



# NEWSLETTER

March 2026 **Issue 124**

## How Can We Help?

Over the next few months, we thought we would present some good news 'case studies' to show just how **Selsey Community Forum** is helping those in our community who need a little support.

They say an Englishman's home is his castle, but for many, the reality is far more precarious. A safe, warm home is the foundation upon which we build our lives, and when that foundation is shaken, everything else can feel unstable.



We recently had the honour of supporting a wonderful local gentleman whose story is a testament to resilience in the face of adversity. It is a story that reminds us that no matter how difficult the circumstances, there is always hope when a community pulls together.

Life can be incredibly cruel in its timing. This gentleman had sadly lost his parents, a heartbreak that is difficult to bear at any age. In the wake of this significant personal loss, his own health began to deteriorate rapidly. He was suffering from significant sight issues, which caused him daily problems and made navigating the world increasingly difficult. Suddenly, the tasks that many of us take for granted became mountainous challenges.

But his troubles did not end with his health. He was living in conditions that no one should have to endure. His housing situation was poor, plagued by mould, damp, and significant structural defects. For a man already struggling with his vision and grief, these living conditions were not just uncomfortable; they were dangerous.

Recognising he could no longer manage alone, he approached **Selsey Care Shop**. He didn't just need help with one thing; he needed support with his health, his well-being, his finances, and, most urgently, his housing.

From the moment he walked through our doors, our team was struck by his spirit. Despite everything he had been through, he remained a wonderful, dignified man. We knew we had to do everything in our power to help him. We began

with extensive wrap-around support. We helped him navigate the complexities of money support and health services, ensuring he was receiving everything he was entitled to. But we knew that if he returned to a damp, unsafe house every night, his health would never improve.

The need to re-house this gentleman became our urgent priority. However, as many of you will know, the housing system can be a complex and often slow-moving beast. It requires patience, persistence, and a lot of paperwork. Our team worked tirelessly on his behalf. We became his advocates, regularly liaising with other services and council departments to fight his corner. We refused to let his case be forgotten or pushed to the bottom of the pile. We argued that a man with his health needs could not remain in a property that was making him sick.



After much perseverance and many phone calls, we finally received the news we had been hoping for. We secured him new, safe accommodation. The relief was palpable. He moved from a place of danger and damp into a secure environment - a true 'home' to call his own. It was more than just bricks and mortar; it was a fresh start. It gave him the stability he needed to focus on grieving his parents and managing his eye health without the constant worry of his surroundings.

Seeing this gentleman settled in his new home has been one of our team's highlights of last year. He has shown such incredible resilience through so much loss and hardship, and we are privileged to have played a part in his journey to safety. It serves as a powerful reminder that housing is about health. Without a safe roof over our heads, we cannot thrive.

If you are struggling with housing conditions that are affecting your health, or if you feel overwhelmed by a change in circumstances, please do not suffer in silence. **Selsey Care Shop** is here to offer advice, advocacy, and support. Pop in for a chat or give the team a call. Let us help you find your footing again.



## 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)



## Volunteers Needed

We're looking for volunteers to join our friendly team at **Selsey Care Shop**. This role would suit someone with some experience using IT and carrying out basic admin tasks. We're ideally looking for someone who can help one morning or afternoon each week.



If you can spare the time and would like to support people in our local community, we'd love to hear from you. Please call or pop in to see Joanne Laing at the **Care Shop**.

## Hello March - When Something Quietly Begins to Stir

What a wonderful way to meet you all once again.

At this time of year, there is often a quiet sense of relief. The hustle and bustle of the Christmas festivities have settled behind us, the urgency of New Year's resolutions has softened, and we slowly begin to ease into the year ahead. Life, somehow, starts to weave a gentle sense of routine back into our days, offering moments of steadiness and familiarity.



I once read a quote that said, *"To see the first of each new month as the first is a powerful thing."*

It feels like a gentle prompt from life itself and from nature unfolding quietly beneath the surface reminding us to anchor, to pause, and to remember that we are the authors of our own stories. The first of the month becomes a new chapter. A fresh, crisp beginning. And perhaps most excitingly a blank page one that invites acknowledgement, intention, and even a little joy.

Why not fill that page with a promise? Invite in possibility. Positive thinking can only ever truly surface once we allow space for the harder feelings to be acknowledged and processed. Self-awareness brings freedom from within. We can only push uncomfortable emotions down for so long before they reappear persistent and quietly demanding our attention... annoying little things, aren't they. Yet when we pause and listen, they often carry wisdom and opportunity.

I have long believed that words hold immense energy. Letters forming words can feel like droplets of gold small rays of sunshine gently seeping into the soul. You may even possibly feel this reading this Newsletter, encapsulating the pure joy that's held within our community.

If February offered us awareness as we stepped out of January's busyness, then March becomes the beginning of what will grow into the launch pad of spring. For those of us who chose a softer approach, easing our way into the year rather than rushing ahead, this can sometimes bring unexpected sensations. A quiet rumbling in the tummy. For some, anxiety or confusion. For others, an urge to *get going*, to *make a start* which

can sometimes leave us feeling unsure or a little lost in direction.

This can be the gentle stirring of the Northern Hemisphere. Nature calling us to awaken. The days are growing longer, offering us an opportunity not to force change, but to choose. And remember, you can always choose to remain exactly where you are. There is nothing wrong with staying still. However, if you are feeling unsettled for any reason, that feeling itself is information. Your choice lies in how you respond how you choose to move through this because *"if nothing changes, nothing changes."* I like to read those words out loud a few times, allowing them to truly land.

If you notice restlessness, uncertainty, or what I often call a "monkey mind" thoughts jumping from one place to the next without pause, know that this too carries wisdom. Some may call this anxiety; I prefer to see it as the body speaking to us in a language we are still learning to interpret. One gentle way to meet this is to choose a **word for the month** and allow it to guide you. Words are golden when we anchor to them when we let them quietly shape a life that feels authentic and aligned.

A mindfulness practice I return to regularly is choosing a word for the month and using it as my anchor.

For example, my word for January was *Ease*. Each evening, I noticed where I felt out of alignment with that word and wrote gently about it in my journal not with judgement, but with curiosity. Over time, it became a kind and caring reminder of the promise I had made to myself. (Confession here I had to remind myself a lot in January to slow down so "ease" could come though and land back within me).

As we step into this fresh month ahead, I invite you to choose your own word for March. Let it sit with you. Revisit it each evening, even if only for a few quiet moments. Your word might be *slow down*, *listen*, *curiosity*, *wonder*, *laughter*, *breathe*, or *calm*. There is no right or wrong simply choose what feels supportive for you right now. March does not ask us to have everything figured out. It simply invites us to listen, to soften, and to trust that something meaningful is already beginning to stir. 🍷

*Sending you all love and light, always*



**Sarah Palmer**



## Robins Service

**The Robins Service** provides support when it matters most. Are you or a loved one approaching end of life and in need of support? Please contact us to find out how **The Robins Service** can help.

We aim to get to know a person early in their journey to enable relationships to develop; however, we cannot provide a 24/7 service or personal care duties as this is a carers role.

## Supporting people in Selsey and wider peninsula with their end-of-life journey


**Walking Beside You**

Our befriending service allows us to walk alongside people living with a terminal diagnosis:


- Helping the person or family navigate the care pathway
- Enabling the person to access our range of services through the Care Shop
- Being there to befriend, and offer spiritual/emotional support
- Working in synergy with external services to support the individual and family from diagnosis, treatment, and beyond
- Offering opportunities for improved well-being and self-care
- Providing support to make memories and companionship

**Selsey and Surrounding Areas**

We strive to improve the quality of life with people living in Selsey and the wider peninsula.



Get in touch to find out how we can support you or someone you know:  
 Email: [robins@selseycommunityforum.uk](mailto:robins@selseycommunityforum.uk)  
 Mobile: 07917 625672  
 Phone: 01243 201616



Please contact the **Care Shop**, email Karen at [robins@selseycommunityforum.uk](mailto:robins@selseycommunityforum.uk) or call her on 07917 625672 - we have **Robins Befrienders** waiting in the wings.

## Warm Spaces

These warm spaces are available until the end of March; please do not suffer or struggle with this inclement weather.




*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](http://www.selseycommunityforum.uk)

## Someone's Knocking at the Door...

An issue about doorbells has been highlighted. When one of our volunteers visits people, may be

with equipment, a prescription or shopping or the Venture Bus arrives to collect people, sometimes the doorbell does not work; on occasions there are 2 doorbells, one of which doesn't work. Please do try to remove the one that doesn't work or perhaps install a doorknocker. Also, we have been told that the Emergency Support Services sometimes have difficulty finding a property with just a house name and no number, or the number might be missing. Please do think about how your property might be easily identified in an emergency.



## Scam Warning - Rogue Traders in Selsey

Sadly, there's a surge of rogue traders in town, targeting vulnerable residents with offers to clean driveways, fix roofs, and more. **DO NOT** agree to anything on the doorstep.

Call our **Community Warden**, Rich Moorey immediately on 07768 206974. Rich is working hard to shut this down, but he needs your help.

Do you need work done on your home? Speak to Rich first as he can point you to trusted local tradespeople.

Please share this with your neighbours, friends and family. Let's keep Selsey safe.

**WARNING**

**The residents of this property do not deal with uninvited traders**

**Please leave and do not return**

Failure to do so is a criminal offence under the Consumer Protection from Unfair Trading Regulations 2008

## Out of Habit...

How often do you find yourself saying that? Habits are things you've learnt to do and now carry out without even having to think. The brain likes routines and habits. On average we make about 35,000 decisions every day; your brain will automate most of these so that it doesn't exhaust itself with all that thinking. The things we do every day like brush your teeth, sip water, eat meals, get out of bed, we do automatically with little or no thought.



Some habits can affect your health or get in the way of reaching your goals, but they can also be a powerful way of making lasting changes to the way you live.

Research suggests it takes on average 66 days to form a new habit. The key factors in forming a new habit are -

- ✓ Plan: have a clear goal about what you want to change and how you are going to change it
- ✓ Prepare: consider what you need to do to be able to form your habit

- ✓ **Persist:** consistency is key. There will be days when it will feel more difficult; the trick to changing a behaviour is reminding yourself why it is important to you.

The early days of habit building will always be the more difficult. When it comes to planning and preparing, have some way to track your progress, perhaps giving yourself a 'to-do' list. If you persist, the pay-off is in the long term. Once habits become automatic, making healthier choices will become easier.

Tips for building good habits –

- \* Understand the difference between good habits and bad habits
- \* Choose what you want to change
- \* Start small to lay strong foundation for change
- \* Connect new habits to usual routines
- \* Reward and celebrate your success as you go
- \* If you're having trouble breaking bad habits, consider seeking help and support



## British Sign Language Workshops

If there is enough interest, we have been offered a further series of British Sign Language Workshops. There will be 10 weekly sessions at the cost of £50. If you are interested, please do contact [katy@selseycommunityforum.uk](mailto:katy@selseycommunityforum.uk)



## Ferry Farm Grants Awarded

The latest round of the **Ferry Farm** grants has been awarded. The Environmental criterion attracted 10 applications, and the Grants Panel awarded £25,000 of funds to local groups and organisations in Selsey and Sidlesham. Projects that were awarded some funding included –



- ✿ contribution towards solar panel for the small hall of the **Selsey Pavilion**;
- ✿ contribution towards solar panel installation at the **Venture Club**;
- ✿ contribution towards insulation costs at **Men in Sheds**;
- ✿ contribution towards optimum heating system at **Sidlesham Memorial Hall**;
- ✿ environmental and educational programmes at **The Hidden Garden**.

The **Selsey Community Forum** is proud to continue to administer this fund on behalf of the **Ferry Farm Community Solar Project**. For more information on the Solar Farm Project, please visit their website [www.ferryfarmsolar.co.uk/](http://www.ferryfarmsolar.co.uk/)

## Selsey Open Gardens

**The Hidden Garden** will be organising **Selsey Open Gardens** again this year and so here is the date for your diary – **Sunday 7th June**.

Would you consider opening your garden for the event this year? As in previous years, the aim of this popular Selsey event is to share the enjoyment of gardens, inspire others and to raise much-needed funds for three local charities:



**Selsey Community Forum**, **Selsey Community First Responders** and **Youth Dream**. This will be via ticket sales, plant sales and refreshment sales at participating gardens.

The commitment of the 2025 Selsey Open Gardeners was much appreciated, and we raised more than £8,000 – a huge achievement! This year, we are aiming to have around 25 gardens open to the public and to raise even more money. We'd love your help. So, if you feel you can participate, please contact Paul on 07815 790770. To keep up-to-date please visit [www.selseyopengardens.org.uk](http://www.selseyopengardens.org.uk) or [www.facebook.com/SelseyOpenGardens](https://www.facebook.com/SelseyOpenGardens)

## Selsey Photo Archive Project

The **Selsey Photo Archive Project** started in 2018. It is a partnership project, primarily run by **Manhood Wildlife and Heritage Group**, with support from **West Sussex Record Office**. Its main aims are to raise awareness of Selsey's unique heritage and to engage people with it. They have been doing this via exhibitions, talks and primarily through the dedicated website:

[www.selseyphotoarchive.co.uk](http://www.selseyphotoarchive.co.uk)

where you will find hundreds of photos, other images and associated information about Selsey's past.

So far, a small team of very committed volunteers has scanned and catalogued thousands of images with only a small selection of these published on the website. Fortunately, they have received loans and donations of a large number of collections of images to add to the archive, for which they are extremely grateful. However, this means that there is now a considerable number of images to catalogue and this is where they need your help. It involves entering basic information about the photo/image into a spreadsheet, such as a description of what it shows, estimated date, name of photographer and a catalogue number: all training will be given for doing this. It would be an advantage if you have lived in Selsey for a while and know your way around a spreadsheet, but this is not essential.

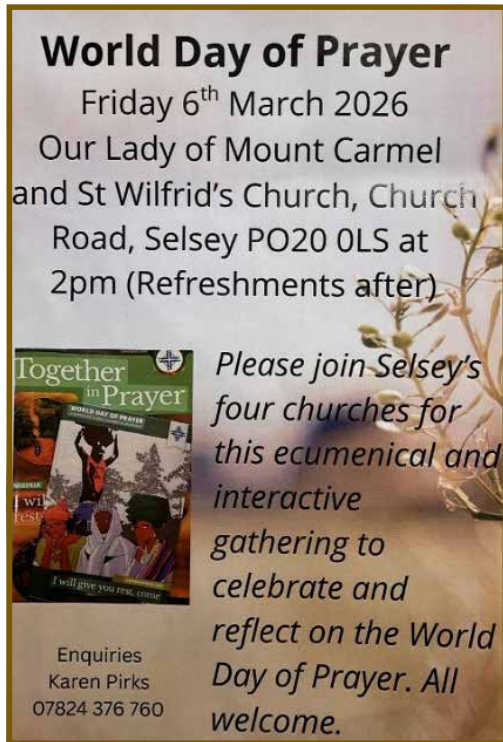


The joys of this volunteer task are that you can do it wherever and whenever you like, it gives you access to some wonderful images of Selsey's past and it may even spark an interest to dig a little deeper, after all every picture has a story to tell! And, of course, you'll ultimately be helping to bring Selsey's heritage to a wider audience.

If you would be interested in volunteering for the project or would like further information, please contact Joe Savill, the Selsey Photo Archive Project Coordinator at [joesavill57@gmail.com](mailto:joesavill57@gmail.com)

## World Day of Prayer

Just a reminder about the **World Day of Prayer** celebrations in Selsey...



**World Day of Prayer**  
Friday 6<sup>th</sup> March 2026  
Our Lady of Mount Carmel  
and St Wilfrid's Church, Church  
Road, Selsey PO20 0LS at  
2pm (Refreshments after)

*Please join Selsey's  
four churches for  
this ecumenical and  
interactive  
gathering to  
celebrate and  
reflect on the World  
Day of Prayer. All  
welcome.*

Enquiries  
Karen Pirks  
07824 376 760

## Annual Town Meeting

**Selsey Town Council** is hosting the **Annual Town Meeting** on **Tuesday 17th March** at the **Selsey Centre** starting at 7.15pm with doors opening at 6.30pm.

The Council has invited local community groups to promote their work, showcase their achievements and encourage new volunteers through table displays. **Selsey Community Forum** will be attending so do come along and say hello.

## 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 Café, St James Church Centre, Birdham PO20 7HG
<b>BOSHAM</b> - 1st & 3rd Wednesdays of the month 10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB
<b>BRACKLESHAM</b> - Thursdays - weekly 2pm - 4pm - Bracklesham Barn, PO20 8HU
<b>CHICHESTER</b> - 4th Tuesday of the month 2pm - 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 Thursday of the month with Coffee Morning Hub 10am - 11.30pm Village Hall, PO21 4NJ
<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 Thursday 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)

## Selsey Community Forum What's On

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

### Sunday 1st March

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

### Monday 2nd March

**Morning Live**  
The Venture Club 10.15-11.45am  
**SHOP Talk**  
The SHOP 3.00-4.30pm

### Tuesday 3rd March

**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

### 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 4th March

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms Support Group for Adults

The Cabin, Beacon Church  
10.00-12.00noon

#### Hope in the Dark

2.00-4.00pm

#### Parkinson's Group

The SHOP 2.00-3.30pm

### Thursday 5th March

#### 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*

### Wellness Café Anxiety Support

The SHOP 2.00-3.30pm

### Friday 6th March

#### 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 8th March

#### Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

### Monday 9th March

#### Morning Live

The Venture Club 10.15-11.45am

**Movies for Memories**  
*'Finding Neverland'*  
Methodist Church 12.30-3.30pm  
**SHOP Talk**  
The SHOP 2.00-3.30pm

### Tuesday 10th March

**Men's Breakfast**  
Beacon Church 10.00-11.30am  
**Community Food Hub**  
Beacon Church 2.00-3.00pm  
**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 11th March

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms Support Group for Adults**  
The Cabin, Beacon Church  
10.00am-12.00noon  
**Digital Hub**  
The Rookery 10.00am-12.00noon  
**SDAA/Alzheimer's Group**  
Selsey Methodist Church 2.00-3.30pm  
**Individual Bereavement Support**  
The SHOP 2.00-3.30pm  
*By appointment only*

### Thursday 12th March

**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 13th March

**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 15th March

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

### Monday 16th March

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

### Tuesday 17th March

**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 18th March

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms Support Group for Adults**  
The Cabin, Beacon Church  
10.00am-12.00noon  
**Parkinson's Group**  
The SHOP 2.00-3.30pm

### Thursday 19th March

**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 20th March

**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

### Saturday 21st March

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

### Sunday 22nd March

**Sunday ResBite Tea**  
Methodist Church Hall 3.00-4.30pm

### Monday 23rd March

**Morning Live**  
The Venture Club 10.15-11.45am  
**Movies for Memories**  
*'Captain Corelli's Mandolin'*  
Methodist Church 12.30-3.30pm  
**SHOP Talk**  
The SHOP 2.00-3.30pm

### Tuesday 24th March

**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

### Wednesday 25th March

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms Support Group for Adults**  
The Cabin, Beacon Church  
10.00am-12.00noon  
**Digital Hub**  
The Rookery 10.00am-3.00pm  
**Carers Drop In**  
The SHOP 2.00-3.30pm

### Thursday 26th March

**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 27th March

**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 29th March

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

### Monday 30th March

**Morning Live**  
The Venture Club 10.15-11.45am  
**SHOP Talk**  
The SHOP 3.00-4.30pm

### Tuesday 31st March

**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  
**Selsey Dementia Action Alliance**  
Beacon Church 5.00pm

### Wednesday 1st April

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms Support Group for Adults**  
The Cabin, Beacon Church  
10.00am-12.00noon  
**Hope in the Dark**  
2.00-4.00pm  
**Parkinson's Group**  
The SHOP 2.00-3.30pm