



# NEWSLETTER

April 2026 **Issue 125**



May this joyful season of Easter fill your heart with renewed hope, love and peace

## Celebrating the Newsletter

April 2021 saw the first edition of this version of the **Newsletter** following some 5 years of the **Senior Selsey News**. So, we have informed you and hopefully entertained you for well over 10 years; that's a lot of editions (125) and deliveries (some 1600 each month). We do hope you still enjoy reading the **Newsletter**, but please let us know if you would like anything included, bearing in mind that the focus is telling you what **Selsey Community Forum** is about and how we can support you in the community. Which leads us nicely into the next article.....



## What We Do

It is always helpful to remind ourselves just what services we cover. We oversee ten Community Groups, within which there are many diverse activities and support services.

### Selsey Care Shop

Its central position in the High Street acts as a one-stop-shop for access to the community activities and other services provided by **Selsey Community Forum**. The **Care Shop** is open 7 days a week and is the first point of contact for all our users; the staff and volunteers in the **Shop** will refer someone to the appropriate activity or service within the Charity. Last year nearly 8,000 people visited the **Care Shop** with a further 7,000 phone calls received.



### 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 and thereby drawing them more closely into our community. Check the **What's On Section** at the back of this **Newsletter** every month to see just how much is happening on our doorstep. If you need an explanation on any of the activities, we have a leaflet in the **Care Shop** explaining them or a copy on our website at [www.selseycommunityforum.uk/News/](http://www.selseycommunityforum.uk/News/)



### Good Morning Call

This Service offers a friendly, daily phone call to those in Selsey and the Witterings/Bracklesham area who are lonely, vulnerable or housebound and might appreciate a friendly chat. Some 120 are made each week. The Service offers the chance for some social interaction each day and alerts immediate or other assistance when the need arises.

### Carers Support Selsey

This Group supports unpaid carers with advice, guidance and the opportunity for social interaction. This includes Carers Afternoon Tea, Friends Group, Men's Breakfast Club, Carer's Drop-in, Support for Veterans and an Annual Carers Tea. The **Equipment Service** comprises donated goods such as wheelchairs, walkers, raised toilet seats, etc that are stored and delivered to those in need.



### Selsey Buddy Support

Volunteers throughout the community looking out for their neighbours by assisting with shopping, collecting prescriptions, moving furniture, food hampers, pet food bank, Sign Language Classes, Computer Literacy Support and so much more.



### Selsey Wellbeing Services

Offering support in the following areas: bereavement, counselling, mediation, parental and guardian support, family support, cancer support, crisis planning and generic addiction support.

### Selsey Money Support

This service provides debt advice and ongoing support as well as Money Management courses. Help can be offered with debts, benefits,

## Selsey Community Forum

Selsey Care Shop, 121 High Street, Selsey PO20 0QB **Tel:** 01243 201616 **Web:** [www.selseycareshop.uk](http://www.selseycareshop.uk)  
**Opening Hours:** Mon to Fri 9.00am until 4.00pm Sat 9.00am until 1.00pm Sun 10.00am until 1.00pm  
**Email:** [mail@selseycommunityforum.uk](mailto:mail@selseycommunityforum.uk) **Web:** [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk)



pensions, energy support, applications for Blue Badge, Attendance Allowance, Personal Independence Payments, Lasting Power of Attorney and referrals to Government Funding. The **Buddy Assisted Transport Scheme (BATS)**, enables people, who would otherwise forget or not be able to attend, to keep their medical, optician, dental and hearing appointments. There are set fees for each journey to cover the mileage and car parking charges are covered by the user.



### 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 many national, local and regional organisations. We have our own **Dementia Friend Ambassador** who runs training sessions giving all those involved in supporting people with dementia insight into what might be required.

### Grow Selsey

An intergeneration gardening and environmental project at **The Hidden Garden** with the benefit of spending time outdoors and allowing people of all ages in Selsey to be part of a community gardening project. This Project is helping to create community space for a wide range of fruit, vegetables, herbs and flowers which are shared amongst the groups using the space, and seeds, plants and produce are available to the community for a donation.



### Selsey Employment Services

The Service provides help and advice to local people seeking employment, either for the first time or later in life. This can include CV writing, job applications and accessing employment and volunteering opportunities. Housing support is also available by liaising with the local housing authority (**Chichester District Council**) and by assisting with housing applications.



So, you can see, we do cover rather a lot and, if we can't help you ourselves, we will certainly be able to point you in the right direction and support you along the way.

## How Can We Help?

Here is an example of how we have helped someone in our community who needed a little support - another good news 'case study'.

Life rarely follows a straight path. Just when we feel we have found our footing, circumstances can change, leaving us feeling unmoored and adrift. For many of us in the Selsey community, the dual challenges of grief and loneliness are familiar companions yet reaching out for help often remains the hardest step to take.

We recently had the privilege of walking alongside a local lady whose journey perfectly embodies the spirit of resilience. Her story is a powerful reminder that asking for support isn't a sign of weakness - it is the first step towards a new beginning.

When this lady first approached **Selsey Care Shop**, she was navigating a period of significant emotional turmoil. She was reeling from the end of a loving relationship, a pain that was compounded by the deep, unresolved grief from losing her husband some time before. These two life-altering events had collided, causing her profound distress. It is a situation many can relate to; the feeling that the emotional weight is simply too heavy to carry alone. She wasn't just looking for practical advice; she was looking for a way to cope with a world that suddenly felt very empty.

Recognising her immediate need, our team moved swiftly. We know that when someone is in crisis, waiting lists can feel like a lifetime. We offered her counselling sessions quickly, providing a confidential and compassionate environment where she could begin to process her emotions. Alongside the face-to-face sessions, we initiated regular telephone welfare calls. Sometimes, just knowing that someone is going to ring to ask, "How are you today?" can be the anchor that holds a person steady during a storm.



Slowly but surely, we saw a change. The heavy fog of distress began to lift. Her confidence returned, her strength grew, and her general sense of well-being began to improve. But healing is about more than just processing pain; it is about reconnecting with life. As she grew stronger, we encouraged her to step out of her comfort zone and attend our befriending groups. It can be daunting to walk into a room of strangers, but she took that brave step.

She joined our Anxiety Group and our Friendship Group. In these safe, welcoming spaces, she found she wasn't alone. She discovered a sense of inclusion and camaraderie that had been missing from her life. Laughter returned, and friendships were forged over cups of tea and shared stories.

Sharing a cup of tea with friends reminds us that we are not alone in this life journey.

The most wonderful part of this story isn't just that she recovered - it is what she did next. Having experienced the value of support firsthand, this lady has blossomed in a way that has delighted us all. She hasn't just moved on; she has moved into the heart of our organisation. Today, she is a much-respected volunteer for our Charity. She uses her own background, her experiences of loss, and her journey of recovery to support others who are walking the path she once trod. Her empathy is genuine, and her insight is invaluable.

This transformation from a person in distress to a pillar of support for others is why we do what we do. It shows that there is life after loss, and purpose after pain. If you are feeling overwhelmed by changes in your life, or if grief is weighing you down, please remember that you do not have to face it in silence. Whether you need professional counselling, a friendly ear, or just a group of people who understand, **Selsey Care Shop** is here for you.



## Thank You...

We could not do much of our work without the continued support of so many – this might be funding, donations, provisions, time or resources. We are so very grateful.



- **Selsey and District Lions** £500 towards an emergency welfare fund
- **J Christie** £560 for the **Care Shop**
- **Hyde Charitable Trust** for 3 laptops
- **TuVida** £1,546
- **Clarion Futures** £10,000
- **SGN Community** £7,000
- **Ferry Farm Community Solar** £10,000 for **Grow Selsey**
- **The Boulevard, The Joy, Country Gardens and UK Harvest** for their continued support in providing lunches for **Together Time**

If you do feel you would like to support us with a donation, you can drop cash or a cheque into the **Care Shop**, pay by card or BACS into our bank account at:

### Selsey Community Forum

**Sort Code:** 20-79-31 **Account No:** 13456293

And, of course, time, skills and experience are essential so -



## Witterings Care Shop

As you know we have been supporting areas outside of Selsey with our very successful **Help Hubs**. The work is seen to be so vital to our communities that the **F Glenister Woodger Trust** based in West Wittering has approached our Charity to help set up the **Witterings Care Shop**.

The premises have been acquired and are currently being adapted – this is the old Lloyds Bank in Shore Road. Staff and volunteers are being recruited in the coming months with the opening date planned for **1st September**. Exciting times ahead.

It is so good to know that **Selsey Community Forum** and **Selsey Care Shop** have become beacons of inspiration that others wish to emulate and be part of.

We are so very grateful to the **F Glenister Woodger Trust** for not only recognising the potential of the **Selsey Community Forum**, but also their generous



donation in supporting their community. Watch this space for further updates.

Selsey Community Forum - Manhood Peninsula

# VOLUNTEERS NEEDED

If you have experience or skills with: formfilling, befriending, bereavement, end of life, housing, and can offer a few hours a week, pop into the **Bracklesham Barn Hub Thursday's 2-4pm** or contact me by email below:

Whether you have a few hours to spare to give back, or want to develop your CV, volunteering with us maybe the perfect answer to use and build on your skills and experience.

**GREAT NEWS! THE WITTERINGS CARE SHOP WILL BE OPENING IN SEPTEMBER 2026 BASED IN THE OLD LLOYDS BANK, SHORE ROAD, EAST WITTERING - customer facing volunteers will be needed!**

For more information please contact: Karen Pirks, Operations Lead, email: [operations@selseycommunityforum.org](mailto:operations@selseycommunityforum.org) or telephone: 07824 376 760

[www.selseycommunityforum.org.uk](http://www.selseycommunityforum.org.uk)

## Hello April - When Spring Has Sprung

I hope this beginning makes you smile as much as it does me. What a joy it is to welcome you once again. If March was the month where something quietly began to stir beneath the surface, April often feels like the moment when nature gently reveals what has been patiently unfolding all along.



Spring has sprung. Before we move further into April, I find myself wondering, how did your word for the month go? Was it helpful? Did you manage to remember to bring it into your days and reflect on it? Mine was wonderful last month, I must admit, I found myself returning to it more often than I expected, and each time it gently reminded me of the promise I had made to myself. It's such a simple practice, yet sometimes the simplest things are the ones that quietly guide us the most.

This month my word feels a little different. My words for April are **"breathe into my heart."** A gentle reminder to pause, soften, and allow myself to return to what truly matters. You may wish to continue with your own word this month too or perhaps choose a new one that feels supportive for where you are right now.

And yet, it feels especially important to take an extra pause right now. With so much happening in the world, and with the uncertainty many of us feel we are living through, it can be easy for our minds to race ahead or become overwhelmed. Perhaps now,

more than ever, is a moment to gently stop in our tracks and come back to the **now**.

To notice our breath. To feel our feet on the ground or if you have your feet up with a cup of tea to hand really enjoy a sip and take your time. To remember that while the wider world may sometimes feel turbulent, this moment right here still belongs to us; we get to choose how we respond to the season; what a wonderful thing this is - please read that aloud to help this sentence land within your heart "we get to choose right now in this moment in time"



Nature quietly models this for us every day. It does not rush ahead or dwell on what has passed. It simply unfolds in the present moment, responding to the light available. And what a delight it is to witness this unfolding. I truly find myself feeling so grateful to be able to see with my own eyes and look at things forming my very own view on life as it unfolds.

The daffodils blooming almost everywhere we look, bright little bursts of yellow reminding us that spring has truly arrived. And for me personally, I absolutely adore the blossom trees. *(Please don't hate me, I know they make quite the mess in many of your gardens... but they really are beautiful to look at, you must agree.)*



For a short while each year, they quietly transform the landscape into something soft, delicate, and almost magical. It always takes me back to my childhood. I remember collecting the fallen blossom, throwing it into the air, and pretending I was getting married.

Sometimes, if we pause for long enough, beautiful memories can surface too, gently carrying us back to a happy space within our hearts. Perhaps their brief beauty is part of the lesson, a quiet reminder to notice what is here while it is here. So perhaps April's gentle reminder is this: even in uncertain times, life continues to reach for the light and so, quietly, can we.

Please join me in sending your prayers out to a world that feels so terribly troubled right now for so many reasons. And then gently allow yourself to return to the here and now. The news, the media, the conversations on the street of war can feel loud and consuming at times. It can easily pull our attention into places that leave us feeling overwhelmed or helpless.

So, as you move through the days ahead, please remember to notice the beauty that still exists all around us; the small, quiet reminders that life continues to unfold despite everything happening across the world. Sometimes the most powerful thing we can do is hold compassion for the wider world while also allowing ourselves to remain present within our own small corner of it. ❤️

*Sending you all love and light, always, Sarah Palmer*

## Dementia Action Week

**Dementia Action Week** takes place this year on **18th-24th May** – more on this next month. But here is a poster encouraging shops and businesses to turn their windows blue.

**Turn your Town Blue for Dementia Awareness Week**  
Mon 18th May - Sun 24th May

If you are a shop owner in Selsey, Bracklesham or the Witterings we would love you to decorate your window to raise awareness and understanding of this disease. Prizes will be awarded!

Windows will be judged on:

1. Impact- does it draw attention?
2. Messages shared- does it get key messages across?
3. Creative use of materials?

Look out for other activities will be taking place during the week - so keep an eye on our website: [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk) and social media

To enter email: Karen Pirks, Ops Lead operations@selseycommunityforum.uk or text: 07824 376 760 by 14th May 2026

## Car Boot Sales

A sign that summer is on its way...

This year the **Car Boot Sales** will be held on the **Academy School Field**; the first one is on **Easter Monday 6th April**. Fingers crossed for good weather.



## Selsey Coastal Scheme

There are 2 public drop-in events at the **Selsey Centre** later this month. Pop along to catch up on the latest plans for Selsey's new sea defences and discover what's coming next for the scheme.

**Selsey Coastal Scheme Drop-in Events**

Find out about what's happening on the project, discuss the sea defence options for Selsey, and much more!

Location: **The Selsey Centre PO20 0SE**

**FRI 17th April 2026 14.30pm - 19.30pm**  
**SAT 18th April 2026 9.30am - 14.30pm**

Our events are open to everyone & there will be activities for the kids! Drop-in at any time!

SCAN ME for more info & follow us on socials for updates!

## St George's Day

Another date to remember in April



## Faith and Spirituality World Day of Prayer 2026

We are blessed to have four churches in Selsey, working together to support our community. Within each of these four churches are active, experienced, and skilled volunteers supporting their clergy and leadership, who can sometimes be stretched to meet the needs of their flock. They provide care, support and governance with day-to-day activities, special feast days, celebrations and bereavement support. They offer warmth, kindness and love to many activities that support our local community, such as the Foodbank, Community Food Hub, training and social activities and nourishment.



So, it was **Our Lady of Mount Carmel and St Wilfrid's Catholic Church's** turn to lead this year's **World Day of Prayer**. It was no surprise that all four churches of Selsey would come together and participate in this year's event in differing ways. The **World Day of Prayer** is an international, women led, ecumenical movement that shares the hopes, concerns, and prayers of women from around the globe and is an opportunity to hear from women from different countries sharing their unique spiritual journey and culture.



The message was clear "I will give you rest - come" and written by Christian women of Nigeria. On the day, **St Wilfrid's Church** welcomed 65 people to the service with music beautifully played by Fran. The chatter in the hall afterwards with people enjoying plenty of tea and cakes, was heartwarming.

Debbie Hope had been invited to assist with some of the Nigerian language pronunciations, and she arrived in traditional clothing. Her feedback about the service was *".....thank you for running the service last Friday for World Day of Prayer. And all other dear men & women involved in the readings & music. It was really wonderful & of course it meant a lot & touched my heart as I am Nigerian & born out there. So, the joy together with others to pray, sing & hear true stories of Nigerian people, thinking & as always praying for*

*my precious families out in Nigeria. I felt so PROUD the chosen country this year was Nigeria. Of course, I proudly chose to wear one of my Nigerian dresses that my gorgeous family gave me on one of my past holidays there with them."*



Our thanks go to the people who participated, prepared, baked, served, and joined in this lovely event in any way. It is important to meet the faith and spiritual needs of all locally and recognise that at differing times during a person's life their faith needs may change. A person may not engage in traditional teachings but may require support at times. Feel free to enquire if you need direction as to who to contact during these times and would like a further conversation. This can also include humanistic pastoral care. Please contact Karen Pirks, our Operations Lead a member of the **End of Life Network** [operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk)

## Later Life

Planning for your own latter years will help you remain in control, and it takes the stress away from family members who ultimately have to make decisions on your behalf. The **Later Life Living Festival** is managed by **Sussex Care Hub**, and is being held at the **New Park Centre** in Chichester on **Saturday 25th April** from 12 noon.

**SUSSEX CARE HUB**  
TOGETHER WE CARE

**Later Life Living Festival**

**SUPPORTING INFORMED CHOICES**

Join us for a free, welcoming event dedicated to helping you live well, plan confidently, and enjoy later life to the full.

**Saturday 25 April 2026**  
12 NOON - 4PM

**New Park Centre**  
Chichester PO19 7XY

Jess Brown-Fuller, MP | 25 Expert Exhibitors | Refreshments

**FREE ENTRY** | **OPEN FOR ALL AGES**

Free Viewing of 'Now Voyager' showing at 10am before the event, kindly offered by Chichester Cinema

## Chichester Wellbeing

Registrations are now open for a **free** 12week weight management course starting the week beginning 27th April, offering either virtual or inperson support. This programme is ideal for anyone with a BMI between 25-40, who is looking to make longterm, sustainable lifestyle changes.



To find out more or register, go to <https://forms.office.com/e/gfjZDWtQam>

A falls prevention workshop is being held in the **Selsey Centre** on Tuesday **7th April** at 13:30. The **Selsey Shuttle Bus** is available to transport people. To book your place at the workshop please ring the number on the poster 07785 747669 and to book your transport on the **Selsey Shuttle Bus** please call 07925 580443.



## Test your Brains



As human beings, our brains are the most powerful tool we possess. Our brains are the reason we have evolved so much and have achieved so much throughout our history. Everything we do, say, or think is all thanks to the brain. Our advances in science, technology, and medicine have all been possible due to our unique brains.

### Why is my brain so important?

Our brains control everything, from our thoughts and emotions to our physical actions and senses. It is where our creativity and imagination reside and where our memories are stored. Our brains are responsible for analysing and interpreting the world around us, deciding what actions to take, and helping us communicate and socialise with others. Our brains are the driving force behind everything we do and that is why it is crucial to keep our brains healthy and functioning correctly.

### How can I test my brain health?


There are many ways we can check our brain health:

- Brain games and puzzles like Sudoku, Crossword, and Lumosity can test your cognitive abilities and can help improve your brain health. They can lead to improved memory, focus, and other cognitive functions. Try to implement brain games and puzzles into your daily routine as much as possible. 
- Cognitive testing is an assessment that measures a person's cognitive skills, including their memory, attention span, problem-solving, and processing speed. It usually involves taking a test or a series of tests that measure different cognitive abilities. There are various forms of cognitive testing available, from online tests to formal assessments with a qualified medical professional.
- Wearable Devices like smartwatches and fitness trackers can track your daily activities, including physical activity, sleep patterns, and heart rate variability. These measurements can help identify patterns that may affect your cognitive health, such as poor sleep quality or stress levels. 
- Mobile Apps are designed to help train and test our brains. They provide various activities and exercises to challenge our cognitive skills, including our auditory and visual processing speed, attention, and memory.

### How can I improve my brain health?

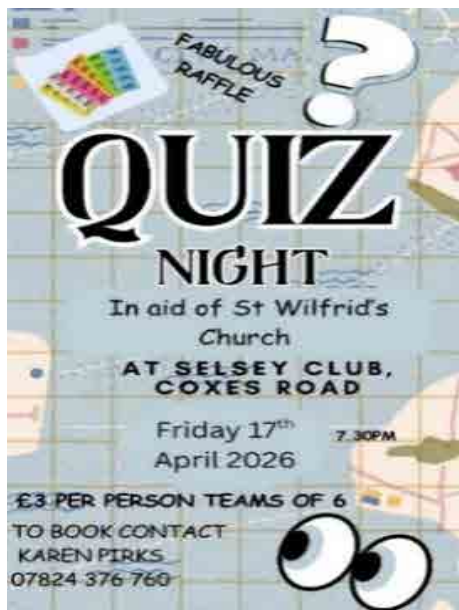
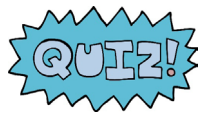
Here are some practices we can adopt to improve our brain health:

- Regular Exercise - improves our cardiovascular function, which is beneficial for brain health too. Exercise stimulates the release of hormones that protect our brain cells and help improve cognitive function and reduce the risk of developing cognitive decline.
- Good Nutrition - eating a balanced diet with foods rich in antioxidants, healthy fats, and amino acids is helpful for our brain's health and function. Antioxidants can help protect our brain cells from damage, and healthy fats can help promote healthy brain cell membranes.
- Adequate Sleep - we all need enough sleep, at least seven hours a night, to allow our brain to rest and restore itself. Lack of sleep has been linked to conditions like depression, anxiety, and cognitive decline. Better sleep habits can lead to improved cognitive performance, memory, and overall brain health.

- Mental Stimulation - challenging our brains by learning new skills, information, and experiences can keep our brains healthy and functioning well. Keep your brain active with activities like reading, learning a new language or instrument, and playing brain games. 

Our brains are the most critical organ we possess. Their proper functioning is a prerequisite for our day-to-day existence, and we cannot afford to take their health for granted. By implementing these practices into our routine, we can keep our minds sharp and improve our overall quality of life.

Why not go along to this Quiz, test your brain and have a bit of fun...



## SCAMS

Please note, avoid giving any of your contact details (including access to your WiFi) to ANY strangers. This advice follows recent local incidents.

## Selsey Community Forum What's On

Here is the **Selsey Community Forum What's On for April**. If you would like to attend an event, please call **Selsey Care Shop** to check availability.

### Wednesday 1st April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms

*Support Group for Adults*

The Cabin, Beacon Church

10.00-12.00noon

#### Hope in the Dark

2.00-4.00pm

#### Parkinson's Group

The SHOP 2.00-3.30pm

### Thursday 2nd April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

#### Grow Selsey Indoor Tea Garden

Caraway House Home 2.00-3.30pm

*Places must be booked*

#### Wellness Café Anxiety Support

The SHOP 2.00-3.30pm

### Friday 3rd April

#### GOOD FRIDAY

#### Wellspring

*A support group for men*

The Cabin, Beacon Church 2.30pm

### Monday 6th April

#### EASTER MONDAY

#### Car Boot Sale

Selsey Academy 7.30am-1.00pm

### Tuesday 7th April

#### Game Time

The Rookery 10.00-11.30am

#### Friends Group for former carers

Beacon Church 10.30am-12.00noon

#### Veteran's/Serving

#### Personnel Brunch

The Hopp Inn 11.00am

#### Community Food Hub

Beacon Church 2.00-3.00pm

#### Carers Afternoon Tea

The SHOP 2.00-3.30pm

#### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

#### Bereavement Group

The SHOP 4.00-6.00pm

#### Menopause Group

The SHOP 6.00-7.30pm

### Wednesday 8th April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

## Help Hubs

Do take a look at our up-to-date poster as we have added Hubs and changed the venue for some – there are an amazing 14 now across the Peninsula...



## Hub Help Desk Locations

### BIRDHAM - 2nd Wednesday of the month

11am - 1pm St James Church Centre, Birdham, PO20 7HG

### BIRDHAM 2nd & 4th Thursday of the month

10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG

### BOSHAM - 1st & 3rd Wednesdays of the month

10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

### BRACKLESHAM - Thursdays - weekly

2pm - 4pm - Bracklesham Barn, PO20 8HU

### CHICHESTER - 4th Tuesday of the month

2pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

### HUNSTON - Fridays - weekly

11am - 1pm - Hunston Community Club, Hunston, PO20 1AW

### PAGHAM - 2nd & 4th Thursday of the month with Coffee Morning Hub

10am - 11.30pm Village Hall, PO21 4NJ

### SELSEY - 4th Wednesday of the month - includes 'Digital Support'

10am - 3pm - The Rookery, PO20 0LL

### SELSEY - Tuesdays - Fortnightly with Food Hub

2pm - 3pm - Beacon Church, PO20 0PD

### SELSEY - Thursdays - weekly

12noon - 1pm - Selsey Methodist Church, PO20 0RD

### SELSEY - Thursdays - weekly

Selsey Medical Practice, PO20 0QG - by appointment only

### SIDLESHAM - 2nd Tuesday of the month

1pm - 3pm - Parish Rooms, PO20 7RE

### SIDLESHAM - 4th Thursday of the month

1pm - 3pm - The Sidlesham Memorial Hall, PO20 7RD

### WITTERINGS - Tuesdays - weekly

10am - 12noon - Downview Hall, East Wittering PO20 8NS  
3.30pm - 5.30pm - The Witterings Medical Centre, East Wittering PO20 8BH

**Help Hub Contact number: 07379 789 721**

*(phone monitored Monday - Friday 9.30am - 1pm)*

## Open Arms

*Support Group for Adults*

The Cabin, Beacon Church

10.00-12.00noon

## Digital Hub

The Rookery 10.00am-12.00noon

## Alzheimer's Group

Selsey Methodist Church 1.30-3.30pm

## Individual Bereavement Support

The SHOP 2.00pm- 3.30pm

*By appointment only*

## Thursday 9th April

### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

### Dispute Resolution Café

*By appointment only*

### Wellness Café

*Guardian and Parental Support Group*

*By appointment only*

### Wellness Café Cancer Support

The SHOP 2.00-3.30pm

### All Our Yesterdays

*To inspire memories*

Beacon Church 2.00-3.30pm

### Grow Selsey Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

*Places must be booked*

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### Friday 10th April

#### Foodbank

Methodist Church 10.00-12.00noon

#### Money Support

Methodist Church Hall 10.00-11.30am

#### Counselling Support

Methodist Church Hall 10.00-11.30am

#### Friday Tea & Talk

The Venture Club 2.00- 3.30pm

#### Wellspring a support group for men

The Cabin, Beacon Church 2.30pm

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### Sunday 12th April

#### Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

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### Monday 13th April

#### Morning Live

The Venture Club 10.15-11.45am

#### Movies for Memories

'Driving Miss Daisy' (lunch Included)

Methodist Church 12.30-3.30pm

#### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 14th April

#### Men's Breakfast

Beacon Church 10.00-11.30am

#### Carers Afternoon Tea

The SHOP 2.00-3.30pm

#### Group for Visually Impaired

Selsey Venture Club 2.00-4.00pm

#### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

#### Bereavement Group

The SHOP 4.00-6.00pm

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### Wednesday 15th April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms Support Group for Adults

The Cabin, Beacon Church

10.00-12.00noon

#### Parkinson's Group

The SHOP 2.00-3.30pm

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### Thursday 16th April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

#### Men's Carers Group

The SHOP 2.00-3.30pm

#### Grow Selsey Indoor Tea Garden

Caraway House Home 2.00-3.30pm

Places must be booked

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### Friday 17th April

#### Foodbank

Methodist Church 10.00-12.00noon

#### Money Support

Methodist Church Hall 10.00-11.30am

#### Ladies Breakfast

Caraway Care Home 10.00-11.30am

#### Counselling Support

Methodist Church Hall 10.00-11.30am

#### Friday Tea & Talk

The Venture Club 2.00- 3.30pm

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### Wellspring a support group for men

The Cabin, Beacon Church 2.30pm

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### Saturday 18th April

#### Veteran's/Serving

#### Personnel Brunch

Selsey Private Club 10.30am

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### Sunday 19th April

#### Sunday ResBite Tea

Beacon Church 3.00-4.30pm

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### Monday 20th April

#### Morning Live

The Venture Club 10.15-11.45am

#### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 21st April

#### Game Time

The Rookery 10.00-11.30am

#### Welcome and Wellbeing Group

Beacon Church 10.30am-12.00noon

#### Community Food Hub

Beacon Church 2.00-3.00pm

#### Carers Afternoon Tea

The SHOP 2.00-3.30pm

#### Bereavement Group

The SHOP 4.00-6.00pm

#### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

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### Wednesday 22nd April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms

Support Group for Adults

The Cabin, Beacon Church

10.00-12.00pm

#### Digital Hub

The Rookery 10.00am-3.00pm

#### Carers Drop In

The SHOP 2.00-3.30pm

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### Thursday 23rd April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

#### Wellness Café

Individual Bereavement Support

The SHOP 2.00-3.30pm

#### All Our Yesterdays

To inspire memories

Beacon Church 2.00-3.30pm

#### Grow Selsey Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

Places must be booked

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### Friday 24th April

#### Foodbank

Methodist Church 10.00-12.00noon

#### Money Support

Methodist Church Hall 10.00-11.30am

#### Counselling Support

Methodist Church Hall 10.00-11.30am

#### Friday Tea & Talk

The Venture Club 2.00- 3.30pm

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### Wellspring

A support group for men

The Cabin, Beacon Church 2.30pm

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### Sunday 26th April

#### Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

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### Monday 27th April

#### Morning Live

The Venture Club 10.15-11.45am

#### Movies for Memories

'The African Queen' (lunch included)

Methodist Church 12.30-3.30pm

#### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 28th April

#### Vitale Stroke Club

Beacon Church 10.00- 12.00noon

#### Men's Breakfast

Caraway Care Home 10.00-11.30am

#### Group for Visually Impaired

Venture Club 2.00-4.00pm

#### Carers Afternoon Tea

The SHOP 2.00-3.30pm

#### Bereavement Group

The SHOP 4.00-6.00pm

#### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

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### Wednesday 29th April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms

Support Group for Adults

The Cabin, Beacon Church

10.00-12.00noon

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### Thursday 30th April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

#### Grow Selsey Indoor Tea Garden

Caraway House Home 2.00-3.30pm

Places must be booked

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### Friday 1st May

#### Foodbank

Methodist Church 10.00-12.00noon

#### Money Support

Methodist Church Hall 10.00-11.30am

#### Counselling Support

Methodist Church Hall 10.00-11.30am

#### Friday Tea & Talk

The Venture Club 2.00- 3.30pm

#### Wellspring

A support group for men

The Cabin, Beacon Church 2.30pm

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### Sunday 3rd May

#### Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

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### Monday 4th May

**EARLY MAY BANK HOLIDAY**

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