Selsey Community Forum NEWSLETTER

November 2026 **Issue 132**

Congratulations....

The Hidden Garden is celebrating after being presented with a prestigious **Royal Horticultural Society's (RHS)** award. The award ceremony was held at Wisley on Friday 25th September and it was awarded a **Level 5 Outstanding** rating in the **It's Your Neighbourhood** category. The award is part of the **South & South East in Bloom** programme, a regional initiative affiliated with the RHS Britain in Bloom campaign.



The non-competitive scheme recognises grassroots community gardening projects and rates them from Level 1 through to Level 5, with Outstanding being the highest level. It celebrates community gardening, horticulture and environmental responsibility.

This is amazing news as it was the first time **The Hidden Garden** had entered the scheme. Thank you to everyone who supports us and to all the volunteers who work so hard throughout the year to make our community garden such a delightful place to visit.



Selsey Community Christmas Day Lunch

Plans for our freshly cooked **Selsey Community Christmas Day Lunch** are well underway. This is for 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 call the **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

Don't forget our **Christmas Fayre**. Please pop in to see us. Any tombola prizes would be gratefully received if you could please take them into the **Care Shop**.



Christmas Community Carol Concert

This will be held on **Thursday 10th December 7-8pm** at **The Academy**. The event is free and organised by the **Churches Together Selsey**. It will include choirs, readings, puppets and community carol singing; so please do come along and join in.



Thank You....

We are so very grateful for all the donations we receive from funders, businesses, local organisations and individuals. We are, of course, always seeking more so that we can continue to provide the help and support needed in the community.

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

The King's Award for Voluntary Service

You may be surprised to know that it costs over £90,000 a year to run the **Care Shop**, some £25,000 to maintain **The Hidden Garden** and £15,000 to provide the equipment necessary to carry out some of our services.

Please bear this in mind when you donate at the activities you attend, pop into the **Care Shop** to use the card machine or pay for a meal. If you have used our services in the last year, you will know just how much our staff and volunteers do and you may feel you would like to give a little something over the festive period so please, cash gifts rather than chocolates or biscuits!



Cash, cheques and card payments are readily accepted in the **Care Shop.** There is also a donate button on both our websites at -
selseycommunityforum.uk/
www.selseycareshop.uk/donate

Payments can be made into our bank account:

Selsey Community Forum

Sort Code: 20-79-31 **Account No**: 13456293

Gift Aid



Gift Aid is a Government scheme that lets Charities claim tax relief on the donations that you make to them. To claim Gift Aid on your donation, we would need:

- Your name and address;
- You to declare that you pay tax in the UK of an amount at least equal to the amount the Charity will claim in Gift Aid on your donation (those who pay no tax cannot use the Gift Aid scheme);
- Your signature (or a box ticked if it's online) and the date.

So, here's how it works-

You donate £100 to a Charity and agree the Charity can claim Gift Aid. The Charity then claims £25 from the Government, meaning your total donation now amounts to £125 at no extra cost to you.

There are Gift Aid declaration forms in the **Care Shop.**

Thank You for these recent gifts received …..

- **Bassil Shippam** £1,000
- **Sussex Grange** £250
- **Lakeview Grange Care Home** £264

Celebrating Trustees

Trustees' Week this year is **9th – 13th November** when it's time to celebrate, support and inspire the one million Trustees across the UK and to thank them for the time, commitment and effort they bring to our Charities helping them thrive. We have many Charities here in Selsey and each of them have local people acting as Trustees. Our own Charity currently has 9 Trustees with 2 more waiting to take up the mantle. The **Charity Commission** sets out the rules and regulations by which a Trustee must comply with the aim of serving in the best interest of the Charity and acting with reasonable care and skill. So, **Thank You** to all the Trustees serving here in Selsey for the benefit of our local community.



Message from the Selsey Medical Practice

I saw something on Facebook about people receiving messages from their GP practices asking for up-to-date contact details and other people commenting that this was a scam, and so I asked **Selsey Medical Practice** for the truth in what was happening. Here is their response -

NHS Patient List Cleansing: Keeping Your Records Up to Date

The NHS (not GP practices) is currently carrying out a national patient list cleansing programme to ensure GP practice records are accurate and up to date.

Over time, patient records can become outdated when people move home, move out of area or if contact details change. Keeping records accurate helps the NHS communicate with patients effectively, improve patient safety, and ensure healthcare services are planned appropriately for local communities.

You may receive a letter, text message, email or phone call asking you to confirm details such as:

- Your address
- Telephone number
- Email address
- Whether you still live within the practice area

Please respond to this contact or you will be removed from the practice patient list by **NHS England**. If your details have changed, please let your practice know as soon as possible so we can keep your medical record up-to-date.

If you register at a new GP practice, then you are automatically removed from your existing practice. We can re-register you quickly if we need to, but you may not know you have been deregistered and may not contact us.

Protect Yourself from Scams

Whilst NHS communications about list cleansing are genuine, when anything like this happens fraudsters and scammers quickly jump on to this, and so it is important to stay alert to scams.

The NHS or your GP practice will never:

- Ask for your bank or credit card details
- Request payment to remain registered with your GP practice
- Ask for passwords, PIN numbers or online banking information

If you receive a message or call that asks for payment, financial information, or seems suspicious, do not respond.

Remember: NHS services are free at the point of use, and you will never be charged to update your details or remain registered with your GP practice.

Carers Summer Afternoon Tea

This was held on Friday 11th September at **The Cabana Club,** with grateful thanks to **TuVida** for sponsoring it. Some 70 guests attended, enjoying a lovely selection of sandwiches and cakes, and copious pots of tea. Entertainment included a raffle, and **Richard Moorey,** our **Community Warden** singing to the guests.



Selsey Remembrance



The **Selsey Remembrance Service** will be held on **Sunday 8th 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. Everyone is welcome at **The Victory Club** after the parade for a day of fundraising fun in aid of the **Selsey Poppy Appeal**.

Selsey Employment Service

Thinking about changing your job or getting back into work but don't know where to start? Then why not contact **Sue Boucher** at **Selsey Employment Support** to help and guide you through the next steps. Details below -



Sue can also support you if you need help navigating a Social Housing move.



Mental Health Drop In Group

A new Drop In for 16–25-year-olds will be starting on **Tuesday 17th November** in the new **Pavilion Studio**. The purpose of the Group is to provide a welcoming, supportive space for young people across the Peninsula to connect with peers, improve their mental health and wellbeing and build stronger links with the local community, making it easier for young people to access support when they need it. Rather than prescribe what the Group should look like, it will be for the young people to shape it. An initial survey will help understand what local young people want from the space and ensure the Group is genuinely responsive to the community.



Warm Spaces

Warm spaces Selsey

Selsey Community Forum

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 - Fortnightly
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

Funded by CLARION FUTURES

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 and a total of **£25,000** is available for projects focused on -

- Environmental education
- Biodiversity
- Climate change readiness
- Energy

Ferry Farm community solar

The grant fund is open until 29th January 2027 and **Selsey Community Forum** is administering it once again. To apply, download the application form at **www.selseycommunityforum.uk/Ferry-Farm/**

Remember, Remember

Community Bereavement Service



Following the encouraging support after last year's event you are invited to this year's 'Remember, Remember' Service on **Wednesday 4th November 2-3pm** at **Beacon Church.**

This is an opportunity to remember a loved one in a time of quiet reflection. It does not matter how recent or distant the loss. There will be refreshments available and a short time of mediation and thanks for those we have lost. All are welcome; there is no need to book.

New Forest for Ukraine

Liz Watson is the Selsey Coordinator for the **New Forest for Ukraine** Charity, which she started supporting 3 years ago. She is 89 years old and does indeed have more energy than most. Her compassion, dedication and drive are inspirational.



Liz is always on the lookout for the items such as:

Emergency equipment: LED torches, powerbanks, batteries, generators, hot water bottles, wind up torches;

Sanitary items: toothbrushes, toothpaste, deodorant, feminine hygiene, incontinence pads, soap, shampoo;

Medical: bandages, wound dressings, antiseptics, painkillers;

Infants and Children: nappies, wet wipes, baby milk powder, Calpol, baby foods, all clothing suitable for winter;

Adults: shoes, coats, thermal socks;

Other: Blankets, mugs, cutlery, saucepans, wool, wheelchairs, walking aids, walking sticks, wool, pushchairs, baby carriers.

Liz is also looking for extra storage space such as garages to enable her to collect more items. Volunteers from the **New Forest for Ukraine** Charity come and collect the items in readiness for them to be transported from the New Forest. In addition, Liz is looking for volunteers to pick up items locally to get them to her. All items received by Liz are sorted, washed, ironed and folded up by her.

Another way to assist is to knit blankets especially with the winter about to set in – many people are doing this locally in their community groups.

To donate to Liz directly please contact her on 01243 951842 or mobile 07951 802298.

Information about the Charity can be found on their website: **www.newforestforukraine.org**

New Forest for Ukraine

Julian Lindsey Clark has been swimming 1 mile a week throughout 2026 to raise funds for the **New Forest for Ukraine**. This will equate to swimming across the Channel and back. The octogenarian swimmer will swim his final mile at the Seal Bay Pool on 26th November. To sponsor or donate please follow the link here:



www.justgiving.com/page/Julian-lindsey-clark-2

Digital Hub

Some good news if you are looking for a little help with your computer or phone as this **Digital Hub** is now on every Wednesday.





Help Hubs

Mike Howard, the **Learning Disability and Neurodiversity Lead for Carers Support West Sussex** will be available at the **Bracklesham Barn Hub** on **Thursday 26th November at 2-4pm**. Any parents of SEND children or adults with SEN would be most welcome to gain advice on pathways and expectations, join CSWS and anything else relating to support carers.

Dementia Talk

Lakeview Grange (Chichester) is hosting an informative evening titled 'Dementia Talk' with Jacquie Pond from Sage House on Tuesday 17th November at 6.30pm. It is open to all, but booking is essential. For a place, simply email Lakeview **lakeview.enquiries@cinnamoncc.com**

Selsey Community Forum What's On

In the September **Newsletter**, I raised the possibility of changing the format of the **What's On** and I would like to thank the two readers who took the time to let me know their thoughts on this. As it happens, they each had a different view, and so with no definitive stance, we will keep it as it is for the time being.

I would, however, like to share something quite incredulous with you. One of the readers who contacted me was someone I knew over 55 years ago. She did not know this as I had a different name then and the fact that it was not in this area makes it such an amazing occurrence. We have since exchanged messages.

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 1st November
ResBite Tea
St Wilfrid's Church Hall **3.00-4.30pm**

Monday 2nd November
Morning Live
The Venture Club **10.15-11.45am**
Movies for Memories
'Charade' (lunch included)
Methodist Church **12.30-3.30pm**
SHOP Talk
The SHOP **2.00-3.30pm**

Tuesday 3rd November
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**
Selsey Community Food Hub (Pick-up)
Beacon Church **2.00-3.00pm**
Carers Afternoon Tea
The SHOP **2.00-3.30pm**
Bereavement Group
The SHOP **4.00-6.00pm**
Wellbeing Sessions
Star Office & Care Shop **4.00-6.00pm**
By appointment only

Wednesday 4th November
Friendship Group
Methodist Church Hall **10.00-11.30am**
Digital Hub
The Rookery **11.00am-1.00pm**
Alzheimer's/SDAA group
The Methodist Church **1.30 – 3.30pm**
Parkinson's Group
The SHOP **2.00-3.30pm**
Hope in the Dark
2.00-4.00pm

Thursday 5th 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**
Wellness Café *Anxiety Support*
The SHOP **2.00-3.30pm**

Friday 6th 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**

Sunday 8th November
Sunday ResBite Tea
St. Peter's Church Hall 3.00-4.30pm

Monday 9th November
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 10th November
Men's Breakfast
Beacon Church 10.00-11.30am
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Wellness Café
Individual Bereavement Support
The SHOP 2.00-3.30pm
Group for Visually Impaired
Venture Club 2.00-4.00pm
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Sessions
Star Office & Care Shop 4.00-6.00pm
By appointment only

Wednesday 11th November
Friendship Group
Methodist Church Hall 10.00-11.30am
Digital Hub
The Rookery 11.00-1.00pm

Thursday 12th 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
All Our Yesterdays
To inspire memories
Beacon Church 2.00-3.30pm
Dispute Resolution Café
By appointment only
Wellness Café
Guardian and Parental Support Group
By appointment only

Friday 13th 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

Sunday 15th November
Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 16th November
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 17th November
Game Time
The Rookery 10.00-11.30am
Welcome and Wellbeing Group
Beacon Church 10.30-12.00noon
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Selsey Community Food Hub (Pick-up)
Beacon Church 2.00-3.00pm
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Sessions
Star Office & Care Shop 4.00-6.00pm
By appointment only

Wednesday 18th November
Friendship Group
Methodist Church Hall 10.00-11.30am
Digital Hub
The Rookery 11.00-1.00pm
Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 19th 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
Men's Carers Group
The SHOP 2.00-3.30pm

Friday 20th 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
Ladies Breakfast
Caraway Care Home 10.00-11.30am
Friday Tea & Talk
The Venture Club 2.00- 3.30pm

Sunday 22nd November
Sunday ResBite Tea
Methodist Church Hall 3.00-4.30pm

Monday 23rd November
Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Little Women' (lunch included)
Methodist Church 12.30-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 24th November
Men's Breakfast
Caraway Care Home 10.00-11.30am
Vitale Stroke Club
Beacon Church 10.00 – 12.00noon
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 Sessions
Star Office & Care Shop 4.00-6.00pm
By appointment only

Wednesday 25th November
Friendship Group
Methodist Church Hall 10.00-11.30am
Digital Hub
The Rookery 11.00am-1.00pm

Thursday 26th 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
Wellness Café
Individual Bereavement Support
The SHOP 2.00-3.30pm
All Our Yesterdays
To inspire memories
Beacon Church 2.00-3.30pm

Friday 27th 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

Saturday 28th November
Christmas Fayre
Selsey Town Hall 10.00–1.00pm
Veteran's/Serving Personnel Brunch
Selsey Private Club 10.30am

Sunday 29th November
Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 30th November
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 1st December
Game Time
The Rookery 10.00-11.30am
Friends Group *for former carers*
Beacon Church 10.30-12.00noon
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am
Selsey Community Food Hub (Pick-up)
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Sessions
Star Office & Care Shop 4.00-6.00pm
By appointment only

Wednesday 2nd December
Friendship Group
Methodist Church Hall 10.00-11.30am
Digital Hub
The Rookery 11.00-1.00pm
Hope in the Dark
2.00-4.00pm
Parkinson's Group
The SHOP 2.00-3.30pm

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