



NEWSLETTER

December 2025/January 2026 **Issue 122**



To all our supporters, sponsors, partners, volunteers and service users, we wish everyone in our community a peaceful, prosperous and healthy year ahead

Festive Activities

There is a curtailed **What's On Section** over the Christmas and New Year period so please do check before attending any activity.

This **Newsletter** is a combined December and January edition, as we are giving our wonderful staff and volunteers a break over the Christmas period.

Here are the opening times of **Selsey Care Shop** over the festive period –

SELSEY CARE SHOP OPENING TIMES

Monday 22nd December	9.00am-4.00pm
Tuesday 23rd December	9.00am-4.00pm
Christmas Eve	9.00am-1.00pm
Christmas Day	Closed
Boxing Day	Closed
Saturday 27th December	9.00am-1.00pm
Sunday 28th December	10.00am-1.00pm
Monday 29th December	9.00am-1.00pm
Tuesday 30th December	9.00am-1.00pm
Wednesday 31st December	9.00am-1.00pm
New Year's Day	Closed
Friday 2nd January	9.00am-1.00pm

Selsey Community Christmas Day Lunch

Please don't forget we are offering a freshly cooked **Selsey Community Christmas Day Lunch** to people who would otherwise be on their own or are unable to prepare a meal.

If you would like to attend, or know someone that might like to, please do call **Selsey Care Shop** to book.



Any donations or funding to help cover the costs will always be gratefully received. We would also like to hear from you if you feel you could help us on Christmas Day at the **Beacon Church** or assist with the deliveries to those unable to leave their homes.

Christmas Community Carols

This will be on **Thursday 11th December 7.00-8.00pm** at the **Academy School**.

The event is free and organised by the **Churches Together Selsey**. It will include choirs, readings, puppets and community singing; so please do come along – everyone is welcome.



Christmas Carol Sing-Along

Pop along to **The Shop** on **Thursday 18th December** for a '**Carols and Songs Sing-along**' **10.30am-1.00pm**.

Donations Gratefully Received...

We are so very grateful for all the donations we receive from funders, businesses, local organisations and individuals. We are, of course, always seeking more so that we can continue to provide the help and support needed in the community. If you have used our services in the last year, you will know just how much our staff and volunteers do and you may feel you would like to give a little something over the festive period.

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



Cash, cheques and card payments are readily accepted in the **Care Shop**. There is also a donate button on both our websites at -

selseycommunityforum.uk/

www.selseycareshop.uk/donate

Payments can be made into our bank account:

Selsey Community Forum

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

Thank You.....

- **Clearwell Mobility** for the donation of a Rollator for the use of **Selsey Community Forum**. **Clearwell Mobility** are located at 1 Market Avenue, Chichester where you will receive a warm welcome if you decide to call in
- **Estate of Alan Thomas**, who was our first Robins Service user, a legacy of £20,000
- **Hyde Housing** £1,500
- **Country Gardens** raised £100 by holding 'guess the weight of the pumpkin'
- **Tuvida** £1,546 for **Carers Support**
- **Everyone** who donated bags of wool. Our service users, Venture Club members and others are knitting and crocheting blankets, baby clothes, adults and children's hats, mittens, scarves, jumpers for Ukraine; baby hats for the premature babies at St Richard's; a few children's clothes have also been given to needy families in Selsey.

Clearwell
mobility



Make a New Year Resolution Why not Volunteer with Us?

There are so many reasons to volunteer.....

Volunteering is important as it offers essential help to worthwhile causes, people in need, and the wider community. Many organisations and charities rely on the generosity of volunteers. The Greek philosopher Aristotle said that the essence of life is "to serve others and do good," and it seems an increasing number of us can see why volunteering is important and understand how serving and helping each other benefits not just others but ourselves too.

What are the benefits of volunteering?

Of course, the benefits of volunteering for those receiving help and the wider community are clear and are usually part of the reason why you decide to volunteer in the first place. But it is important for the person volunteering too for many reasons, including stress reduction, combating depression and providing a sense of purpose.

If you're feeling lonely, isolated, or simply want to widen your social circle, volunteering in your local community is an important and often fun way to meet new people. If you've recently moved to a new area, volunteering is an easy way to meet new people, strengthening your ties to the local community and broadening your own support network. Because volunteering is open to everyone, it allows you to meet a wide variety of people from all walks of life, something that can only broaden your life experience. Doing good for others and the community helps to create a natural sense of accomplishment and satisfaction. Working as a volunteer can give you a sense of pride and identity, helping to boost your confidence by taking you out of your comfort zone and environment.

Research shows that volunteering is useful in boosting the self-esteem and confidence of adolescents who are just starting their life journey, indicating that young people aged 11 to 25 commented that volunteering had increased their self-confidence, self-esteem and self-belief. This self-confidence boosts improved communication skills, especially amongst young volunteers who were nervous about meeting new people.

In a competitive job market, volunteering experience can be useful as it shows potential employers that you can take initiative and that you're willing to give your own time to improve the community for other people. Volunteering gives the opportunity to practice important skills used in the workplace, such as communication, teamwork, problem solving, planning and organisation.

Volunteering has distinct health benefits that can boost your mental and physical health. Evidence suggests that people who give their time to others might benefit from lower blood pressure and a longer lifespan. Being altruistic can help counteract the effects of stress, depression and anxiety. The social contact aspect of helping others can have a profound effect on your overall psychological well-being. Volunteering boosts mental health simply because carrying out a selfless act makes you happier; the so-called 'helper's high'. Human beings are hard-wired to give to others, and by measuring brain activity and happiness hormones, researchers have found that being helpful to others can deliver great pleasure.

Because volunteering means choosing to work without receiving monetary compensation, people often choose to give their time to issues or organisations they feel are important or have a special connection to. You can try volunteering at any age to help build a sense of purpose, but it's often particularly common in older adults, those who have retired or maybe lost a partner or friends. Whatever your age or life story, volunteering can be an important technique to help give your life new meaning and direction.



It's clear the benefits of volunteering are huge – improved physical and mental health, new friends and avoiding loneliness, a sense of purpose and deeper self-confidence. In turn, all of these things will help to boost your overall happiness: a win-win situation for all involved.

So, if you would like to find out more about all the volunteering opportunities within our Charity, please do contact the **Selsey Care Shop**.



The Hidden Garden

The **Abundance Fruit Project** has been incredibly successful this year. Since the middle of July until early November we have visited 42 different properties to collect a variety of fruit. Some of these gardens we visited several times collecting plums, greengages, grapes, apples, pears, figs, quince and medlars. It is very difficult to measure exactly how much fruit has been collected, but we can estimate it is over **5 tonnes** of fruit.



All this has been redistributed in the local community. The fruit is advertised on Facebook and visitors to **The Hidden Garden** take it for a donation. We have also distributed fruit to all the care homes in Selsey, children's nurseries, the **Foodbank** and **Together Time** on a weekly basis. Fruit is also frozen and juiced. We held two very successful public juicing events where people enjoyed joining in with activities, brought fruit to the events and took away juice for a donation. We always take juice to the gardens where we have harvested fruit as a thank you.

Recycle your Christmas Trees



Here we are talking of recycling the Christmas tree, and they are not even up yet! Please recycle your Christmas tree with **Selsey Community Forum**. For a suggested

donation of £5 you can take your tree to **The Hidden Garden** on Saturday 10th January or we can collect from your house on Sunday 11th January for a £10 donation.

Please remove all decorations and leave your tree at the front of your property. Your Christmas tree will be turned into woodchip to use in **The Hidden Garden**.

Please contact **Selsey Care Shop** to book a collection and make your donation.

Robins Service

Are you or a loved one approaching End of Life and need support? Then please do not hesitate to contact **Selsey Care Shop** to find out the support on offer from our **Robins Service**.

The **Robins Service** supports families with palliative care to help improve the quality of life for families affected by critical illness. Our befriending



service allows us to walk alongside people living with a diagnosis helping them navigate the many pathways of



care and support. We offer practical help and emotional support by working with all other local agencies to bring together a wealth of services to support every family member through diagnosis, treatment and beyond.

We will walk beside you through life's final journey -

- ♥ Offering opportunities for improved well-being and self-care
- ♥ Building confidence to make life-changing decisions
- ♥ Helping families make memories and strengthen support networks
- ♥ Fostering trusting relationships and lasting friendships

Warm Spaces

Warm spaces Selsey

Selsey Community Forum

Different venues are opening their doors, providing a Warm Welcome to people for a few hours in their Warm Spaces through to the end of March.

Sundays 3pm - 4.30pm
at the church venue hosting ResBite Tea that week

Mondays 10am - 1pm
at The SHOP, 89 High Street

Tuesdays 1pm - 3pm
at Beacon Church, Marisfield Place

Wednesdays 10am - 1pm
at The SHOP, 89 High Street

Wednesdays 10am - 11.30am
at Selsey Methodist Church, 50 High Street (Friendship Group)

Thursdays 10am - 3.30pm
at Selsey Methodist Church, 50 High Street (Together Time)

Fridays 9am - 12noon
at Selsey Methodist Church, 50 High Street (Foodbank)

Saturdays 10am - 1pm
at The SHOP, 89 High Street

If you are struggling in any way as the darker evenings draw in, and the colder weather arrives, please don't struggle alone..... please just contact Selsey Community Forum and we will do our best to support or direct you to help.

We are grateful for the generosity of the hosting venues as well as funding supporters

Selsey Care Shop

121 High Street, Selsey, West Sussex PO20 0QB
t: 01243 201616 w: www.selseycommunityforum.uk

Ferry Farm Grants for Green Projects

This is the final reminder that **Ferry Farm Community Solar** has a grant fund for the communities of Selsey and Sidlesham with **£25,000** available for projects focused on -

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



The closing date is **30th January 2026** and **Selsey Community Forum** is administering it once again.

To apply, download the application form at

www.selseycommunityforum.uk/Ferry-Farm/

Home Energy Retrofit Surveys

Ferry Farm Community Solar has 18 heavily subsidised retrofit surveys available for Selsey and Sidlesham residents. You only need to contribute £60, and they cover the rest; it might be helpful to someone planning a home renovation. Check out details in the poster below or at

www.ferryfarmsolar.co.uk/retrofit-surveys

WANT TO MAKE YOUR HOME MORE ENERGY EFFICIENT?

Ferry Farm Community Solar Coop are thrilled to offer over 80% funding for Home Energy Retrofit Options (HERO) plans. This is your chance to upgrade your home for less and make it cosier, healthier and more energy efficient!

Partnering with the National Energy Foundation, an independent charity, we are offering subsidised retrofit plans for 18 local households. Each plan typically costs around £420, but you will only need to contribute £60 and we will cover the rest. Our goal is to gather a representative sample of housing from both Selsey and Sidlesham.

"Knowing where heat was escaping means I can now take meaningful steps to better insulate"

What is a 'SuperHomes' Plan?

It's essentially an audit of your home's energy use, running costs and carbon emissions. It compares your current performance with potential improvements from energy-saving measures to make your home warmer, healthier and more environmentally friendly.

You'll receive tailored recommendations, from simple steps to major upgrades, along with **insights into upfront costs, potential savings and the practicalities of getting it done.** It is not just a pile of paper: the Consultant will work closely with you to address your priorities and concerns, developing a realistic plan tailored to your specific home. For an optional additional fee, NEF can provide ongoing support to help you obtain quotes from accredited installers and what funding support is available.

What will a 'SuperHomes' Plan cover?

- Insulation and building fabric improvements
- Windows and draught proofing
- Renewable energy options
- Ventilation
- Heating system

Who might benefit from a 'SuperHomes' plan?

- Home owners looking to embark on a renovation now or in the future
- Home owners looking to save money by becoming more self-sufficient in meeting their energy needs
- Homeowners concerned about climate change and the environment

We are a not-for-profit community interest group that has experience working between Selsey and Sidlesham since June 2016. We specialise in electricity and renewable surplus income into local projects with positive social and environmental impact.

To find out more, see an example SuperHomes report and register your interest, please visit: www.ferryfarmsolar.co.uk/retrofit-surveys

First Responders

The **Manhood Peninsula Community First Responders** recently launched their e-CRU's (e-cycle response unit). These bikes will be seen out and about across the Peninsula responding to appropriate 999 calls dispatched by the ambulance service. These new bikes have been acquired by the **South East Coast Ambulance Service** and bought with charity donations. They have been adapted with specific items such as oxygen cylinders in their panniers and will assist the **First Responders** when trying to reach the remote beaches, nature reserves and cycle tracks in the local area as well as helping in the heavy traffic during the summer season.

The **Manhood Peninsula Community First Responders** are a team of local volunteers who provide immediate medical assistance at the scene of emergencies across the Manhood Peninsula, responding to 999 calls and providing life-saving treatment until an ambulance arrives.



Chichester Wellbeing

Do you currently do less than the recommend 150 minutes (2.5 hours) of exercise each week? Whether you're a complete beginner or just need a fresh start, **Active for Life** will help you build confidence, improve fitness, and feel great. If you would like to join, check out the poster below or follow the link to the online registration form:

forms.office.com/e/wxNT7NL5fw

The spaces are allocated on a first come, first served basis and priority is given to those who have not previously attended the course.

Or start 2026 feeling your best with the **Weigh Better Life** course - free 12 week programme starting this January! The course is open to adults with a BMI of 25-40, and spaces are allocated on a first come, first served basis. If you're ready to feel better, live better, and enjoy a healthier lifestyle, sign up at forms.office.com/e/gfjZDWtQam

Active for LIFE

A free 10 week course aimed at adults currently doing less than 150 minutes a week of exercise who wish to improve their strength and cardio ability.

Starting w/c 19th January 2026

Wednesdays - Thrive Gym, Selsey 1.00pm
Thursdays - The Grange, Midhurst 10.30am
Fridays - Westgate, Chichester 10.30am

To book your place please email wellbeing@chichester.gov.uk or call 01243 521041

thrive chichester wellbeing everyone ACTIVE

Weigh Better LIFE

Starting w/c 12th January 2026

Monday	10.00am	Tangmere Medical Centre
Monday	1.00pm	Online, Microsoft Teams
Tuesday	6.30pm	Westgate, Chichester
Wednesday	10.00am	The Grange, Midhurst
Thursday	9.30am	Westgate, Chichester
Thursday	11.30am	The Selsey Centre

For those with a BMI between 25 and 40 wanting to make long-term changes.

Join our free 12-week weight management course, offering both virtual and in-person support, with a focus on sustainable, lifelong weight loss.

For more information contact us:
Call 01243 521041
Email weightmanagement@chichester.gov.uk

The Care Pod

The **Buddies Day Centre** has been operating for some while in Selsey and has now evolved into **The Care Pod**. It is still at the **Selsey Centre** and is expanding to open three days a week on Monday, Thursday and Friday. There are three sessions on each of those days:

- Quiet session 10am-12noon (a small group for gentle, structured cognitive stimulation therapy and activities)
- Sociable lunch 12noon-1pm
- Afternoon session 1pm-3pm (larger group activities with movement, music, creative therapies and social connection)

For more information, please call the team on 01243 116858 or check out their website www.the-care-pod.co.uk/

Film and Supper Club



A new partnership event between **Caraway House Care Home** and **Selsey CommunityForum**, the Film & Supper Club will be held once a month, evening time, in the months of January, February and March. **Caraway House Care Home** are kindly hosting this and offering a free hot meal. For more details and to book your space please call **Selsey Care Shop**.

Did You Know...

Giving Gifts

For Christians, gift giving at Christmas mimics the presents the Wise Men gave to Jesus and the charitable giving of the ancient St. Nicholas. However, winter gift giving also has its roots in Saturnalia, a pagan holiday where they gave offerings to the gods.

This Christmas gift held a lifesaving secret

During World War II, the United States Playing Card Company joined forces with American and British intelligence agencies to create a very special pack of cards. They distributed them as Christmas gifts to soldiers, helping Allied prisoners of war escape from German POW camps as when wet, individual cards peeled apart to reveal maps of escape routes.



Christmas stocking

The world's largest Christmas stocking, certified by Guinness World Records, was created in Italy in 2011 and was 168 feet long and 70 feet wide.



Evergreens

Ancient Egyptians used to mark the winter solstice by decorating their homes with green palms, while the Romans celebrated Saturnalia with evergreen boughs. These green plants signified that the spring would return with new life. The first Christmas trees started in Germany in the 16th century and were decorated with edible items, like apples and nuts. In Victorian times, Christmas trees were decorated with candles to represent stars.

Christmas tree in Trafalgar Square

Since 1947, the city of Oslo in Norway has given the tree in Trafalgar Square each year to London as a token of gratitude for Britain's support during World War II.



Tinsel

Tinsel was invented in 1610 in Germany. It was spun from real silver and then hammered out and was more of a luxury decoration.

Mistletoe

Mistletoe, a traditional Christmas decoration, was considered sacred by the ancient Druids because it remains green and bears fruit during winter, a symbol of fertility and virility. Mistle thrush birds eat the plant's berries, digest the seed and then help the plant germinate with their droppings. The Germanic word for mistletoe literally means "dung on a twig."



Poinsettia

A popular Christmas plant, originally grew in Mexico, where it was known as the "Flower of the Holy Night."



Jingle Bells

This was originally a Thanksgiving song - James Lord Pierpont wrote the song called "One Horse Open Sleigh" for his church's Thanksgiving concert in the mid-19th century. In 1857, the song was re-released under the title "Jingle Bells" and it's still among the most popular Christmas songs today.

Eggnog

Although there's no official confirmation on who invented eggnog, most agree that it originated in medieval Britain. Eggnog was an upper-class luxury as they were the only ones who had access to the milk, sherry and eggs required to create the original version. Monks in the Middle Ages added figs and eggs and called the drink "posset" while the wealthy kept with the simple recipe and used it for toasts or big events.



Christmas Island

Is Australian territory in the Indian Ocean, lying south of Java, Indonesia and was discovered by Captain William Mynors of the East India Company on Christmas Day 1643. There is another island named Christmas in the Pacific Ocean. It is a coral atoll and is now called Kiritimati - a respelling of Christmas in the local language.

Christmas Greetings from the Churches of Selsey

The Churches of Selsey collectively wish the residents of our community a happy and peaceful Christmas and hope for the New Year. Below are details of each Church's Christmas services where you will receive a warm welcome.

St Peter's Church

Sunday 21st December

4.00pm Service of Carols & Readings

Christmas Eve

4.00pm Nativity & Blessing of the Crib

11.30pm Midnight Mass

Christmas Day

10.00am Christmas Morning Service

Our Lady of Mount Carmel and St Wilfrid

Christmas Eve

4.00pm Shepherds and Angels
Our Lady of the Assumption, Bosham

6.00pm Shepherds and Angels
St Richard's, Chichester

9.00pm Christmas Eve Mass
St Richard's, Chichester

Christmas Day

9.00am Mass of Christmas Day
St Peters, East Wittering

9.30am Mass of Christmas Day
St Richard's, Chichester

11.00am Mass of Christmas Day
St Wilfrid's, Selsey

11.30am Mass of Christmas Day
Bosham

Selsey Methodist Church

Sunday 14th December

10.30am Carol Service
Led by Mike Nicholls

Christmas Day

10.30am Led by Margaret Thompson



Beacon Church

Sunday 21st December

10.00am Family Christmas Service
6.00pm Carol Service

Christmas Day

No services due to hosting

Selsey Community Christmas Day Lunch

Sunday 28th December

10.00am Communion Service
with Testimonies Reflecting on 2025

Selsey Medical Centre Needs Friends

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

We have just committed a further £20,000 to support these **Selsey Community Forum** initiatives for the coming year:

PERSONAL ADVICE AT CARE SHOP AND SURGERY BUDDY TRANSPORT SCHEME

low cost transport scheme for those needing help from home to surgery and local hospitals

ROBINS SCHEME - personal support for those in last weeks of life

Only 2.5% of 12,500 Selsey residents are Friends.

If you use the surgery, please become a Friend with an annual donation (*or remember us in your will*).

Signup forms from Medical Centre Reception or phone 01243 606328



The **FRIENDS OF SELSEY MEDICAL CENTRE**

Registered Charity No 1013456



Help Hubs



Hub Help Desk Locations

BIRDHAM - 2nd & 3rd Wednesday of the month

11.00- 12.30pm St James Church Centre, Birdham, PO20 7HG

BIRDHAM 2nd & 4th Thursdays of the month

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

BOSHAM - 1st & 3rd Wednesdays of the month

10.00am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

BRACKLESHAM - Thursdays - weekly

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

CHICHESTER - 4th Tuesday of the month

2pm - 4pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

HUNSTON - Fridays - weekly

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

SELSEY - 4th Wednesday of the month

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 & 4th Tuesdays of the month

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 December and January** If you would like to attend an event, please call **Selsey Care Shop** to check availability.

Monday 1st December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 2nd December

Game Time

The Rookery 10.00-11.30am

Friends Group

Beacon Church 10.30-12.00noon

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 3rd December

Friendship Group

Methodist Church Hall 10.00-11.30am

Alzheimer's Group

Methodist Church Hall 1.30-3.30pm

Hope in the Dark

2.00-4.00pm

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 4th December

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 Care Home 2.00-

3.30pm *Places must be booked*

Wellness Café

Anxiety Support

The SHOP 2.00-3.30pm

Friday 5th December

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

Sunday 7th December

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 8th December

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories

'Kiss Me Kate' (£7 to include lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 9th December

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

Wednesday 10th December

Friendship Group

Methodist Church Hall 10.00-11.30am

SDAA/Alzheimer's Group

Selsey Methodist Church 2.00-3.30pm

Individual Bereavement Support

The SHOP 2.00pm- 3.30pm

by appointment only

Thursday 11th December

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

Friday 12th December

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

Saturday 13th December

Veteran's/Serving Personnel Brunch

Caraway Care Home 10.30am

Sunday 14th December

Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

Monday 15th December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 16th December

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

Wednesday 17th December

Friendship Group

Methodist Church Hall 10.00-11.30am

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 18th December

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 Care Home 2.00-3.30pm

Places must be booked

Friday 19th December

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

Monday 22nd December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 23rd December

Vitale Stroke Club

Beacon Church 10.00am-12.00noon

Joint Men's & Ladies 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

Wednesday 24th December

CHRISTMAS EVE

Friendship Group

Methodist Church Hall 10.00-11.30am

Thursday 25th December

CHRISTMAS DAY

Selsey Community

Christmas Day Lunch

Beacon Church 12.30pm

Booking essential

Friday 26th December

BOXING DAY

Thursday 1st January 2026

NEW YEAR'S DAY

Sunday 4th January

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 5th January

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 6th January

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

The SHOP 6.00-7.30pm

Wednesday 7th January

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 8th January

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

Friday 9th January

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

Saturday 10th January

Veteran's/Serving Personnel Brunch

Caraway Care Home 10.30am

Sunday 11th January

Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

Monday 12th January

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories 'Chicago'

(£7 to include lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 13th January

Men's Breakfast

Beacon Church 10.00-11.30am

Carers Afternoon Tea

The SHOP 2.00-3.30pm

Community Food Hub

Beacon Church 2.00-3.00pm

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

Wednesday 14th January

Friendship Group

Methodist Church Hall 10.00-11.30am

SDAA/Alzheimer's Group

Selsey Methodist Church 2.00-3.30pm

Individual Bereavement Support

The SHOP 2.00pm- 3.30pm

by appointment only

Thursday 15th January

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 Care Home 2.00-3.30pm

Places must be booked

Friday 16th January

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

Wellspring

A support group for men

The Cabin, Beacon Church 2.30pm

Sunday 18th January

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 19th January

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 20th January

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 21st January

Friendship Group

Methodist Church Hall 10.00-11.30am

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 22nd January

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 House Care Home 2.00-

3.30pm *Places must be booked*

Friday 23rd January

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

Sunday 25th January

Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

Monday 26th January

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories

'Shirley Valentine'

(£7 to include lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 27th January

Vitale Stroke Club

Beacon Church 10.00-12.00noon

Men's Breakfast

Caraway Care Home 10.00-11.30am

Community Food Hub

Beacon Church 2.00-3.00pm

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

Selsey Dementia Action Alliance

Beacon Church 5.00pm

Wednesday 28th January

Friendship Group

Methodist Church Hall 10.00-11.30am

Carers Drop In

The SHOP 2.00-3.30pm

Thursday 29th January

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 Care Home 2.00-3.30pm

Places must be booked

Friday 30th January

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

Sunday 1st February

Sunday ResBite Tea

St. Wilfrid's Church Hall 2.00-3.30pm

Monday 2nd February

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm