, and it accordingly converted to a Charitable Incorporated Organisation (CIO) on 7th June 2023. Its primary aim is helping our residents in Selsey and surrounding villages on the Manhood Peninsula. Through action-driven regular partnership meetings, we bring together local organisations to help meet multiple local needs.

In April 2024 we were presented with the **King's Award for Voluntary Service** which is equivalent to the MBE, and is awarded for life. It is the highest award given to volunteer groups across the UK. This was a testament to the hard work and commitment of the **Selsey Community Forum** staff and volunteers, and we could not have been prouder.

Charity Structure

Trustees:

Mike Nicholls, *Chair*

Mike Beal, *Vice Chair*

Gill Walsh, *Secretary*

Richard Lamdin	Linda Purnell	Neil Kimber
Kim Long	John Fletcher	Daniel Ayton
Liz Ball	Liz Woodsell	Nicola Collins
Linda Edwards		

Treasurer: Sue Trude

Accountant: Deb Heath

We have 14 wonderful staff and over 200 amazing volunteers to carry out our work.

Introduction

There were some positive events during this past year not only enhancing our ability to serve the community but also highlighting that we have become a beacon of inspiration that others wish to emulate and be part of.

- ✳ As a result of the **Friends of Selsey Medical Centre** continuing to donate a generous sum of money, we provide a member of staff from the **Selsey Care Shop** to work at the surgery, giving on-the-spot help and advice for patients. In addition, their ongoing support helps us to operate the **Buddy Assisted Transport Scheme (BATS)** enabling people, who would otherwise not be able to attend, to keep their medical, optician, dental and hearing appointments. Thank you to the Volunteer drivers who have carried out 1,054 such journeys this year.
- ✳ We continue to work with members of other communities in helping set up or expand **Community Hubs**, of which there are now 14 spread across Chichester and the Peninsula. These **Hubs** are a free support service offered by **Selsey Community Forum** in partnership with **Vitale Care** and **Age UK**. They have been developed either as stand-alone hubs within local premises or to support community groups already established where we offer help and support with a range of topics including - form filling, blue badge applications, energy advice, Lasting Power of Attorney, Later Life Planning, Robins Service.
- ✳ As an extension to the Hubs in the Witterings, a local Charity Trust Foundation in West Wittering has generously offered to support the establishment of the **Witterings Community Forum**. The **F Glenister Woodger Trust** has acquired premises for the **Witterings Care Shop** with an opening date planned for 1st September. **Selsey Community Forum** is working closely with them to set up the organisation.
- ✳ We provided more placement opportunities to students from the **University of Chichester**. Their 6-week placement period identifies areas the students felt they needed to develop or skills they wanted to build upon. They participated in many of our activities and developed positive

Selsey Community Forum

Address: Selsey Care Shop, 121 High Street, Selsey PO20 0QB **Tel:** 01243 201616

Email: mail@selseycommunityforum.uk **Web:** www.selseycommunityforum.uk



relationships. They have the guidance of our staff, volunteers and placement-practice educator, who ensures they meet professional standards. It has been such a joy having the students placed with us, bringing a young perspective to the work we do, and the outcomes we strive to achieve together.

- ✱ It was an honour to host Dr Timothy Fooks, the High Sheriff of West Sussex, who visited the **Care Shop** and **The Hidden Garden** on 20th May 2025.



We oversee ten Community Groups, each having a Service Lead and, within each of those Community Groups, many diverse activities and support services take place. We operate from **Selsey Care Shop** in the High Street but have office and meeting space at the **Star Offices** in East Street.

Every month we produce a **Selsey Community Forum What's On** with all the activities we host, and we are very grateful for all the venues that are offered to us free of charge as, for so many in our community, they become a welcoming sociable and safe space.

This Report will give a brief synopsis of what goes on in our Charity with some updates from each of our Community Groups.

Staff Roles

Charity Administrator	Jo McCarthy
Selsey Befriending Activities	Ronelle Juleff
Good Morning Call Manager	Amanda Daniels
Carers Support Selsey	Sue Parsons
Selsey Buddy Support	Katy Grows
Counsellor	Sarah Palmer
Selsey Money Support	Janet Sorrell
Community and Care Shop Manager	Karen Halford
Environmental Educator	Paul Sadler
Selsey Employment Services	Sue Boucher
Operations and Training Lead	Karen Pirks
Catering Manager	Janet Jupp
Help Hubs Development	Alison Goodrham
Care Shop Administrator	Joanne Laing

Selsey Care Shop

Its central position in the High Street continues to act as a one-stop-shop for access to the community activities and other services provided by **Selsey Community Forum**.



It works in partnership with local community groups, Churches, Selsey Medical Practice, charities, local businesses and statutory organisations coordinating and delivering support for members of our community.

The **Care Shop** is open 7 days a week and is seen as a safe place to go. It is the first point of contact for all our users, and our staff and volunteers in the **Shop** will refer someone to the appropriate activity or service within the Charity. This year there have been -

- 8213 visitors to the **Care Shop** (4251 in 2024) ↑
- 7454 calls to the **Care Shop** (4526 in 2024) ↑
- 4908 calls out of the **Care Shop** (2741 in 2024) ↑
- 293 **Foodbank** vouchers issued (99 in 2024) ↑

Selsey Befriending Activities

Every week there are many varied activities supporting those isolated and lonely people in our community, encouraging them to participate in something that might interest or entertain them.

Morning Live – every Monday morning at the **Selsey Venture Club**, we enjoy refreshments and conversation with up to 22 of our service users and **Venture Club** members.

Friday Tea and Talk – tea and cake at **Selsey Venture Club** for some 16 guests.



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.

Grow Selsey Tea Garden – takes place in the summer months in **The Hidden Garden**, where guests enjoy refreshments and usually leave with fresh produce and plants.

Together Time – at the **Methodist Church Hall** each week and includes tea and cake, sing-songs, crafts, games, raffles and a hot lunch provided by our local pubs and cafes, as well as donations from UK Harvest. Some 32 guests enjoy the day.

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



ResBite Teas – 4 Sundays a month at each of the local **Churches**. An afternoon of entertainment with quizzes, games, music and refreshments, attracting between 20 and 30 guests.

There are also the **Friends Group**, **Friendship Group**, **Group for Visually Impaired** and the much enjoyed and appreciated **Community Christmas Day Lunch** - such a long list of activities, all ready to welcome you.

Good Morning Call

This Service offers a friendly, daily phone call to those in Selsey and the Witterings who are lonely, vulnerable or housebound and might appreciate a friendly chat.

The Service offers the chance for some social interaction each day and has alerted immediate or other assistance when the need has arisen. There have been over 20,000 calls made during this year.



Carers Support Selsey

This Group supports unpaid carers by way of advice, guidance and the opportunity for social interaction.

We have **Carers Afternoon Tea** supporting carers and previous carers; the **Men's Breakfast Club** to which some 40 men attend with many topics of discussion as well as activities such as quizzes whilst enjoying their bacon and sausage butties; **Carers Drop In** on the 4th Wednesday of the month; **Vitale Stroke Club**, **MS Support Group**, **Parkinson's Support Group**, **Veteran's Brunch** and the annual **Carers Tea** took place during August where guests enjoyed afternoon tea and entertainment.

Volunteers also ring carers on a regular basis and home visits have been made to carers and their cared for to support them - from referring to Occupational Therapy, wheelchair assessments, welfare visits and DVLA support. The **Equipment Service** includes items such as wheelchairs, walkers, raised toilet seats etc which are stored and delivered locally to those who need these.



Selsey Buddy Support

We could not support the community as we do without the amazing help, skills and time our devoted volunteers offer.

Buddies and Volunteers have helped with the following over the past year:

- ♥ The **Wellness Café** where Volunteers offer specialist expertise covering anxiety, cancer support and Guardian and Parental Support
- ♥ **Pet Pantry** deliveries to families that are struggling with the cost of pet food
- ♥ 220 prescription deliveries to those who are housebound or cannot collect their medication
- ♥ 78 small shops made and delivered to those unable to get out
- ♥ Over 1500 **Newsletters** delivered each month to people's home to keep them informed of all the Charity's news and upcoming events
- ♥ 72 key safes fitted in partnership with our local **Community Warden**
- ♥ The **Computer and Smartphone Service** (CASPS) and the **Digital Support Hub** which started in January have helped 95 people with their IT issues ranging from wanting to access the NHS App, to losing emails on their IPAD that they need help retrieving
- ♥ Volunteers supporting the running of the **Care Shop**: this is invaluable as they answer the phone and spend time with visitors face to face. We average around 150 visitors to the **Care Shop** every week and without their support this would not be possible

Daily shoutouts are made to our amazing volunteers with requests for small shops, furniture needing to be moved, urgent lifts to medical appointments or a fire alarm going off and help needed to change batteries.

Selsey Wellbeing Services

150 people have been supported in group settings and individual counselling through our well-being service.

They were weekly **Wellbeing Groups** which covered issues such as -

Family Support for individuals normally in partnership with local schools;

Bereavement Support comprising both group work and one-to-one help;

Counselling sees up to 20 people being supported at any one time;

Wellspring, a support group for men;

It's Ok Not To Be Ok sessions support low level mental health needs, offering a sympathetic environment where individuals can be directed to professional counselling or other appropriate support. More serious needs are supported in the **Hope in the Dark** session.

Selsey Money Support

In partnership with **Frontline**, this service provides debt advice and ongoing support. Each month some 400 people have been supported through help with debt and money management, household bills, benefits and allowances, form filling, applications for blue badges and lasting power of attorneys, energy support, referrals to government funding.



Selsey Dementia Action Alliance

This seeks to make Selsey a truly dementia-friendly community and supports those living with dementia by working in partnership with national, local and regional organisations. A very successful '**Turn Selsey Blue for Dementia**' happened during **Dementia Awareness Week** when local businesses and Care Homes participated in different ways with our shops dressing their windows in blue.

Our **Dementia Friend Ambassador** ran training sessions giving all those involved in supporting people with dementia insight into what might be required.

We held regular activities that are dementia inclusive and one-off fun events - it is so gratifying to see carers enjoying activities together with their cared for.



Grow Selsey

This is an intergeneration gardening and environmental project at **The Hidden Garden** presenting the benefit of spending time outdoors and allowing people of all ages in Selsey to be part of a community gardening project. **The Hidden Garden** has continued to expand with its pool of volunteers who look after the garden. There has been an increase in the number of visitors seeking advice, getting inspiration and seeing what plants are available for a donation.

Fundraising

They grow a wide range of fruit, vegetables, herbs and flowers which are available to the public and are offered to other **Selsey Community Forum** projects supporting **Together Time** meals and **Tea Garden** visitors.

Other groups supported by **The Hidden Garden** include students from the **Academy Selsey**, adults with Learning Disabilities and Forest School projects; lots of informal meetings enjoy the space as an alternative and inspirational environment.

The **Abundance Fruit Project** continued this year, offering to help those unable to collect fruit from their trees, and the harvested fruit was shared with the community making sure this local resource did not go to waste. Fruit was distributed to all the care homes in Selsey, children's nurseries, the **Foodbank** and **Together Time** on a weekly basis. Fruit was also frozen and juiced. The Annual Apple Day saw a very successful public juicing event where people enjoyed joining in with activities, brought fruit to the events and took away juice for a donation.



There was a new Project this year – **Compost Selsey** where residents could take along their kitchen waste and the Food Waste Composter converted it to compost used to nourish the food grown at **The Hidden Garden**.

For the first time **The Hidden Garden** took on the organisation of the very successful **Selsey Open Gardens** event which saw 22 gardens opening their gates. 704 tickets were sold and £8,600 raised and donated to local organisations.



Other projects supported by **The Hidden Garden** include the **Pollinator Highway's Scheme** to allow roadside verges to flourish and the **Selsey Tree Nursery**.

Selsey Employment Service

The Service provided help and advice to local people seeking employment, either for the first time or later in life. Housing support was also available by liaising with the local housing authority (**Chichester District Council**) and by assisting with housing applications.



This service included skills analysis, planning, CV writing, researching, support with job applications, accessing employment opportunities, apprenticeships and volunteering experience. Clients were supported through various processes some with complex issues.

Referrals came via the DWP, the **Selsey Care Shop**, social media and Chichester College. Successful partnership working with local businesses and voluntary organisations created excellent relationships enabling work and volunteer opportunities.

We have been fortunate to receive continued support from some of our partner organisations. We spend a considerable amount of time researching and seeking other funding opportunities from Trusts, Community Funds, Foundations as well as Government and Council Grant Schemes.

We are very grateful for all the donations we receive from local businesses and community groups, often through their fundraising activities; residents also raise money for us through sponsored activities; from grateful service users whom we have been able to help and support; money gifted in memory of a family member; legacies have been left us.



We could not continue our work without all these generous donations, be they money, time, resources or goods. In addition, some of our volunteers hold fundraising activities – **Car Boot Sales** and the **Christmas Fayre**.

Other Projects with which the Charity is involved include –

Selsey Greenway Cycle Route

The **Selsey Cycle Network** was formed some years ago advocating a direct cycle route between Selsey and Chichester which is safe and no further in distance than the B2145.

Ferry Farm Community Solar Project

Ferry Farm Community Solar is a not-for-profit community benefit society that own a 5MW community solar array on land between Selsey and Sidlesham. Since June 2016, they have been generating electricity and income from the sun. Surplus income is used to support local community projects in Selsey and Sidlesham. This has benefitted Selsey community with numerous grants administered through the **Selsey Community Forum**. This year a total of £25,000 was available for projects focused on –

- ✿ Environmental education
- ✿ Biodiversity
- ✿ Climate change readiness
- ✿ Energy

Community Information

We provide information about Selsey to residents and visitors, producing a '**Welcome Pack**' and every month we produce a **Newsletter** to inform and entertain, of which 1500 copies are delivered to all those on our database.

We do hope you have enjoyed reading this small synopsis of all that we do in the community with the help, support and encouragement from so many individuals, businesses and organisations.

Remember, we are your community's charity, here to serve and support you to live well in your community.