



NEWSLETTER

November 2025 **Issue 121**

Selsey Community Christmas Day Lunch

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



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

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

Christmas Fayre

Please come along to our **Christmas Fayre** to check out all the goodies on offer. There may even be a surprise visitor...



Thank you...

- **The Woodger Trust** £14,000 for **Good Morning Calls** and **Robins Service**; £25,000 for administrative costs.
- **Selsey and District Lions Club** £2,000 for supporting those living with dementia and their carers. Here's Lion Charles presenting the cheque to Karen and Jo.
- **Jeannette Burgoyne** who ran the Great South Run and raised £1,185 for the **Care Shop** (and she beat her personal best – well done).



Celebrating Trustees

Trustees' Week this year is **3rd – 7th November** when it's time to celebrate the achievements of nearly one million Trustees across the UK.



Thank you for the time, commitment and effort you bring to your Charities to help them thrive. Your unique skills, experiences, and passion can truly make a difference.

The **Charity Commission** provides guidance to help support Charity Trustees along with information for anyone looking to find out more about Trusteeship.

There are 5-minute guides giving short and clear advice on key topics and are a quick read to help you increase your knowledge and understanding if you are perhaps wondering whether this is for you. trusteesweek.org/support/

Selsey Community Warden

Pop along and meet the Selsey **Community Warden, Rich Moorey** at the **Town Hall** on **Wednesday 5th November 7.30-8.30pm**. Find out about his role in the community and what his responsibilities are; how he can help us and with whom he works alongside.

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



Volunteers Step this Way...

As you know we are always looking for more volunteers to help us carry out the many services and activities we provide in supporting our community. Please get in touch if you can help us.



Money Support Service needs volunteers who might specialise and support people in managing their budget.

Buddy Assisted Transport Service is always looking for volunteers to drive people to medical appointments.

Selsey Stroke Group

There will be a fundraising event for the **Stroke Association** on **25th November 10am-12noon** at **The Shop**.

Come and warm up with a hot drink and homemade cake and help raise money for the



Stroke Association.

Maybe meet with some of our members and hear how the **Stroke Association**



and our group have helped them come to terms with the effects of having a stroke.

Everyone is welcome. For further information please contact Susie Parsons, the Carers Support Lead on 07354 682444.

The Hidden Garden

Do pop along to **The Hidden Garden** to find out about their new project - **Compost Selsey**.

Recycle Your Kitchen Waste

Would you like to compost your kitchen waste, reducing how much you put in your bins, helping the environment and supporting The Hidden Garden?

For a one-off fee of £10 we will provide a kitchen caddy which can be exchanged on Tuesday, Thursday or Saturday at The Hidden Garden. Your kitchen waste will be safely turned into useful compost using our Ridan Food Waste Composter and used to nourish the food we grow.



Please contact Paul at 07815790770 or at paul@selscycommunityforum.uk organised by



How to Cope with a Heart Attack

Recently on Facebook there has been 'guidance' circulating as to how best to cope if you suffer a heart attack whilst alone. I was about to include this in the **Newsletter** as I thought it was helpful information.

BUT it was not correct and certainly did not have any medical evidence to support it. In fact, it could make matters worse! Having now sought medical advice from a specialist in cardiac arrests, I am told that indeed the information trending on Facebook is incorrect and his two tips were - call 999 immediately if you think you are having a heart attack and if you are indoors make sure you open the door so that the ambulance personnel can get to you as soon as possible.

The moral of this is **do not** believe everything you read on Facebook! More importantly read the article below...

Look After Your Heart

We all know that we should practice the principles of self-care to prevent health problems from developing. In the mission to try to prevent coronary heart disease, high cholesterol and low blood pressure, there are several aspects of our daily lives where we can make a positive impact with small changes. Here are the top 8 everyday things that you can do to keep your heart healthy and strong.



Prioritise a Balanced Diet

Being mindful about your food intake and eating a healthy, balanced diet is one of the most impactful daily choices that we can make when trying to stay fit and healthy. For maintaining heart health, ensure you are prioritising fibrous foods such as fresh fruit, vegetables and whole grains. Another thing to monitor is your intake of salt, sugar and saturated fat. Prioritise healthy fats such as oily fish, nuts and seeds and moderate foods such as butter, cakes and fatty cuts of meat.



Do Regular Movement and Exercise

Combine a healthy, balanced diet with being more physically active to keep your heart happy. Regular exercise can reduce your risk of having a heart attack, lower your cholesterol levels and keep your circulatory system operating efficiently. Any form of movement that makes your heart work harder, from walking and swimming to running and dancing, can improve your heart's output and improve its strength. For those who are currently inactive, introducing small movements and increasing duration, frequency and intensity over time can make a huge impact to your heart health.



Weight Management

Pairing diet and exercise in turn will assist with weight management, which has been shown to impact the performance of your heart. A high BMI or waist circumference has been linked to a higher risk of developing cardiovascular disease. If you would like more support to understand your ideal weight, or tips to lose weight, make an appointment with a GP practice nurse and start a conversation that can lead to a healthier heart.

Cut Down on Smoking and Tobacco

Smoking is a major risk factor in developing a multitude of health problems, including those related to heart health. Tobacco use is harmful to your health and giving up has both immediate and long-term health benefits. Simply put, if you smoke, giving up will reduce your risk of developing coronary heart disease.

Limit Alcohol Consumption

Alcohol can cause damage to the heart muscle, high blood pressure and abnormal heart rhythms. The risk to your health increases when drinking any amount of alcohol on a regular basis. So, if you want to look after your heart health, consider reducing your alcohol consumption or remain within alcohol recommendation limits. Men and women are advised to not regularly drink more than 14 units a week, which is less than one glass of wine per night, per week. Lastly, binge drinking (or drinking heavily across a short amount of time) has also been linked to an increase in the risk of heart attacks.

Monitor Blood Pressure

Keep your blood pressure under control to support your heart. If you have high blood pressure, you can ask your GP for an assessment as some people may need to take medicine to lower blood pressure. It is generally recommended to get your blood pressure checked by a qualified health worker as high blood pressure can hurt your heart, especially when combined with other factors such as poor diet, smoking and drinking alcohol.

Take Care of Your Teeth and Gums



Take care with your oral health and heart health that may suggest the two are connected. Bacteria that can infect the gums and cause gingivitis can potentially move elsewhere in the body and cause inflammation of blood vessels, or heart attacks. Removing plaque from your teeth by brushing and flossing can minimise tooth decay and tooth loss.

Minimise Stress

Stress is a natural body response to pressure or challenging situations. Although stress alone might not cause a heart attack, it is a risk factor for heart and circulatory diseases because of the habits that sometimes go along with it. It is normal to feel stress, and everybody feels stress in a different

way. However, how you react to stress could be damaging your heart. Poor health behaviours such as overeating, smoking or not taking medications can contribute to heart problems. Try to manage your levels of stress and keep them to a healthy level to protect your heart.

When looking to reduce your risk of heart related issues, addressing these areas of your lifestyle can make a huge impact. Taking care of your heart should be a lifelong priority but it can start with small, realistic and actionable changes. Taking good care of your physical and mental health isn't easy but is worthwhile.



Warm Spaces



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

Our Senior Friends

Patricia Carter (nee Anderson) would like to say 'Thank you' for all the cards and gifts and to those who went to the Methodist Church on 20th September when she married Chris.



Patricia moved to Selsey just over 3 years ago and would often attend some of the **Selsey Community Forum** activities (Together Time and ResBite teas) and used the **Selsey Venture Club** to get there.

Chris who has lived in Selsey for many years drives the **Venture Club Bus** and this is where they met. They discovered that both their birthdays are on 18th September and decided to marry around the same time, so they have much to celebrate.

Food for Thought...

Most of us have heard of Patrica Routledge who sadly passed away last month at the age of 96 with her funeral being held in Chichester Cathedral on 5th November. One month before her 95th birthday, she wrote:



"I'll be turning 95 this coming Monday. In my younger years, I was often filled with worry - worry that I wasn't quite good enough, that no one would cast me again, that I wouldn't live up to my mother's hopes. But these days begin in peace, and end in gratitude.

My life didn't quite take shape until my forties. I had worked steadily - on provincial stages, in radio plays, in West End productions but I often felt adrift, as though I was searching for a home within myself that I hadn't quite found.

At 50, I accepted a television role that many would later associate me with - Hyacinth Bucket, of Keeping Up Appearances. I thought it would be a small part in a little series. I never imagined that it would take me into people's living rooms and hearts around the world. And truthfully, that role taught me to accept my own quirks. It healed something in me.

At 60, I began learning Italian - not for work, but so I could sing opera in its native language. I also learned how to live alone without feeling lonely. I read poetry aloud each evening, not to perfect my diction, but to quiet my soul.

At 70, I returned to the Shakespearean stage - something I once believed I had aged out of. But this time, I had nothing to prove. I stood on those boards with stillness, and audiences felt that. I was no longer performing. I was simply being.

At 80, I took up watercolour painting. I painted flowers from my garden, old hats from my youth, and faces I remembered from the London Underground. Each painting was a quiet memory made visible.

Now, at 95, I write letters by hand. I'm learning to bake rye bread. I still breathe deeply every morning. I still adore laughter - though I no longer try to make anyone laugh. I love the quiet more than ever.

I'm writing this to tell you something simple:

Growing older is not the closing act. It can be the most exquisite chapter - if you let yourself bloom again. Let these years ahead be your treasure years.

You don't need to be famous. You don't need to be flawless. You only need to show up - fully - for the life that is still yours."

Remember, Remember on 5th November

Just a reminder that this new Community Event takes place at **Beacon Church** in Selsey on **5th November 2-3pm**.

It will provide an opportunity to remember a loved one in a time of quiet reflection. Refreshments will be provided on arrival, followed by a short time of meditation and thanks for those we have lost.



This event is open to all the community - no need to book a place.

Selsey Remembrance

The **Selsey Remembrance**

Service will be held on Sunday 9th November in the **Academy School Hall** at 10.00am.

Following the Service, the **Remembrance Parade** will leave the School and make its way to the War Memorial.

All are welcome to attend the Service or join the Parade and pay their respects at the Memorial at 11.00am.



Ferry Farm Grants for Green Projects

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

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



The grant fund is open until 30th January 2026 and **Selsey Community Forum** is administering it once again. To apply, download the application form at

www.selseycommunityforum.uk/Ferry-Farm/

Wool Needed please...

We have lots of volunteers busy knitting blankets for Ukraine, but we're running out of double-knit wool. If you can donate some, please drop the wool off at **Selsey Care Shop**.



Selsey Medical Centre Needs Friends

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

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

PERSONAL ADVICE AT CARE SHOP AND SURGERY BUDDY TRANSPORT SCHEME - low cost transport scheme for those needing help from home to surgery and local hospitals

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

Only 2.5% of 12,500 Selsey residents are Friends. If you use the surgery, please become a Friend with an annual donation (or remember us in your will).

Signup forms from Medical Centre Reception or phone 01243 606328



The **FRIENDS OF SELSEY MEDICAL CENTRE**

Registered Charity No 1013456



Help Hubs

Please look at the main Hub poster as there have been a few changes this month including a new one in Selsey whilst the Hub in Bracklesham has become weekly (see separate poster).



Activities

- **Good Morning Calls** daily
- **Next Steps**
Mondays 3-4.30pm
at St James Church Centre, Birdham
- **Bereavement Support**
- **Coffee Morning**
Tuesdays 10am-12noon
at Downview Hall, East Wittering
- **Amblers**
Thursdays 10-11.30am
at St James Church Centre, Birdham

Hub Help Desk Locations

BIRDHAM - 2nd & 3rd Wednesday of the month
11.00- 12.30pm St James Church Centre, Birdham, PO20 7HG

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

BOSHAM - 1st & 3rd Wednesdays of the month
10.00am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

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

CHICHESTER - 4th Tuesday of the month
2pm - 4pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

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

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

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

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

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

SIDLESHAM - 2nd & 4th Tuesdays of the month
1pm - 3pm - Sidlesham Memorial Hall, PO20 7RD

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

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

Carers Info Hub at Bracklesham Barn

Specialist support now **weekly**. Check website for details. Join us with your cared for for a cuppa and a chat at one of our sessions facilitated by an experienced professional, enabling you to navigate your caring journey. *You are not alone! Caring for our Carers!*

SCF Information Hub every Thursday 2-4pm

Carers Support West Sussex

Nov 20th, Dec 11th, & Jan 15th 2026

Youth Worker Youth Dream (SEND)

Nov 27th, Dec 18th & Jan 22nd 2026

Coming Soon.....

Safe and Well Visits WSFRS

Carers wellbeing sessions

Later Life planning, end of life care, and

bereavement support SEND info

www.selseycommunityforum.uk



Selsey Community Forum What's On

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

Sunday 2nd November

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 3rd November

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories

'Saving Mr Banks' (£7 to include lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 4th November

Game Time

The Rookery 10.00-11.30am

Friends Group

Beacon Church 10.30am-12.00noon

Veteran's/Serving Personnel Brunch

The Hopp Inn 11.00am

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 5th November

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 6th November

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 7th November

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 9th November

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

Monday 10th November

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

Tuesday 11th November

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 12th November

Friendship Group
Methodist Church Hall 10.00-11.30am
SDAA/Alzheimer's Group
Selsey Methodist Church 2.00-3.30pm
Individual Bereavement Support
The SHOP 2.00pm- 3.30pm
by appointment only

Thursday 13th November

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 14th November

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am

Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00- 3.30pm
Wellspring a support group for men
The Cabin, Beacon Church 2.30pm

Saturday 15th November

Veteran's/Serving Personnel Brunch
The Selsey Club 10.30am

Sunday 16th November

Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 17th November

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'The Incredible Journey'
(£7 to include lunch)
Methodist Church 12.30-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 18th November

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 19th November

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

Thursday 20th November

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 21st November

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am
Ladies Breakfast
Caraway Care Home 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00- 3.30pm
Wellspring a support group for men
The Cabin, Beacon Church 2.30pm

Sunday 23rd November

Sunday ResBite Tea
Methodist Church Hall 3.00-4.30pm

Monday 24th November

Morning Live
The Venture Club 10.15-11.45am

SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 25th November

Vitale Stroke Club
Coffee morning fundraising event
The SHOP 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
Selsey Dementia Action Alliance
Beacon Church 5pm

Wednesday 26th November

Friendship Group
Methodist Church Hall 10.00-11.30am
Carers Drop In
The SHOP 2.00-3.30pm

Thursday 27th November

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 28th November

Foodbank
Methodist Church 10.00-12.00noon
Money Support
Methodist Church Hall 10.00-11.30am
Counselling Support
Methodist Church Hall 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00- 3.30pm
Wellspring a support group for men
The Cabin, Beacon Church 2.30pm

Saturday 29th November

Selsey Community Forum
Christmas Fayre
Town Hall 9.00am-1.00pm

Sunday 30th November

Sunday ResBite Tea
Beacon Church 2.00-3.30pm

Monday 1st December

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

Tuesday 2nd December

Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30am-12.00noon
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am
Community Food Hub
Beacon Church 2.00-3.00pm