



NEWSLETTER

June 2026 **Issue 127**

Car Boot Sales

Here are all our **Car Boot Sales**. We hope to see you there. We raised an amazing £535 on 4th May – the weather stayed fine for us, and we are so grateful to you all for supporting these events.



2026 **Sundays**
31st May - 28th June
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

Selsey Community Forum is a registered charity - No 1203445

Thank You...

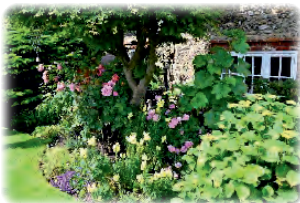
- **Garfield Weston Foundation** £15,000
- **TuVida** £1,546
- **Friarsgate Trust** £1,500
- **Glenister Woodger Trust** £40,000

Selsey Open Gardens

The programmes are out – are you ready to explore the 25 open gardens? Enjoy live entertainment throughout the day, including performances by **The Selsey Shantymen, The Selsey Molls** and **Cloud Nine Musical Theatre**. There will also be delicious homemade cakes, teas and plant sales as well as handmade items by **Men in Sheds**.



The day is **Sunday 7th June** and the cost is £6. The **Selsey Hop-on Hop-off Shuttle Bus** will be running a continuous loop around Selsey taking in most of the gardens with several pick-up/drop off points. Buy an all-day pass for £3.00 on the day from **The Hidden Garden**.



A massive **Thank You** to our staff and volunteers for taking on the organisation of this ever-popular event.

Volunteers' Week

Volunteers' Week (1st-7th June) is an annual UK-wide campaign held to celebrate and recognise the contributions of volunteers. This initiative was launched in 1984, providing organisations and communities a platform to thank current and past volunteers for their invaluable efforts. The campaign highlights the diversity and unity of volunteer work across the UK. **Volunteers' Week** fosters connections between national organisations and grassroots groups, celebrating the spirit of volunteering that enriches communities.



We know volunteers are awesome. They give up time to help their community, making a massive difference and ensuring that much needed services are provided in the local area. Without them, many charities and community groups would not exist.



Selsey Community Forum is such an example and would not be able to support our wonderful community without our volunteers offering their time, help, energy and skills.

But volunteering is not just about giving, as there are some benefits you could get:

- ✓ Make new friends and socialise
- ✓ Increase confidence
- ✓ Gain work experience and learn new skills
- ✓ Add structure and activity to your life
- ✓ Get a sense of achievement and belonging
- ✓ Have fun

Studies show that the 'helper's high' – the release of mood boosting hormones – is a key benefit to volunteering, so please do get in touch if you would like to join us.

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



How Can We Help?

In the busy rhythm of our daily lives, it is easy to overlook the quiet battles being fought by some of our most vulnerable neighbours. At **Selsey Care Shop**, we often talk about practical support - food vouchers, energy bills, and employment help but sometimes, our most important work is simply being there and providing compassionate care in Selsey.

A little while ago we said a sad farewell to a gentleman who lived in supported living nearby. His story is a poignant reminder of why consistent, human connection matters so much, especially when health begins to fade.

This gentleman faced significant challenges. Serious health issues had affected him cognitively, making speech and communication incredibly difficult and frustrating for him. Imagine having needs and worries but finding it a daily struggle to articulate them. It can be an isolating and frightening experience.

Recognising his vulnerability, the Charity stepped in to bridge that gap. We arranged for a Community Support worker to spend an hour with him every week. On the surface, an hour might not sound like much. But for this gentleman, it was a lifeline. It wasn't just a pop-in visit; it was dedicated, focused time where he was the priority.



During these sessions, we supported his general well-being, but we also tackled the administrative burdens that can so easily overwhelm someone in his position. We helped him manage unpaid bills, navigate housing issues, and handle insurance claims. These are stressful tasks for anyone, but for someone struggling to communicate, they are mountains. By taking on these tasks, we helped clear the path for him, reducing his anxiety and ensuring his affairs were in order.

More than the paperwork, these weekly visits provided him with a quiet, safe space. It was time where he didn't have to rush to make himself understood. He knew he had an advocate who would listen patiently and act in his best interests. We walked this journey with him right up until his sad passing. As his health declined further, our support intensified. We didn't step back; we stepped up. We liaised with emergency services and various agencies on his behalf, becoming his voice when his own was at its weakest.

Our goal in those final weeks was simple yet profound: to ensure he retained his dignity until the very end. Knowing that he passed away feeling supported and cared for brings a sense of peace to our team. It is a sombre "good news"



story, perhaps, but it is one we are incredibly proud of. It highlights that success isn't always about fixing

a problem; sometimes, success is about holding someone's hand, so they don't have to face the darkness alone.

Life can be complicated, and health issues can make managing day-to-day tasks feel impossible. If you or a loved one is finding it hard to cope or communicate your needs, please know that **Selsey Care Shop** is here. We offer more than just advice; we offer time, patience, and a commitment to dignity for every member of our community. If you need someone to fight your corner or simply need support with daily administration, please get in touch with us.



National Carers Week

The theme for this year's **National Carers Week (8th-14th June)** is '**Building Carer Friendly Communities**', highlighting the impact carer friendly communities can have in making a real and lasting difference to the lives of carers everywhere.

Carer friendly communities are places, spaces, services and community groups where unpaid carers are recognised, understood, and valued. They make support part of everyday life ensuring carers get the opportunities and help they need. They are made up of people who:



- recognise unpaid carers and the vital role they play
- understand the realities and impact of caring
- take action to identify and support carers in practical ways
- empower carers to live fulfilling lives

When communities work together in this way, carers have fairer opportunities and can lead better lives.

The UK's 5.8 million unpaid carers are the backbone of our communities. Every day, they provide support to friends, family members, and loved ones, but are often overlooked, undervalued, and unsupported. They can face challenges in every part of their lives affecting their health and wellbeing, education, careers and livelihoods, relationships, daily life, hopes and aspirations. Carer friendly communities can help to change this by turning understanding into action and making support part of everyday life.

Selsey Community Forum has its **Carers Support Service** which supports unpaid carers by way of advice, guidance and the opportunity for social interaction. Do check out the **What's On Section** for all the activities. There is also the



Equipment Service where donated goods such as wheelchairs, walkers, raised toilet seats are stored and delivered locally to those in need.

Our Carer Support Lead is **Susie Parsons**; please get in touch with her via the **Care Shop** if you would like to know more about what we can offer.

Hello June - Where Every Sunny Day Feels Slightly Celebratory

The sun is finally beginning to show us the warmth and beauty we longed for during the long winter months. There's something about brighter mornings and lighter evenings that brings with it a gentle sense of energy. A little voice quietly asking... shall I open the window today? "Jacket or no jacket?" I hear myself asking each morning.

This month, I heard a metaphor about a sunflower, and I wanted to share my personal take on it in the hope it might offer a gentle reminder to look up. The story spoke about how, when the sun disappears for too long, young sunflowers sometimes turn toward one another instead, almost as though they are sharing their light. I loved the meaning behind that. It reminded me how much we, as human beings, also grow in the direction we face. Toward kindness. Toward hope. Toward love. Toward the people who help us feel seen and supported.

The story also spoke about a sunflower that slowly stopped turning toward the light altogether. Over time, her petals faded not because she had died, but because she had stopped blooming. And honestly, I think many of us can relate to that feeling sometimes.

Life can quietly pull our focus downward toward worry, routine, fear, or exhaustion, until we forget to notice the warmth still around us. But perhaps the lesson is not that the light disappeared only that we stopped lifting our heads toward it.

So, if you happen to see a sunflower this month, maybe allow it to be a gentle reminder. To pause. To breathe. To look up. And perhaps also to notice the people around you who bring warmth, encouragement, and light into your life because sometimes, just like the sunflowers, we help one another bloom again. ♥

Sending love and light to you, as always, Sarah Palmer



Here Comes Summer...

Now that Summer is upon us, let's give our health a seasonal makeover -



Get sleep ready

Understanding the role of heat, light and lifestyle changes, including relaxation methods, can give you the tools to fight back against summer insomnia. A cooler, darker bedroom, a steady sleep-wake schedule and thoughtful morning and evening habits protect not just next-day energy but long-term metabolic and mental health.

Eat with the season

Make the most of nutrient-packed fruit and vegetables that are in season during summer. You'll be able to enjoy delicious offerings of radishes, sweetcorn, salad leaves, tomatoes, strawberries and raspberries. You may be growing these yourself and picking them fresh.



Ease hay fever

Incorporate foods rich in flavonoids such as quercetin, vitamin C, and beta-carotene into your diet to help reduce inflammation and boost your immune system. Garlic, onions, blueberries, and carrots are great choices.

Declutter your space

A tidy environment can lead to a clearer mind. Spend some time decluttering your living and workspaces. Donate or recycle items you no longer need. Organise your belongings in a way that makes your space more functional and pleasant to be in.

Show your gut some love

Seasonal bugs and antibiotic-requiring winter infections may well have left your gut in need of support. Replenish friendly gut bacteria with probiotics found in yogurt and fermented foods like sauerkraut, kefir, and kombucha. These foods can help maintain a healthy digestive system and support your immune health.

Focus on fitness

As the weather warms up, take your workouts outdoors to feel more energised. High-intensity interval training (HiIT), such as alternating between walking and running, can be an effective way to boost fitness and burn fat. Start with short sessions and gradually increase the duration and intensity. If you're new to exercising, have limited mobility, or a disability, begin with gentle and gradual movements to ensure long-term sustainability.

Connect with nature

Spend time outdoors to reap the benefits of nature. Whether it's a walk along the beach or in the park, a hike in the woods, or simply sitting in your garden, being in nature can reduce stress, improve mood, and boost your overall well-being.



Top up your vitamin D

Vitamin D is essential for healthy bones and immunity, and our levels can drop during winter. As summer arrives, consider taking a vitamin D supplement to keep your levels topped up, as it can be challenging to get enough from diet alone.

Digital detox

Take a break from screens and digital devices to reduce eye strain and mental fatigue. Set aside specific times each day to unplug and engage in offline activities like reading, walking, or spending time with friends and loved ones.

Our Senior Friends

This month we meet Barbara Newbery and hear a little about her life. Barbara is another of our treasured older friends who has enjoyed various **Selsey Community Forum** activities over the years.



"I was born in London in an area called Newington into a family with Mother, Father and a sister 4 years older than me. We lived in small flats, with lots of people and children around. It was at a time when you seemed to know everyone, and parents

felt it safe to let their children play outdoors and out of sight. We enjoyed playing mainly on the pavements, mostly horses and carts games. The weekends were great as that was when we visited the parks as a family.

My father was a Steward on ocean liners travelling the world. We had long periods without him at home, but on his return, he would bring a bag of fruits – bananas, mangos and coconuts – fruit we would rarely see here at that time.

Later, my mother's parents moved to Twickenham and onto a very large estate being built on old orchards. I remember how my grandmother was crippled with rheumatoid arthritis in a wheelchair, so my mother had to care for her. It was very different – houses and bungalows built with decent gardens.

Our school was old war wooden huts on an airfield – four classes and the headmaster's office. As the area was still being developed so too were the roads which seemed to be full of loads of bricks.

I spent a lot of time with my grandmother – playing cards and board games. When I was eight the war broke out and I can remember well the blackouts and air raid shelters. We had a table shelter inside our house as my Nan could not walk. There were many air raids, mostly at night, and the local railway was frequently a target.

In 1942 my father joined the army - London Scottish Regiment - and went to fight in North Africa and Italy. In the end he was away for 3 years. On my 14th birthday, 8th May 1945, the war ended. I left school and went to work in a ladies shop then went on to work in the accounts department of W H Smith in London for 12 years. I learnt to dance, went to shows, operas, jazz, and enjoyed being out with friends.

Then in 1956 my sister's family moved to Selsey and this was my first introduction to the seaside town as we enjoyed time here on holidays. It was in Selsey that I met my husband Wally who was a member of the Methodist Church. I started going to the Methodist Church as the people were very friendly and we then went on to be married in the Church.

My parents and brother followed my sister's family and moved to Selsey as well. Wally and I lived in Bedford in our early married years, and my children were born whilst we were there. However, we needed a larger house so looked around where the rest of the family were and moved to Selsey and on 12th January 1968 I joined the Selsey Methodist Church where I am still a member.

Selsey is very friendly and reminds me of London in this aspect. I needed a job so started working for Home Help and took on some of the nursing care. My first job was looking after Margaret Dixon, a polio victim in an iron lung for 7 years, and we became good friends. I actively supported the work in the Methodist Sunday School, jumble sales, coffee mornings and stewarding for the minister including providing a Sunday lunch for people living alone together with my friend Barbara Spink. The meal was popular, but only if we stuck to a Sunday roast! We tried steak & kidney pie that didn't go down well. Later on, as it grew, East Beach Church (now Beacon Church) joined in with the meal provisions.

At the Methodist Church we run **Foodbank** and have enjoyed supporting this as a Church, together with **Selsey Community Forum**. More recently, Covid hit and so we did not attend church for a while – that was a very strange time.

My dear husband Wally is no longer with us but for many years he ran Bible study meetings. Selsey has certainly been a very special place for me and I feel so supported as I get older, by the Church, **Selsey Community Forum** and friends. Thank you all."

Friends of Selsey Medical Centre

There is a new **Friends of Selsey Medical Centre** box in place at the **Selsey Medical Centre** into which you can drop your completed Membership Forms.



Blue Plaques

The 15th Blue Plaque in Selsey was recently unveiled in Vincent Road, honouring the remarkable Vera Buxton-Knight. Vera played a vital role in the community during some of its most challenging times, dedicating herself to civil defence, supporting the Red Cross and St John Ambulance, and helping to organise evacuation



and local response efforts with calm leadership and compassion. Her contribution to Selsey's wartime resilience and community spirit is something that truly deserves to be remembered and thanks to everyone at **The Blue Plaque Committee**, the **Selsey Photo Archive** and the Buxton-Knight family, it now is.

Sussex Day

Sussex Day is celebrated each year on **16th June** which is St Richard's Day, the patron saint of Sussex. The date marks the anniversary of the translation of



St Richard's body from its original burial place in the nave of Chichester Cathedral to an elaborate shrine at the cathedral on 16 June 1276.

Apparently, the people of Sussex have a reputation for independence of thought and an aversion to being pushed around, as expressed through the unofficial Sussex motto, 'We wunt be druv'. It is a Sussex dialect phrase meaning "we will not be driven". The motto asserts that people from Sussex have minds of their own and cannot be forced against their will or told what to do. I wonder if you agree.

Selsey Care Shop

Demand for our services is high, and sometimes we need to lock the door to prevent too many people entering at once.

We have noticed an increase in noise levels when all our staff/volunteers are each dealing with an enquiry. Face-to-face conversations and phone call conversations are impacted and is therefore not helpful for us to find solutions or ensure people's privacy and confidentiality needs.

We are always looking at ways to improve our customer/client experience, and hope that we can still provide a positive visit for you. Most of our specific services operate on a booking system and identify alternative meeting places. We are sure that you will understand and bear with us. Thank you.

Digital Hub

This helpful service may prove useful...

The Rookery Digital Hub
55 East Beach Road, Selsey, PO20 0ES

Free service for Clarion Residents

Need help with your Phone, Internet or Laptop ?

We are here in the Rookery Communal Lounge
2nd Wednesday 10am to 12pm
4th Wednesday 10am to 3pm

Come and meet us - or if you prefer book a Home Visit by contacting the Care Shop for an Appointment 01243 201616

We can help you to ...

- Use NHS APP to Book a Doctor's Appointment
- Keep updated with Clarion services via Internet or Email
- Internet *Learn to search Safely
- Write a letter and send and Receive Emails
- Order Shopping to be delivered
- Pay Bills On-line
- Face time Family
- Get Energy Advice or how to change Energy Provider
- Play Games
- Watch Sport or Films
- Banking
- Learn something new
- Use Facebook or Instagram

Help Hubs

Hub Help Desk Locations

BIRDHAM - 2nd Wednesday of the month
11am - 1pm St James Church Centre, Birdham, PO20 7HG

BIRDHAM 2nd & 4th Thursday of the month
10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG

BOSHAM - 1st & 3rd Wednesdays of the month
10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

BRACKLESHAM - Thursdays - weekly
2pm - 4pm - Bracklesham Barn, PO20 8HU

CHICHESTER - 3rd Tuesday of the month
1.30pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

HUNSTON - Fridays - weekly
11am - 1pm - Hunston Community Club, Hunston, PO20 1AW

PAGHAM - 2nd & 4th Thursdays of the month with Coffee Morning Hub
10am - 11.30pm Village Hall, PO21 4NJ

SELSEY - 2nd Wednesday of the month - includes 'Digital Support'
10am - 12noon - The Rookery, PO20 0LL

SELSEY - 4th Wednesday of the month - includes 'Digital Support'
10am - 3pm - The Rookery, PO20 0LL

SELSEY - Tuesdays - Fortnightly with Food Hub
2pm - 3pm - Beacon Church, PO20 0PD

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

SELSEY - Thursdays - weekly
Selsey Medical Practice, PO20 0QG - by appointment only

SIDLESHAM - 2nd Tuesday of the month
1pm - 3pm - Parish Rooms, PO20 7RE

SIDLESHAM - 4th Tuesday of the month
1pm - 3pm - The Sidlesham Memorial Hall, PO20 7RD

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

Help Hub Contact number: 07379 789 721
(phone monitored Monday - Friday 9.30am - 1pm)

Selsey Community Forum What's On

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

Monday 1st June

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 2nd June

Game Time

The Rookery 10.00-11.30am

Friends Group for former carers

Beacon Church 10.30am-12.00noon

Veteran's/Serving Personnel Brunch

The Hopp Inn 11.00am

Community Food Hub

Beacon Church 2.00-3.00pm

Carers Afternoon Tea

The SHOP 2.00-3.30pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Bereavement Group

The SHOP 4.00-6.00pm

Wednesday 3rd June

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 4th June

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 5th June

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 June

No ResBite Tea this week

Monday 8th June

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 9th June

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 June

Friendship Group

Methodist Church Hall 10.00-11.30am

Digital Hub

The Rookery 10.00am-12.00noon

SDAA Ladies Tea
Alzheimer's Group
Selsey Methodist Church **2.00-3.30pm**
Individual Bereavement Support
The SHOP **2.00-3.30pm**
By appointment only

Thursday 11th June
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 12th June
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 14th June
Sunday ResBite Tea
St. Peter's Church Hall **3.00-4.30pm**

Monday 15th June
Morning Live
The Venture Club **10.15-11.45am**
Movies for Memories
'Sense and Sensibility' (lunch included)
Methodist Church **12.30-3.30pm**
SHOP Talk
The SHOP **2.00-3.30pm**

Tuesday 16th June
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 June
Friendship Group
Methodist Church Hall **10.00-11.30am**
Parkinson's Group
The SHOP **2.00-3.30pm**

Thursday 18th June
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 Outdoor Tea Garden
The Hidden Garden **2.00-3.30pm**
Places must be booked

Friday 19th June
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 20th June
Veteran's/Serving Personnel Brunch
Selsey Private Club **10.30am**

Sunday 21st June
Sunday ResBite Tea
St Wilfrids Church **3.00-4.30pm**

Monday 22nd June
Morning Live
The Venture Club **10.15-11.45am**
SHOP Talk
The SHOP **2.00-3.30pm**

Tuesday 23rd June
Vitale Stroke Club
Beacon Church **10.00am-12.00noon**
Men's Breakfast
Caraway Care Home **10.00-11.30am**
Group for Visually Impaired
Venture Club **2.00-4.00pm**
Carers Afternoon Tea
The SHOP **2.00-3.30pm**
Bereavement Group
The SHOP **4.00-6.00pm**
Wellbeing Groups
Star Office & Care Shop **4.00-6.00pm**

Wednesday 24th June
Friendship Group
Methodist Church Hall **10.00-11.30am**
Digital Hub
The Rookery **10.00am-3.00pm**

Thursday 25th June
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 26th June
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 28th June
Sunday ResBite Tea
Methodist Church Hall **3.00-4.30pm**
Car Boot Sale
Academy School Field **7.30-1.00pm**

Monday 29th June
Morning Live
The Venture Club **10.15-11.45am**
Movies for Memories
'North by Northwest' (lunch included)
Methodist Church **12.30-3.30pm**
SHOP Talk
The SHOP **2.00-3.30pm**

Tuesday 30th June
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 1st July
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 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**
