



NEWSLETTER

August 2025 **Issue 118**

Make a Difference Award

We have been chosen as a finalist in the BBC Radio Sussex, 'Make a Difference Awards'. It is certainly lovely to get recognition and fingers crossed we might win something – the award ceremony is in September so watch this space.



Car Boot Sales

Well the weather was good for us once again last month for our **Car Boot Sale** and we raised £200. However, there will be no more Car Boot Sales this year.

Want to Advertise a Community Event?

Just a reminder that if you would like to advertise your community event, please do take an A4 poster into **Selsey Care Shop** as we have space to display 15 posters.

We also have a screen in the window with a continual loop on which you can advertise your event. If you would like your event promoted, please send the information to the.beals@btinternet.com as a Word or PowerPoint document.

Our new website has the **Community Diary** which not only includes all the activities listed in our **What's On** at the back of this **Newsletter**, but also shows other events happening in our community. You can add your event at www.selseycareshop.uk/community-diary. Here below and on Page 3 is just a selection of what is happening in August.

Selsey Summer Events

We all enjoy attending these community events, but we should remember that it takes a lot of organisation and manpower to coordinate them. Thank you to all our dedicated



and hardworking volunteers in the community who put in so much time and effort for our enjoyment.



☀ **Cloud Nine Musical Theatre Group** host a **Masquerade Ball** featuring the official **West End Jerseys** performing live with **DJ PANDA** supporting on **Saturday 2nd August 7.30pm** at **The Academy**. Fully licensed bar. Tickets £25 from www.ticketsource.co.uk/cloudnineselsey



☀ The annual **Beer, Rounders and Family Day** at the **Selsey Cricket Club**, on the **Recreation Ground** on **Sunday 3rd August 10.30am**



☀ **Gainsborough Singers' Summer Concert** for an afternoon of music, memories, and community spirit. **Wednesday 20th August 2-4pm** at **St Peter's Church Hall** £3 on the door (includes tea & cake!). All proceeds go to Selsey First Responders.

☀ **Arts Dream Selsey Annual Art Exhibition** at **Medmerry Primary School** from **23rd – 25th August** opening at **10am** each day



☀ **St Peter's Church** host a night of nostalgia with **Creative Covers** presenting **60's and 70's Revival Night** at the **Selsey Centre** on **Saturday 23rd August 6.30pm**. Tickets £10 from **Tasoulla's Salon** or **Mick** on **01243 602623** or **Margaret** on **01243 604098**

[**St Peter's Church** will also be hosting the **Silver Searchers** on **Saturday 6th September**; same details as above £15 a ticket and a **Take That** tribute band on **Saturday 25th October**; same details as above and tickets £20]

Selsey Beach Litter Ninjas

A little while ago, your intrepid editor joined a beach litter pick with the **Selsey Beach Litter Ninjas** and I recently caught up with their founder, **Donna Tretheway** to ask her about the group. Earlier this year Donna was recognised with an

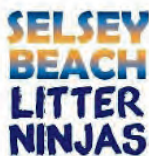


Selsey Community Forum

Selsey Care Shop, 121 High Street, Selsey PO20 0QB **Tel:** 01243 201616 **Web:** 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 **Web:** www.selseycommunityforum.uk



award from **Keep Britain Tidy** for being a 'Litter Legend' – well done, Donna and 'Thank You' for taking the time out to chat to us.



How long have the Selsey Beach Litter Ninjas been operating and what gave you the idea to set up this group?

It all started in November 2022 on one of my solo beach litter picks when it occurred to me that many of my fellow sea swimmers must care about the state of our beaches and sea and wondered if they'd like to join me. I put the shout out and the rest is history.

What and who have helped you carry out the role?

We started out as a WhatsApp group sharing details of what we found on the beaches but grew quickly. We decided we'd like to raise awareness of the need to keep our beaches and sea clean and encourage others to litter pick safely. To do that we needed some branded PPE to use and wear whilst out and about, so the next step was to apply for a grant from **Ferry Farm Community Solar Project**. To qualify we had to formalise, get a Committee, Constitution, bank account and the group stepped up magnificently. The group are passionate, creative, enthusiastic and real doers.

We've also benefitted from a grant from **Asda** that bought us bin stores, a gazebo and pop-up banners, donations of gloves from **B&Q** and even walkie-talkies from **Premier Marinas** in Chichester, all very welcome. Support from the **Anglers National Line Recycling Scheme (ANLRS)** has also been fabulous; the flags, the Pipe Bins, the advice and support have been invaluable.

What do you enjoy about it?

I suspect everyone will give you a different answer. For me, it's knowing I'm helping to protect the most important habitat on Earth and all those that live in it and rely on it. The beach is my happy place, but the sea and swimming are my church for want of another word. A healthy marine ecosystem means everything to me. For others, it could be just being outside on Selsey's beautiful beaches, keeping the beach clean for all those that use it, making a difference, leaving a positive trace or doing something worthwhile with people they like or while walking the dog.

What are some of the facts and figures of your finds?

To date, we've recycled 873kg of beach rubbish through our partnership with the **ANLRS** and **ReAP UK**. What we collect varies over the seasons with winter storms throwing up heavy commercial fishing industry waste such as rope, nets and rubber strips from lobster pots. In summer we see less of that and more angling and beach tourist waste, dominated by cans and plastic. Through them we also recycle polystyrene, goggles, crisp packets and fishing line, hooks weights. Separately, we recycle metal, vapes, batteries, send many cans to raise funds for **St. Wilfrid's Hospice** and all the dog toys are donated to **Mount Noddy RSPCA**. That statistic above includes 312 kg of rope and net, 214 kg of rubber strips and 230kg of plastic; no matter how fouled, it gets collected, sorted and made into new products such as modular furniture, hoarding boards, plant pots, bags, absolutely all sorts.

Tell us about some of the interesting finds?

Well, there's been some! A barnacle-encrusted underwater camera that we managed to

reunite with its owner who lived in Petersfield. It had been lost on a SeaSearch dive off the Hounds Reef, Selsey, some 15 months prior but astonishingly still worked once charged up. Olympus HO in Portugal was able to put the owner in touch with us and she was delighted to get it back. Then there was a cap belonging to a crew member of the USS Gravelly, an American guided missile destroyer, assumed lost during their brief logistics stop in Portsmouth 17 months previously. We've also had false teeth, viagra, banana-print pants, saucepans; nothing surprises us anymore.



Have you had any light-hearted incidents?

We're daft enough to pop on strange items of clothing and accessories we find. There's always something to giggle at.

Do you volunteer for other groups in Selsey?

In my 33 years in Selsey, I've been a Tree Warden, Pond Warden, secretary of Selsey Business Partnership, admin support for Selsey Specials football club, oh and a Town Councillor for a bit. Selsey is such a very special place, and I'll keep doing what I can, especially now with the support of the other Ninjas.

So, if you would like to join the **Selsey Beach Litter Ninjas** or take part in one of their beach litter picks, they have a Facebook page or you can contact them on selseybeachlitterninjas@gmail.com



The next beach litter picks are -

Saturday 16th August 10am Paddy's Plai

Saturday 13th September 10am Oval Field

Sunday 12th October 10am Coastguard Station

Saturday 29th November 11am Oval Field

Cold Callers and Scams

Rich Moorey, our **Community Warden**, has reported that there has been a recent spate of Rogue Traders in the area. He has seen an increase in cold callers knocking on doors and dropping leaflets through the door in an attempt to obtain work on people's property.



He has advised that such leaflets should be put in the bin and not to engage with anyone cold calling on you at home. There has been a particular rise in roofing scammers who claim that your roof should be looked at and, once on the roof, they remove some tiles and then ask you for money to repair the roof.

If you have any concerns about this, please call **Rich Moorey** on 07768 206974. Cold Call stickers are available to deter people from approaching your home and please do not open your door if you are not expecting anyone.

Scams continue to bug us all – here is a message from Sussex Alerts:

Report suspicious text messages by forwarding them to 7726 (it's free of charge). Over 27,000 scams have been removed as a result of suspicious text messages reported by the public.



Selsey Lifeboat Week

Sunday 3rd August to Sunday 10th August

Sunday 3rd August 6.30pm - Service of Praise and Thanksgiving in the Boathouse

Monday 4th August 9pm - Quiz Night at The Seal £2 per person

Tuesday 5th August 6pm - 6.30pm Walking Treasure Hunt starting at The Joy £2/£1

Wednesday 6th August 8pm - Lifeboat Karaoke at The Joy

Thursday 7th August 6pm - Lifeboat Bake Off at The Hopp Inn £2 per entry followed by Mia's Maritime Open Mic Night at 8pm

Friday 8th August 6pm - Race Night at The Victory Club £1 per bet; Funfair on Lifeboat Green

Saturday 9th August - 999 Services Day 10am-3pm at the Lifeboat Station; Fun Dog Show 11am on Lifeboat Green; Live Community Entertainment 1-6.30pm; Headline Act, Supersonic Soul 7.30pm; Fireworks 9.30pm; Funfair on Lifeboat Green

Sunday 10th August Lifeboat Day - Stalls on the Green from 9.30am; Live Community Entertainment 9.30am-12.30pm; Classic Vehicles Display; Raft Race 1pm; Lifeboat Display 2pm; Headline Act Fret-Wire 3pm

Staying Hydrated

Whilst I write this edition of the Newsletter, we are experiencing a heatwave and so it maybe timely to look at dehydration - this is a common but potentially serious problem in older people.

Why is dehydration important?

Older people are particularly vulnerable to dehydration. It is thought that ageing causes a reduced sensation of thirst, and this might be further aggravated by other diseases such as dementia, stroke, diabetes or kidney disease. Staying hydrated is important for regulating your body temperature; delivering nutrients to your body; keeping your organs working properly; improving your sleep quality, brain function and mood.

Why is it dangerous?

Older people are not just more prone to dehydration; they are also more vulnerable to its effects. Even mild dehydration can cause sleepiness, weakness, dizziness or low blood pressure and increase the risk of a fall. Inadequate fluid intake can also cause serious kidney damage.

What can you do?

It is important to be alert to the dangers of dehydration and consider when and whether you need to drink



more. Ensure you have plenty of fluids within easy reach; you can enjoy some "wet" foods such as jelly, custard, soup, pureed fruit or treat yourself to an ice-lolly.

How can you tell if you are drinking enough?

Drink between 1.6 and 2 litres of water per day (this equates to 6-8 glasses of water). Thirst is a delayed response to dehydration, and the body can often confuse hunger and thirst. When you feel thirsty you are already dehydrated and so try to get into the habit of drinking regularly. Signs of advanced dehydration include dry mouth, sunken eyes, dry inelastic skin, headache, drowsiness, dizziness or confusion. It might also be indicated by a reduced and more concentrated urine output. However, do not wait for these signs to occur and if you are at all concerned you should seek medical help immediately.



Beware medication and dehydration

If you become unwell and are at risk of becoming dehydrated, you can ask your GP whether you need to make any adjustments to regular medicines. Some medication, or combinations of medicines, can be especially problematic in the face of poor fluid intake.

You should never make any changes to regular medicines without seeking medical advice, but it is well worth checking whether changes are recommended.

Abundance Fruit Project

We are coming into the wonderful season of abundant fruit and would like to invite you to let us know about any fruit trees we can help to harvest. At **The Hidden Garden** we share this with the Selsey community to make sure this wonderful local resource does not go to waste.

Abundance Fruit Project

Do you or your neighbours have any fruit trees in your garden which you are unable to harvest?

If so, we can help you harvest them, leave you some of the fruit and distribute the rest across Selsey to people who will enjoy it



Please tell us about any Apple, Pear, Plum, Cherry, Damson, Fig or other fruit you think could be harvested and shared.

We would also like to know if you would like to plant a new fruit tree in your garden or local neighbourhood?



Please contact Paul at 07815790770 or at paul@selscycommunityforum.uk organised by



Men's Carers Support Group

Last month we briefly mentioned this new group starting – here is a little more about it.

- Do you feel isolated in your carer's role?
- Do you feel overwhelmed?
- Would you appreciate time out to just be yourself and to have support from other carers in similar caring roles?

The New **Men's Carers Support Group** started last month and will be on 3rd Thursday of the month at 2.00-3.30pm at **The SHOP** in the High Street.

This group is for you to relax, have time out, meet other male carers, gain support and understanding with what can be a very challenging caring role with a loved one, friend or neighbour, but can also be very rewarding when balanced with your needs as a carer.



We are here to support you in any way we can and so, if you are interested in attending, please contact **Susie** on **07354 682444** or email carers@selseycommunityforum.uk or contact the **Care Shop**.

Thank you...

- **Paul Everett** for £1,000 donation in memory of his wife, Dee
- **Tuvida** £1,546 for activity support
- **Woodger Trust** £17,500 towards the **Help Hubs**
- **Friends of Selsey Medical Centre** £6,000 for **BATS**, £5,000 for **Robins Service**, £9,000 for support services

Here's a message from one of our supporters –

*"My name is **Jeannette Burgoyne** and I am running The Great South Run in Portsmouth on Sunday 19th October for **Selsey Care Shop**. They help so many different people in Selsey of various age groups. They got a wheelchair for my Mother when she was no longer able to walk and they have helped friends of mine, whether it be bereavement or in disputes and they also arrange breakfast mornings for Armed Forces Veterans which is close to my heart having served 23 years in the Royal Navy.*

If you can donate to carry on the wonderful work they do, there are sponsorship forms in The Victory Club and The Hopp Inn or you can visit justgiving.com press the search tab and enter my name, a picture should come up of me with my two Schnauzers, just click and donate. Thank you".

Selsey Shuttle Bus

Following the success of the **Selsey Shuttle** operating as a **Hop-on Hop-off Bus** at the recent **Open Gardens** event, we thought it might be timely to remind you about this service.



The **Selsey Shuttle** is a community transport service operated by volunteers for the benefit of Selsey residents. It runs a hop-on, hop-off service around Selsey on Monday and Friday mornings for 50p. Concessionary bus pass holders can travel for free after 9.30am although, of course, a 50p donation is always welcome.



They also operate a dial-a-ride service to Chichester and Tesco Superstore on Wednesday afternoons for £5. This must be pre-booked by calling 07925 580443.

They also run occasional excursions to popular destinations, including Gunwharf Quays, Bognor Regis, garden centres, and even the Isle of Wight. Check their website at www.selseyshuttle.org/ where you will find all the timetables.

Buddies Day Centre



The Selsey Centre

Every Monday and Friday

10am - 12 noon - £15.00

12 noon - 1pm - £15.00
(includes a 2-course hot meal)

1pm - 3pm - £15.00

A needs assessment is required before attending

For more information, please call
Chantelle on 01243 116858

Friends of Selsey Medical Centre

Help Your Surgery – Join the Friends

Friends of Selsey Medical Centre help fund important equipment and services not provided by the NHS.

Recently we have contributed in whole or partially:

- Personal Advice at Care Shop and Surgery
- Buddy Transport Scheme
- Robins End of Life Scheme
- Dementia training for staff
- Replaced water cooler, TV screens
- Redecorated clinical rooms, toilets
- Provided HiViz tabards, storage boxes

If you use the Surgery, please become a **Friend** with an annual donation.

Membership costs as little as £5 per person and sign-up forms are at the Medical Centre Reception.

Registered Charity No 1013456

Help Hubs

To date this year, these Help Hubs have helped over 720 people

Activities

- **Good Morning Calls** daily



- **Next Steps** Mondays 3-4.30pm at St James Church Centre, Birdham
- **Bereavement Support**
- **Coffee Morning** Tuesdays 10am-12noon at Downview Hall, East Wittering
- **Amblers** Thursdays 10-11.30am at St James Church Centre, Birdham

Menopause Group

Chaplin's Coffee Shop 6.00-7.30pm

Wednesday 6th August

Friendship Group
Methodist Church Hall 10.00-11.30am
Hope in the Dark
2.00-4.00pm
Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 7th August

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 11.00-12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)
Wellness Café Anxiety Support
The SHOP 2.00-3.30pm

Friday 8th August

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 SHOP 2.30pm

Monday 11th August

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories 'Breakfast at Tiffany's' (£7.00 includes lunch)
Methodist Church 12.30-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 12th August

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
Community Food Hub
Beacon Church 2.00-3.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm

Wednesday 13th August

Friendship Group
Methodist Church Hall 10.00-11.30am
SDAA Ladies Tea
Selsey Methodist Church 2.00-3.30pm
Individual Bereavement Support
The SHOP 2.00pm- 3.30pm
By appointment only



Hub Help Desk Locations

BIRDHAM - 2nd & 4th Thursdays 10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG
BOSHAM - 1st & 3rd Thursdays 10.00am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB
BRACKLESHAM - 1st Thursdays 2pm - 4pm - Bracklesham Barn, PO20 8HU
CHICHESTER - 2nd 4th Tuesday of the month 2pm - 4pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ
CHICHESTER - 2nd & 4th Thursdays 1pm - 3pm - Guardian Angel's Care, Eastgate Square PO19 1ED
HUNSTON - Fridays - weekly 11am - 1pm - Hunston Community Club, Hunston, PO20 1AW
LAVANT - 3rd Thursdays 1pm - 3pm - Sussex Grange Care, Lavant Road, PO19 5RD
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 & 4th Tuesdays 1pm - 3pm - 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)

Selsey Community Forum What's On

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

Friday 1st August

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 SHOP 2.30pm

Sunday 3rd August

Sunday ResBite Tea
St. Wilfrid's Church Hall 3.00-4.30pm

Monday 4th August

Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 5th August

Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30am-12.00noon
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am
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

Thursday 14th August

Together Time

Methodist Church Hall 10.00–3.15pm
10.00 Tea, sing-song; 11.00–12.00
(Places must be booked) Mobility
Mindfulness; 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

Grow Selsey Outdoor Tea Garden

Hidden Garden 2.00–3.30pm

(Places must be booked)

Friday 15th August

Foodbank

Methodist Church 10.0–12.00noon

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

Wellspring

A support group for men

The SHOP 2.30pm

Saturday 16th August

Veteran's/Serving

Personnel Brunch

The Selsey Club 10.30am

Sunday 17th August

Sunday ResBite Tea

Beacon Church 3.00–4.30pm

Monday 18th August

Morning Live

The Venture Club 10.15–11.45am

SHOP Talk

The SHOP 2.00–3.30pm

Tuesday 19th August

Game Time

The Rookery 10.00–11.30am

Welcome and Wellbeing Group

Beacon Church 10.30am–12.00noon

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

Wednesday 20th August

Friendship Group

Methodist Church Hall 10.00–11.30am

Parkinson's Group

The SHOP 2.00–3.30pm

Thursday 21st August

Together Time

Methodist Church Hall 10.00–3.15pm
10.00 Tea, sing-song; 11.00–12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake

Men's Carers Group

The SHOP 2.00–3.30pm

Grow Selsey Outdoor Tea Garden

Hidden Garden 2.00–3.30pm

(Places must be booked)

Friday 22nd August

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 SHOP 2.30pm

Sunday 24th August

Sunday ResBite Tea

Methodist Church Hall 3.00–4.30pm

Monday 25th August

BANK HOLIDAY

Tuesday 26th August

Vitale Stroke Club

Beacon Church 10.30–12.00noon

Men's Breakfast

Caraway Care Home 10.00–11.30am

Group for Visually Impaired

Venture Club 2.00–4.00pm

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

Selsey Dementia Action Alliance

Beacon Church 5.00pm

Wednesday 27th August

Friendship Group

Methodist Church Hall 10.00–11.30am

Carers Drop In

The SHOP 2.00–3.30pm

Thursday 28th August

Together Time

Methodist Church Hall 10.00–3.15pm
10.00 Tea, sing-song; 11.00–12.00
(Places must be booked) Mobility
Mindfulness; 12.30 Lunch; Raffle,
crafts, games, tea & cake

Wellness Café Cancer Support

The SHOP 2.00–3.30pm

All Our Yesterdays

To inspire memories

Beacon Church 2.00–3.30pm

Grow Selsey Outdoor Tea Garden

Hidden Garden 2.00–3.30pm

(Places must be booked)

Friday 29th August

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 SHOP 2.30pm

Sunday 31st August

Sunday ResBite Tea

Beacon Church 2.00–3.30pm

Monday 1st September

Morning Live

The Venture Club 10.15–11.45am

Movies for Memories 'Annie'

(£7.00 includes lunch)

Methodist Church 12.30–3.30pm

SHOP Talk

The SHOP 2.00–3.30pm

Tuesday 2nd September

Game Time

The Rookery 10.00–11.30am

Friends Group

Beacon Church 10.30am–12.00noon

Veteran's/Serving

Personnel Brunch

The Hopp Inn 11.00am

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

Chaplin's Coffee Shop 6.00–7.30pm

Wednesday 3rd September

Friendship Group

Methodist Church Hall 10.00–11.30am

Hope in the Dark

2.00–4.00pm

Parkinson's Group

The SHOP 2.00–3.30pm

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