



# NEWSLETTER

May 2026 **Issue 126**

## Car Boot Sales

We were very fortunate that the sun shone for our first **Car Boot Sale** of the season and we took £375. Our heartfelt thanks to **Dave Butcher** who has kindly taken on the unenviable task of running these events for us. He has also persuaded several volunteers to assist him – so **Thank You** to everyone.

**Monday: 4th May**  
**Sundays: 31st May - 28th June**  
**26th July - 30th Aug - 27th Sept**

**Car Boot Sale**  
SCF 1

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

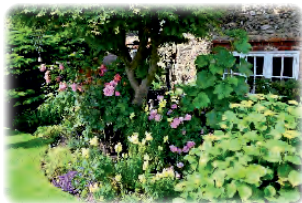
## Thank You...

In a world where it is increasingly difficult to obtain grants, we are more than ever reliant on your generous donations. Every donation counts and we are always grateful.

## Selsey Open Gardens

Residents of Selsey are opening their gardens once again to raise money for **Selsey Care Shop**, **Selsey Community First Responders** and **Youth Dream**.

There will be some 25 gardens open to explore including several new gardens taking part for the first time. 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 programmes for **Selsey Open Gardens** will be on sale from early May at **The Hidden Garden**, Village Flowers, Country Gardens, Rudwicks, Thrive and T&T Fruits. On the day **Sunday 7th June**, they will be on sale at **The Hidden Garden**, Thrive and T&T Fruits. Cost of entry is £6 per person and free for accompanied children under 16.



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**.

## How Can We Help?

We often speak about the strength of our community in Selsey, but sometimes, the most powerful stories happen quietly, behind closed doors. It is a reality many of us understand: life can change in an instant.

Recently, we had the privilege of supporting a young gentleman whose story reminds us why looking at the “whole picture” is so vital. He had always been a hard worker, taking pride in his independence. However, specific health needs suddenly affected his ability to continue his employment. Almost immediately, the loss of regular income created a ripple effect. What started as a health crisis quickly became a financial one. By the time he walked through our doors, the distress was visible.

When someone is in crisis, the most important thing we can offer initially is time. Our Charity staff sat down with this gentleman, not to tick boxes, but to listen to his full story. It became clear that the pressure of mounting bills was hindering his ability to focus on getting well.

Our first step was addressing the immediate, practical needs. We supported him through the complex process of accessing the higher rate of Personal Independence Payment. Forms like these can be daunting at the best of times, let alone



## 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)



when you are unwell and stressed. To ensure he didn't have to worry about where his next meal was coming from, we also issued an emergency Food Bank voucher. During our conversations, it became apparent that something else was weighing heavily on his mind: a significant energy debt. Fuel poverty is a frightening prospect, and the fear of a cold home can be paralyzing. We completed a referral to **Better Housing Better Health**, a service dedicated to keeping residents warm and safe.

We helped him access emergency fuel vouchers and secured specialist support to address the debt directly. Watching the weight lift from his shoulders when he realised he wouldn't face this alone was a profound moment for our team.

At **Selsey Care Shop**, we don't believe in sticking plasters; we believe in "wrap-around" support. This means we look at every need: emotional, financial, and practical to improve a person's life not just for today, but for the future. For this young man, the outcome wasn't just about paying a bill or filling a cupboard. It was about restoring dignity. By stabilising his financial situation and securing his home comfort, we gave him the breathing room he needed to focus on his health.

We are incredibly proud of the resilience he showed, and grateful that we could be there to help him navigate such a difficult chapter.

If you or someone you know is struggling with a change in circumstances, health issues, or financial worry, please remember that you do not have to navigate it alone. Our doors are open, and we are ready to listen. Visit us at **Selsey Care Shop** or get in touch to find out how we can support you.



## Dementia Awareness Week

The word 'dementia' describes a set of symptoms that, over time, can affect memory, problem-solving, language and behaviour. Dementia can be caused by different diseases, affecting the brain in various ways, resulting in different types of dementia. It's important to remember that everyone experiences dementia differently. **Selsey Community Forum** is here to help, support and guide you or a family member.

**Dementia Awareness Week** takes place this year on **18th-24th May**. Some of the activities taking place across the Peninsula are:

**Shop Window Competition** - encouraging shops to turn their window displays blue; independent judges will score on the following criteria:

- ❁ Impact - does it draw attention
- ❁ Does it get key messages across
- ❁ Creative use of materials used

**Joint Information Hub at Bracklesham Barn** on **Thursday 21st May 2-4pm** where there will be representatives on hand to provide information and support to carers and cared for; join us for refreshments and activities for those being cared for.

- ❁ Sage House
- ❁ Carers Support West Sussex
- ❁ Alzheimer's Society
- ❁ WS Fire and Rescue Services
- ❁ Prevention and Assessment Team
- ❁ **Selsey Community Forum Hub**
- ❁ Vitale
- ❁ Home Instead Chichester
- ❁ Platinum Home Care Services

**Dementia Friend Session** with our Ambassador, **Mike Beal** on **Wednesday 20th of May** in **East Wittering Royal British Legion** at **10.30am** for approximately 45mins.

**Selsey Library** on **Wednesday 20th May 10.00am-12noon** an event where they will have reminiscence collection items and information on home library direct. Our very own **Karen Pirks** will be there with information and to talk with you.

**Alzheimer's Society** will be providing an information stand at the outpatients **St Richards Hospital** all week. Check what they do at [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Sage House** will be providing various activities in Tangmere to raise awareness and **Sage House Wayfinding Team** will be out and about in the Witterings. Check their website for more information: [www.dementiasupport.org.uk](http://www.dementiasupport.org.uk)

**Dementia Awareness Week**  
**Mon 18th May - Sun 24th May**  
*Various activities taking place across Selsey, Bracklesham and the Witterings to meet the needs of the community- to support and raise peoples awareness of Dementia*

Combined Help Hub supported by  
 Carers Support West Sussex, Dementia Support, Alzheimer's Society, West Sussex Fire and Rescue, NHS SCFT  
 Thursday 21st May 2026  
 2-4pm @Bracklesham Barn. Find out about local care.

\*Turn Your Town Blue to Raise Awareness Shop Window Competition  
 \*Dementia Friend/Training Sessions  
 \*Meet your local Sage House Wayfinder  
 \*Fun activities and social interactions  
 \*Local care at home providers on hand

Any enquires to: Karen Pirks, Ops Lead  
 operations@selseycommunityforum.uk or  
 text: 07824 376 760 by 14th May 2026

[www.selseycommunityforum.uk](http://www.selseycommunityforum.uk) and  
 social media

Logos for Sage House, Carers Support West Sussex, Vitale, Home Instead, Alzheimer's Society, and Avoston.

## Choosing What We Stand For

Hello everyone, and welcome to May. What an honour it is to greet you all once again. I have to say, writing to you each month brings me so much joy. I truly hope these words bring you a sense of calm, a moment of gratitude, or perhaps just a little food for thought as you move through your days.

May arrives with a quiet kind of kindness. Not loud or demanding but soft, steady, and full of gentle reminders. The mornings stretch a little longer, the light lingers into the evening, and the world begins to open again in small, beautiful ways. There is something about May that invites us to notice. The warmth on your skin. The colour returning to the trees,

the tulips and other flowers beginning to bloom; I always pause and think of how lucky we are to be able to witness all of this with our own eyes. The simple relief of stepping outside without bracing against the cold... although the wind has caught me off guard a little this past month.



And in these moments, almost without asking, gratitude begins to find its way in. Not because everything is perfect, but because something is still here. And perhaps that's what May offers us, not certainty, but perspective. Because even when life feels uncertain, even when there are questions still unanswered, or thoughts that drift toward "what if" there is also this: a cup of tea in the morning light; a laugh that catches you off guard; a moment where your shoulders drop, just a little. And a personal favourite of mine (please don't judge me ... I know this will sound strange to some however I must always remain honest) - the feeling of the earth



beneath my feet each morning when I stand and just pause bare foot on the grass and simply be! Mindfully knowing I'm recharging my batteries (I know some of you will

shudder at the thought of this however I appeal to all of you that are shuddering at the mere thought of the cold possibly damp feeling beneath your feet to learn about the truly amazing benefits of something called grounding ... look it up or email me I'd love to tell you more).

I noticed the other day, I was driving a little earlier than I normally would, and I waved at our wonderful lollipop man who stands outside Seal Primary School, helping children and families cross safely each morning. Without even knowing, he brought such a deep sense of joy to my heart. In that small exchange, just a wave, just a smile came a rush of memories from when I used to take my daughter to school. He would always greet us with such warmth, such genuine kindness. A smile, a wave... a moment of connection that felt so simple yet meant so much. And in that instant, it felt like a glimmer; a flash of something gentle and true; a reminder of the quiet gift we all carry within us. That a simple smile, a few seconds of our time, a moment of real, authentic presence... can ripple far beyond what we see. It can lift a day. It can soften a moment. It can stay with someone longer than we will ever know.

And perhaps that's something worth holding onto this May. Not just noticing the light around us but remembering the light we can be for each other, too. Life, still happening. And we are still choosing how we meet it. We are choosing where we place our attention. We are choosing what we allow to matter. We are choosing what we stand for not in grand declarations, but in the quiet rhythm of everyday life. And yes, sometimes those choices feel heavy. Because when your mind is trying to protect you scanning ahead, preparing, holding everything it possibly can it can be hard to fully land in the present moment. But this is where something gentle can shift. Not by forcing positivity. Not by pretending everything is fine. But by allowing both to exist. The uncertainty and the beauty that is still here alongside

it. Because even on the days when your thoughts feel loud, there will still be something small and steady to hold onto. A breath. A pause. A moment of sunlight through a window. If you catch this quick enough you may even allow yourself to enjoy the warmth on your face. These are not insignificant things. They are anchors. And over time, they begin to change how life feels. Because when we gently return to what is here rather than only what might happen, we begin to soften.



We begin to live alongside uncertainty, rather than beneath it. And this is where choice becomes something lighter. Not something we have to get "right." But something we can return to. We can choose: to notice what is good, even if it is small; to let moments of joy in, without questioning them; to feel gratitude, not as pressure but as permission. Permission to experience life as it is, not only as it might become. And slowly, something begins to grow. Not certainty, but steadiness. Not control, but trust. A quiet sense that even if life shifts as it sometimes does there will still be moments of light, of connection, of meaning waiting to be noticed. And perhaps this is the quiet gift of May. A reminder that life is not only found in the big, certain, resolved moments. But in the in-between. The unfolding. The ordinary days that, when we look closely, are not so ordinary at all. Because even here, there is warmth. Even here, there is life. Even here, there is something to be grateful for. And maybe that is where happiness begins again. Not as something we chase. But as something we allow. ♥

*Wishing you a "what if it turns out better than you imagined" kind of May.*

*Sending you all love and light, always, Sarah Palmer*

## Living Well with Parkinson's



**Living Well with Parkinson's: Early Diagnosed Course**

Being diagnosed with Parkinson's can be life-changing. But there is life after diagnosis and we are here to help—remarkable things can be achieved when given the right support, exercise and a positive mindset.

Positively Parkinson's Early Diagnosed Course provides support at a time when individuals and families often feel overwhelmed.

This event is designed to help you understand the condition better and learn practical tips for living well, which can make a significant difference in the early stages following diagnosis. Family, friends and carers are encouraged to attend too.

- Hear from healthcare professionals with extensive experience in managing neurological conditions
- Informative talks from specialist clinicians and therapists
- Practical guidance on exercise, lifestyle, and symptom management
- Gain valuable insights in managing symptoms and activities to improve quality of life
- Connect with others undergoing similar experiences
- Draw on the experience of people who have been diagnosed

This one-day course will be free of charge for attendees. While there is no cost to participate, we will welcome optional donations to Positively Parkinson's, enabling the charity to continue its valuable work supporting people living with Parkinson's across the region.

**Saturday 9 May 2026**  
10:00am - 4:00pm  
Unit 1B, Keynor Barn  
Keynor Lane, Sidesham  
Chichester PO20 7NE

To book, scan the code or visit our website:  
[positivelyparkinsons.co.uk](https://positivelyparkinsons.co.uk)

**Selsey Community Forum** has a **Parkinson's Group** meeting every **1st and 3rd Wednesday** of the month at **The SHOP 2.00-3.30pm**

## Attendance Allowance

Attendance Allowance helps with extra costs if you have a disability or health condition that makes it hard for you to look after yourself. Your condition must be severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety. You do not have to have someone caring for you to claim.

You can apply for Attendance Allowance if you have reached State Pension Age and have a disability or illness and need help or supervision throughout the day or at times during the night (even if you don't currently get that help):

- with your personal care - getting dressed, eating or drinking, getting in and out of bed, bathing or showering and going to the toilet
- to stay safe

You can also apply if you have difficulties with personal tasks: if they take you a long time, you experience pain or you need physical help, like a chair to lean on. It will help if you compare how you do the tasks now to how you used to do them.

Attendance Allowance isn't just for people with a physical disability or illness. You can claim if you need help or supervision day or night and have:

- a mental health condition
- learning difficulties
- a sensory condition – such as you're deaf or blind

You must have had care or supervision needs because of your disability or illness for at least 6 months before you can get Attendance Allowance. You don't need to have had a diagnosis for your condition to apply - you might still be having tests or appointments to find out what's wrong with you. You can save time with your claim by applying before the end of the 6-months, but you won't get any money until then.

You can apply for Attendance Allowance if you're currently in hospital, but you won't get any money until you leave. You can't usually claim Attendance Allowance if you live in a care home and your care is paid for by your local authority, but you can claim Attendance Allowance if you pay for your care home costs yourself. You can get Attendance Allowance if you're terminally ill and living in a hospice. If you're nearing the end of life with a life-limiting illness you might be able to get Attendance Allowance more quickly and at a higher rate.

Any queries can be answered and forms applied for by contacting the **DWP Attendance Allowance helpline** 0800 731 0122.

You will need an up-to-date medical summary with all your conditions and medications. Forms that arrive through the post will be date stamped with a date by which you need to return the form along with evidence. It can also be applied for via the website.

[www.gov.uk/attendance-allowance/how-to-claim](http://www.gov.uk/attendance-allowance/how-to-claim)



Attendance Allowance  
Application  
**PENDING**

## Chichester Wellbeing

Their Spring Programme is below showing a range of supportive, beginner friendly courses designed to help you feel stronger, more confident, and more active – there are 2 courses in Selsey. If you're doing less than 150 minutes of activity a week, these programmes might be perfect for you. Contact them on 01243 521041 or [wellbeing@chichester.gov.uk](mailto:wellbeing@chichester.gov.uk). Or you can register at: [forms.office.com/e/wxNT7NL5fw](https://forms.office.com/e/wxNT7NL5fw)

| chichesterwellbeing                       |  | Course start dates   |
|---|--|--|
| <b>Aqua Fit</b><br>6 weeks                |  | Monday 8 <sup>th</sup> June<br>9.30am<br>Westgate                          |
| <b>Chair Pilates</b><br>Midhurst 10 weeks |  | Wednesday 13 <sup>th</sup> May<br>12.00pm<br>The Grange                    |
| <b>Chair Pilates</b><br>Selsey 10 weeks   |  | Thursday 14 <sup>th</sup> May<br>11.45am<br>Thrive                         |
| <b>Fit For Life</b><br>Selsey 10 weeks    |  | Wednesday 13 <sup>th</sup> May<br>01.00pm<br>Thrive                        |
| <b>More Active</b><br>Chichester 10 weeks |  | Friday 15 <sup>th</sup> May<br>10.30am<br>Westgate                         |
| <b>Phoenix Women</b><br>10 weeks          |  | Tuesday 12 <sup>th</sup> May<br>07.00pm<br>Bosham                          |
| <b>Senior Strength</b><br>10 weeks        |  | Thursday 14 <sup>th</sup> May<br>11.00am<br>Bosham                         |
| <b>Weigh Better Life</b><br>12 weeks      |  | W/C 27 <sup>th</sup> April<br>Various Locations &<br>Days                  |
| <b>Walking with Poles</b><br>4 weeks      |  | Wednesday<br>20 <sup>th</sup> May & 24 <sup>th</sup> June<br>Oaklands Park |

## Let's Sing....

Do you love singing? Fancy meeting new people, having fun, and making music together - no auditions, no pressure, just pure enjoyment? If so, we'd love to welcome you to the **Open Door Choir** or **Sing Your Heart Out**. Come along, join in, and discover the joy of singing with others. It's a great way to lift your spirits. We sing a wide mix of songs – from pop classics to golden oldies, with a bit of everything in between. Think of it as a chocolate box of music – there's something for everyone! You don't need any experience or the ability to read music, just bring your voice, a smile, and a willingness to give it a go.

### **Sing your Heart Out**

**When:** Every Monday 13th April - 20th July (excl 4th & 25th May)

**Time:** 1.30-3.30pm

**Where:** St Wilfrid's Church Hall

**Cost:** £65 for the full term

*Please note there is currently a waiting list for this one as they are over-subscribed.*

### **Open Door Choir**

**When:** Every Monday 13th April - 20th July (excl 4th & 25th May)

**Time:** 7-8.45pm (doors open at 6.45)

**Where:** Sidlesham Memorial Hall

**Cost:** £65 for the full term

For more information, please contact **Belinda Gannon** on Text or WhatsApp to 07983400653 or email [belindagannon.musicforall@gmail.com](mailto:belindagannon.musicforall@gmail.com)



## Selsey Lifeboat Events

Do make a note that **Selsey Lifeboat Week** will take place between **Sunday 26th July and Sunday 2nd August**. Can you help in any way...



**SELSEY LIFEBOAT WEEK 2026**  
**CAN YOU HELP?**

There are lots of ways you can support us from:

- Sponsoring events during the week.
- Sponsoring Lifeboat Day.
- Donating Raffle Prizes or Auction Items.
- Advertising in the Selsey Lifeboat Week Programme.
- Volunteering to help with fundraising events during Lifeboat Week and throughout the year.

Please email: [Selseylifeboatweek@gmail.com](mailto:Selseylifeboatweek@gmail.com)  
Selsey Lifeboat Week 2026 Sunday 26<sup>th</sup> July - Sunday 2<sup>nd</sup> August

However, before that **Selsey RNLI Lifeboat Station** are holding their second **'Seal Dip'** on **Sunday 3rd May** to raise vital funds. Hosted at East Beach Green, the event will start from 9.00am, with the first participants braving a quick sea dip in waters that average 11°C in May from 10.00am. Please register on the link below: [www.eventbrite.co.uk/.../rnli-selsey-seal-dip...](http://www.eventbrite.co.uk/.../rnli-selsey-seal-dip...)



Each participant can enter for £5 and encouraged to raise sponsorship from friends and family – use the link below to register your personal Just Giving page to start raising money for the RNLI. [www.justgiving.com/campaign/selsedip](http://www.justgiving.com/campaign/selsedip)

## Help Hubs



**Hub Help Desk Locations**

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

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

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

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

**CHICHESTER** - 3<sup>rd</sup> 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** - 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month with Coffee Morning Hub  
10am - 11.30pm Village Hall, PO21 4NJ

**SELSEY** - 4<sup>th</sup> 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** - 2<sup>nd</sup> Tuesday of the month  
1pm - 3pm - Parish Rooms, PO20 7RE

**SIDLESHAM** - 4<sup>th</sup> 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 May**. If you would like to attend an event, please call **Selsey Care Shop** to check availability.

### Friday 1st May

#### 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 3rd May

#### Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

### Monday 4th May

#### EARLY MAY BANK HOLIDAY

#### Car Boot Sale

Academy School Field 7.30-1.00pm

### Tuesday 5th May

#### 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

### Menopause Group

The SHOP 6.00-7.30pm

### Wednesday 6th May

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms A 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 7th May

#### 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 8th May

#### 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 10th May

#### Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

### Monday 11th May

#### Morning Live

The Venture Club 10.15-11.45am

#### Movies for Memories – 'The Day we Sang' (lunch included)

Methodist Church 12.30-3.30pm

#### SHOP Talk

The SHOP 2.00-3.30pm

### Tuesday 12th May

#### 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 13th May

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms** *A support group for adults*  
The Cabin, Beacon Church  
10.00-12.00noon  
**Digital Hub**  
The Rookery 10.00-12.00noon  
**SDAA Ladies Tea**  
Selsey Methodist Church 2.00-3.30pm  
**Individual Bereavement Support**  
The SHOP 2.00-3.30pm  
*By appointment only*

### Thursday 14th May

**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 House Care Home 2.00-3.30pm *Places must be booked*

### Friday 15th May

**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 16th May

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

### Sunday 17th May

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

### Monday 18th May

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

### Tuesday 19th May

**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 20th May

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Open Arms** *A support group for adults*  
The Cabin, Beacon Church  
10.00-12.00noon  
**Parkinson's Group**  
The SHOP 2.00-3.30pm  
**Alzheimer's Group**  
Methodist Church Hall 1.30-3.30pm

### Thursday 21st May

**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 22nd May

**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 24th May

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

### Monday 25th May

**LATE MAY BANK HOLIDAY**

### Tuesday 26th May

**Vitale Stroke Club**  
Beacon Church 10.00-12.00noon  
**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  
**Selsey Dementia Action Alliance**  
Beacon Church 5pm

### Wednesday 27th May

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

**Open Arms** *A support group for adults*  
The Cabin, Beacon Church  
10.00-12.00noon  
**Digital Hub**  
The Rookery 10.00am-3.00pm

### Thursday 28th May

**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 Care Home 2.00-3.30pm  
*Places must be booked*

### Friday 29th May

**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 31st May

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

### 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  
**Menopause Group**  
The SHOP 6.00-7.30pm