



# NEWSLETTER

July 2026 **Issue 128**

## Annual General Meeting

Notice is hereby given that the **Annual General Meeting** of the **Selsey Community Forum** will be held on **Wednesday 15th July 4.15pm at the Academy, Selsey**. This will be part of our regular bi-monthly Forum meeting. As a registered Charity the **Selsey Community Forum** is required to provide an **Annual Report**, which can be found inside this edition of the **Newsletter**.

## Car Boot Sales

Well, another couple of sunny days for the last two **Car Boot Sales** at which we raised £690.

**2026** Sundays **26th July**  
**30th Aug**  
**27th Sept**

No booking necessary  
Cars £10.00 - Large Vans £20.00  
Gates open 7.30am (7am for Sellers) & close at 1pm  
All gate proceeds to Selsey Community Forum  
Dates subject to weather & ground conditions

The Academy School Field, School Lane, Selsey PO20 0QH

For more information contact  
**Dave Butcher: 0797 670 3567**

## Thank You.....

- **Richard Lamdin and family** donation in memory of their mother, Maureen
- **Family of Fred Allen** donation in memory of Fred who was one of our founder members and acted as Secretary for many years
- **WSCC** £1,500
- **Clarion** £2,375

## Selsey Open Gardens

We were so fortunate the weather held for us after such a miserable day on the Saturday. Even the power outage on Saturday did not deter all our cake bakers. Did you manage to visit all 25 open gardens and watch some of the live



entertainment? We sold 616 programmes and raised an amazing £7,437 for our nominated charities. We are already planning next year's.....

## How Can We Help?

A local resident contacted me to say she had enjoyed reading the recent series of 'good news' stories about how **Selsey Community Forum** has helped those within our community and wondered if we would like to share her experience demonstrating the great work and priceless support she has received. So here we are –

In 2022 our lady arrived in Selsey after escaping domestic abuse and a high conflict divorce. These must have caused so much trauma and distress and, when you are battling such emotional and physical tension, you will be wondering if there can indeed be 'light at the end of the tunnel'.

She came to Selsey not only suffering from post-traumatic stress disorder (PTSD) but also enduring multiple symptoms of trauma with the disabilities that come with it. All this impacted on her life. The symptoms of PTSD are mental and physical. Each person's experience is unique, but you relive the trauma you experienced with flashbacks, nightmares and intrusive thoughts. How can you think of moving on when you are re-experiencing? The feeling of being extra alert is called 'hypervigilance' and this means your body and mind are always looking out for danger. The lack of sleep and the sense of never being at peace are exhausting.

Our lady was very brave to contact the **Care Shop** as she would have had intense feelings of not being able to trust anyone, thinking nowhere is safe and how can anyone understand. Her thoughts were swaying from those of guilt, sadness, anger and shame. But she did take that step and we at the **Care Shop** embraced her.

We gave her financial advice; we helped her apply for a housing grant; we issued food vouchers for the **Food Bank** and we directed her to the **Community Food Hub** that takes place fortnightly at **Beacon Church**. We were able to offer her open-ended counselling so she could find the space to collect her thoughts. The emotional and psychological support went some way in helping



## 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)



her to get her life back on track. Most of all, we didn't judge her.

Now in 2026 she is able to volunteer at various places in Selsey and join in community events. She still may have multiple compound needs and continues to be supported by the **Care Shop**, but she is now part of our community and is living her life. With many thanks to our lady for offering to share her experience with us.

## Consultation: Welcome and Wellbeing Group

We are considering combining our Welcome and Wellbeing Group and Stroke Group together, but we need your input! We will be giving surveys to attendees of both groups. If you would like one emailed to you, please let Karen know. This is what we would like to know:

**Name of the group:** What shall we call it?

**Purpose:** a welcoming twice monthly group to meet the needs of people who may have:

- neurological and cognitive issues, such as stroke
- traumatic brain injury
- aphasia
- functional neurological disorder (FND)

*The programme aims to support various needs identified by users, in a friendly and sociable environment, with smaller group options, improving overall health, wellbeing and neurological functioning.*

**We need to know what is important to you:** how the group can be structured and what activities or speakers to have. Sessions could include mobilising/strengthening; falls prevention; dealing with anxiety/depression/fatigue; techniques like breathwork, anger management; making music; trying new art techniques; keeping hydrated; weight management and healthy eating; occupation.

We will continue the groups as they are until the beginning of September with both sessions having a friendly welcome and a cuppa. Any feedback please to our Operations Lead, Karen Pirks [operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk)

## Alcoholics Anonymous

### Introducing Alcoholics Anonymous

AA is a fellowship of people who share their experience, strength and hope with each other to solve their common problem and help others recover from alcoholism. AA is free; there are no fees for membership, as we are self-supporting through our own voluntary contributions. AA is independent; it is not allied with any sect, denomination, politics, organisation, or institution.

With alcoholism being a progressive and potentially fatal illness, AA is a lifesaving, life-changing, tried and tested spiritual program that works to get people



sober and then stay sober. It is a program that helps people find a way of being and responding to life that means they won't need to drink anymore.

### Who is an alcoholic?

An alcoholic is someone who cannot control their drinking once they have the first drink or struggles to stop. As we say: "one is too many, a hundred is never enough". Alcoholism doesn't discriminate; it affects people from all walks of life. It's not about status or circumstance, but what happens when you drink. If you're unsure, come to a meeting and talk to us.

### About AA meetings

Every member who has achieved sobriety through AA had to come nervously to their first meeting, and once they took the first few steps through the doors, they were picked up, carried and loved until they could love themselves again. You do not have to be sober to attend. So long as you have a desire to stop drinking, that is enough. You will discover that you are not alone in how you feel when you drink, or in your hesitations approaching the first meeting.

Every meeting is independent, so formats vary. Typically, people share what their drinking was like, what brought them to seek help, and what life is like now in sobriety. There's a kind of magic in hearing alcoholics share with each other: connection, understanding and hope for a better future grow from shared experience. We focus on our similarities not our differences, and in that unity, we find strength against alcohol and new ways of dealing with life's ups and down without drink.

People of all different ages and backgrounds attend AA; you might be surprised how 'normal' we seem. There is camaraderie and hope at meetings, as well as a cup of tea or coffee and often biscuits. Look out for the inspiring story next month.

There are AA meetings in Selsey every Tuesday, Friday and Sunday. For more information, please visit [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) or call the 24-hour helpline: 02392580776



## Dementia Awareness Week

Well done and thank you to everyone who took part in 'turn your town blue for dementia awareness'.

The shop window winners were presented with prizes by the team of judges – in Selsey, these were **Flowers by Sue Bellamy**, **Dinkys Sweets & Treats** and **ERA** and, in Bracklesham and the Witterings, this was **The Artisan Shoppe**. 33 shops participated across the two areas. Care Homes and other groups were involved with activities highlighting the support available. 





# Selsey Community Forum Annual Report 2025 - 2026

## Message from our Chairman...

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

Mike Nicholls

## What is Selsey Community Forum?

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

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

## Charity Structure

### Trustees:

Mike Nicholls, *Chair*

Mike Beal, *Vice Chair*

Gill Walsh, *Secretary*

Richard Lamdin

Linda Purnell

Neil Kimber

Kim Long

John Fletcher

Daniel Ayton

Liz Ball

Liz Woodsell

Nicola Collins

Linda Edwards

**Treasurer:** Sue Trude

**Accountant:** Deb Heath

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

## Introduction

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

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

## Selsey Community Forum

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

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



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

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



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

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

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

## Staff Roles

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

## Selsey Care Shop

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



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

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

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

## Selsey Befriending Activities

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

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

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



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

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

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

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



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

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

## Good Morning Call

This Service offers a friendly, daily phone call to those in Selsey and the Witterings who are lonely, vulnerable or housebound and might appreciate a friendly chat. The Service offers the chance for some social interaction each day and has alerted immediate or other assistance when the need has arisen. There have been over 20,000 calls made during this year.



## Carers Support Selsey

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

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

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



## Selsey Buddy Support

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

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

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

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

## Selsey Wellbeing Services

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

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

**Family Support** for individuals normally in partnership with local schools;

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

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

**Wellspring**, a support group for men;

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

## Selsey Money Support

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



## Selsey Dementia Action Alliance

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

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

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



## Grow Selsey

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

## Fundraising

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

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

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



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

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



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

## Selsey Employment Service

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



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

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

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

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



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

Other Projects with which the Charity is involved include –

### **Selsey Greenway Cycle Route**

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

### **Ferry Farm Community Solar Project**

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

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

### **Community Information**

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

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

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

## Alzheimer's Society Carer Support Group

This Support Group is held at the **Methodist Church Hall 1.30-3.30pm** on a Wednesday every 6 weeks. The next one is on **Wednesday 1st July** and refreshments are provided. The Group is facilitated by **Alzheimer's Society Dementia Advisor, Deirdre Timney** providing the opportunity for carers to meet other carers to share experiences and advice. Talks from guest speakers have included scam awareness, Portsmouth Water, local historian, Carers Health team, as well as Deirdre talking about caring for someone with Dementia.



## Carers Summer Afternoon Tea

Look out for the invites to the annual **Carers Summer Afternoon Tea** which will take place on **Friday 11th September 1-3pm** at **Selsey Cabana Club**. This is a free event for all Carers and their Cared for. There will be afternoon tea with cake and sandwiches, entertainment and a raffle. For more information please contact the **Care Shop** or Sue Parsons on 07354 682444.



## Digital Hub

This is a free service to all Selsey residents and is held in the **Communal Lounge** of the **Rookery, Beach**

## Selsey Community Forum What's On

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

### Wednesday 1st July

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Alzheimer's Group**  
Methodist Church 1.30-3.30pm  
**Parkinson's Group**  
The SHOP 2.00-3.30pm  
**Hope in the Dark**  
2.00-4.00pm

### Thursday 2nd July

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

### Friday 3rd July

**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 5th July

**No ResBite Tea this week**

### Monday 6th July

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

### Tuesday 7th July

**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

**Road every 2nd Wednesday 10am-12noon** and **4th Wednesday 10am-3pm**. Please contact the **Care Shop** if you would like to arrange a home visit.

## Help Hubs

### Hub Help Desk Locations

<b>BIRDHAM</b> - 2nd Wednesday of the month 11am - 1pm - St James Church Centre, Birdham, PO20 7HG
<b>BIRDHAM</b> 2nd & 4th Thursday of the month 10.30am - 11.45am - Pump Cafe, St James Church Centre, Birdham PO20 7HG
<b>BOSHAM</b> - 1st & 3rd Wednesdays of the month 10am - 12noon - St Willard's Hospice, Bosham PO18 8CB
<b>BRACKLESHAM</b> - Thursdays - weekly 2pm - 4pm - Bracklesham Barn, PO23 8XJ
<b>CHICHESTER</b> - 3rd Tuesday of the month 1.30pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ
<b>HUNSTON</b> - Fridays - weekly 11am - 1pm - Hunston Community Club, Hunston, PO20 1AW
<b>PAGHAM</b> - 2nd & 4th Thursdays of the month with Coffee Morning Hub 10am - 11.30pm Village Hall, PO21 4NJ
<b>SELSEY</b> - 2nd Wednesday of the month - includes 'Digital Support' 10am - 12noon - The Rookery, PO20 0LL
<b>SELSEY</b> - 4th Wednesday of the month - includes 'Digital Support' 10am - 3pm - The Rookery, PO20 0LL
<b>SELSEY</b> - Tuesdays - Fortnightly with Food Hub 2pm - 3pm - Beacon Church, PO20 0PD
<b>SELSEY</b> - Thursdays - weekly 12noon - 1pm - Selsey Methodist Church, PO20 0RD
<b>SELSEY</b> - Thursdays - weekly Selsey Medical Practice, PO20 0QG - by appointment only
<b>SIDLESHAM</b> - 2nd Tuesday of the month 1pm - 3pm - Parish Rooms, PO20 7RE
<b>SIDLESHAM</b> - 4th Tuesday of the month 1pm - 3pm - The Sidlesham Memorial Hall, PO20 7RD
<b>WITTERINGS</b> - 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)

### 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 8th July

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Digital Hub**  
The Rookery 10.00am-12noon  
**SDAA Group Ladies Tea**  
Methodist Church Hall 2.00-3.30pm  
**Wellness Café**  
*Individual Bereavement Support*  
The SHOP 2.00-3.30pm

### Thursday 9th July

**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 Outdoor Tea Garden**  
The Hidden Garden 2.00-3.30pm  
*Places must be booked*

### Friday 10th July

**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  
**Wellspring**  
*A support group for men*  
The Cabin, Beacon Church 2.30pm

### Sunday 12th July

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

### Monday 13th July

**Morning Live**  
The Venture Club 10.15-11.45am  
**Movies for Memories**  
*'Educating Rita' (lunch included)*  
Methodist Church 12.30-3.30pm  
**SHOP Talk**  
The SHOP 2.00-3.30pm

### Tuesday 14th July

**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**  
The Venture Club 2.00-4.00pm  
**Bereavement Group**  
The SHOP 4.00-6.00pm  
**Wellbeing Groups**  
Star Office & Care Shop 4.00-6.00pm

### Wednesday 15th July

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Parkinson's Group**  
The SHOP 2.00-3.30pm

### Thursday 16th July

**Together Time**  
Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 12.30 Lunch;  
Raffle, crafts, games, tea & cake  
**Grow Selsey Outdoor Tea Garden**  
The Hidden Garden 2.00-3.30pm  
*Places must be booked*  
**Men's Carers Group**  
The SHOP 2.00-3.30pm

### Friday 17th July

**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  
**Ladies Breakfast**  
Caraway Care Home 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 18th July

**Veteran's/Serving  
Personnel Brunch**  
Selsey Private Club 10.30am

### Sunday 19th July

**Sunday ResBite Tea**  
Beacon Church 3.00-4.30pm

### Monday 20th July

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

### Tuesday 21st July

**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 22nd July

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Carer's Drop-in**  
*A support group for adults*  
The SHOP 10.00am-12.00noon  
**Digital Hub**  
The Rookery 10.00am-3.00pm

### Thursday 23rd July

**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 Outdoor Tea Garden**  
The Hidden Garden 2.00-3.30pm  
*Places must be booked*

### Friday 24th July

**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 26th July

**Sunday ResBite Tea**  
Methodist Church Hall 3.00-4.30pm  
**Car Boot Sale**  
Academy School Field 7.30-1.00pm

### Monday 27th July

**Morning Live**  
The Venture Club 10.15-11.45am  
**Movies for Memories**  
*'Mary Poppins' (lunch included)*  
Methodist Church 12.30-3.30pm  
**SHOP Talk**  
The SHOP 2.00-3.30pm

### Tuesday 28th July

**Men's Breakfast**  
Caraway Care Home 10.00-11.30am  
**Vitale Stroke Club**  
Beacon Church 10.00am-12.00noon  
**Group for Visually Impaired**  
The 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 5pm

### Wednesday 29th July

**Friendship Group**  
Methodist Church Hall 10.00-11.30am

### Thursday 30th July

**Together Time**  
Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 12.30 Lunch;  
Raffle, crafts, games, tea & cake  
**Grow Selsey Outdoor Tea Garden**  
The Hidden Garden 2.00-3.30pm  
*Places must be booked*

### Friday 31st July

**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 2nd August

**No ResBite Tea this week**

### Monday 3rd August

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