



NEWSLETTER

October 2025 **Issue 120**

Shop for All Ages

So, you think that the **Selsey Care Shop** is only for old folk? You're wrong you know, we help all ages from children acting as carers to anyone with financial concerns, those seeking employment or in need of dispute resolution and a host of other life's problems which can cause worries for anyone, whatever



their age. So, if you have any worries in your life, take a look at www.selseycareshop.uk - you might be surprised, perhaps even relieved, by what you find there.

What you will discover is a long listing of all the services we provide – if you need or would like to know more about any of them, simply drop-in to see us at the **Care Shop** in the High Street or submit an enquiry form from the website. Either way, everything is dealt with in the strictest confidence. But, best of all, apart from transport to medical appointments, all our services are free of any charge.

We're Local, We Care, We Listen, We Help

Selsey Community Christmas Day Lunch

We are again 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 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.

Make a Difference Award

We were nominated as a finalist in the BBC Radio Sussex '**Make a Difference Award**', and we are

excited to share with you that we won the category of '**The Community Group Award**'! The ceremony took place on Monday September 22nd at Lingfield Park Racecourse with Karen Pirks and Liz Ball (Trustee and volunteer) receiving the award on behalf of **Selsey Buddy Support**.



It was a good to see too that the **Community First Responders** received a '**Highly Commended Award**' in the same category. Our congratulations to our friends there too.



Thank you...

- **SGN** £14,000 for **Selsey Buddy Support**
- **Selsey and District Lions Club** for organising a summer coach trip for some of our users
- **Woodger Trust** £40,000 for **Hub work**, **Robins Service** and **Good Morning Calls**
- **Safer In Sussex** £5,000 for **Dementia Alliance**
- **Vitale Care** for providing over £11,000 in-kind staff time and resources
- **Arlan**, Selsey's very own young fundraiser took the top prize in the Bognor Summer Light Parade as he drove in his handmade Formula 1 racing car and raised £515, which is being divided between **Selsey Care Shop** and the **Pet Food Bank**.



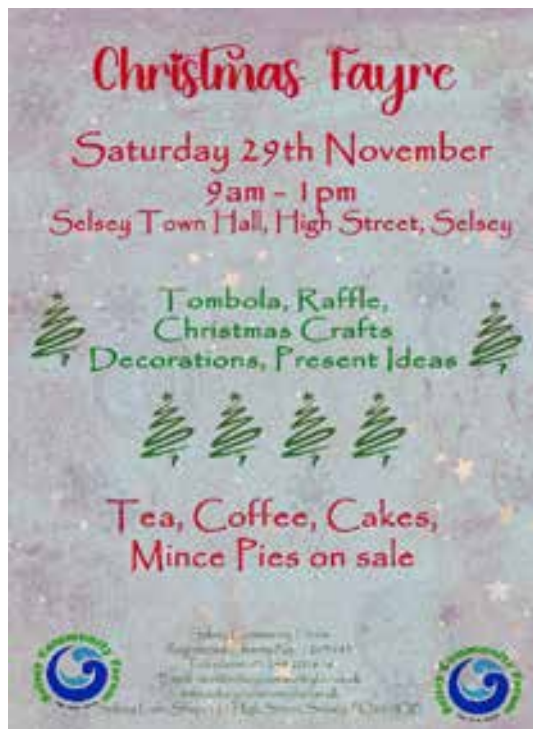
Selsey Community Forum

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



Christmas Fayre

We have had an amazing response for stalls at our **Christmas Fayre** and so we are unable to take any more bookings. Please make a note of the date and come along to enjoy the array of delights on offer.



The Hidden Garden

Please could you keep your jam jars and bring them to **The Hidden Garden**. Our volunteers make fabulous jams, chutneys and relishes and are running out. Do also pop along to **The Hidden Garden** to find out about their new project - **Compost Selsey**.



Don't forget our **Abundance Fruit Project** where we will help harvest any fruit trees to share with the Selsey community.

Which brings us on to.....

An Apple a Day....

Apple Day is an annual celebration of apples and orchards held in October. It traditionally falls on 21st October, the date of the first such event in 1990, but events are held throughout the month.

The first **Apple Day** celebrations, in the old Apple Market in London's Covent Garden, brought fruit to the market after 16 years' absence. Forty stalls were taken with fruit growers and nurseries producing and selling a wide variety of apples and trees together with juice and cider makers, as well as writers and illustrators with their apple books.



The aspiration was to create a calendar custom, an autumn holiday; **Apple Day** was intended to be both a celebration and a demonstration of the variety we are in danger of losing, not simply in apples, but in the richness and diversity of landscape, ecology and culture.

By 2000 the day was celebrated in more than 600 events around the UK. In linking particular apples with their place of origin, it is hoped that orchards will be recognised and conserved for their contribution to local distinctiveness, including the rich diversity of wildlife they support.



The success of **Apple Day** has shown what the apple means to us and how much we need local celebrations. **Apple Day** is now an integral part of the calendar of many communities. Selsey is no exception as **The Hidden Garden** will be hosting an apple pressing day on Saturday 18th October.

Don't worry – if like me, you do not have any fruit trees, you can still take along an empty bottle for some fresh fruit juice – for a small donation.



Message from Selsey Medical Practice

Selsey Medical Practice will be providing flu vaccinations for eligible patients as below:

From 1 September 2025

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- children with certain long-term health conditions (aged 6 months to less than 18 years)
- primary school aged children (from reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to under 18 years

From 1 October 2025

- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
- care home residents
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- those living with people who are immunocompromised
- frontline health and social care workers

Selsey Medical Practice will be holding a flu clinic on **Saturday 4th October**; please contact the practice if you would like to book. Further clinics will be arranged in October subject to availability.

Our Senior Friends

Say hello to another of our senior friends. Stephen Woodville is 98 years young, born in Falmouth, Cornwall in 1927. At the age of 13 he was evacuated



to South Africa during the war to live with family there. He continued his education in Durban and joined BOAC, working on the flying boats in Durban harbour as a radio engineer in 1945.

He returned to the UK in 1947, to Hythe, working on the flying boats on Southampton Water, before moving to Filton Airport in Bristol, where he met his wife and then on to Heathrow, working on 747s and Concorde, before retiring from British Airways after 46 years' service.

Stephen's relationship with Selsey began when his sister, Lorna Priddis, bought a house in Clayton Road in 1969. Lorna was heavily involved in the community, setting up the Selsey Variety Club, producing two Selsey Variety shows a year for over 25 years and raising huge amounts of money for local good causes. Stephen, who also loved singing and entertaining and being a regular visitor to Selsey with his family, was often roped into Lorna's shows as the MC and got involved in Lorna's other shenanigans! They adored each other.

Stephen's retirement has been a very active one, having only in the last 5 years, given up tennis and bowls, barber shop singing, dancing and travelling the world. He gave much of his time to helping others in the community where he lived in Surrey.

When Lorna passed away, the house stayed in the family and Stephen began to spend more time in Selsey, loving time spent by the sea and immersing himself in all the wonderful things on offer in the community. He especially loves singing, socialising, lots of community-led events and activities, going to shows and concerts, and seated-exercising (especially Sarah Palmer's class) and he is forever grateful for the love, laughter, support and kindness he receives from others when participating in all these activities: many organised by the **Selsey Community Forum** and the **Churches** of Selsey.

Stephen now calls Selsey his home and feels very lucky to be part of a community that is so inclusive, supportive and kind. So, look out for Stephen when you are out and about and say "hello" - you are very likely to be greeted with a lovely song!

Enhancing our Computer Systems

As our Charity has grown, so has our need for resilience with our computers and protection of the data stored. In particular, we store personal details of all our service users and are duty bound to keep these safe. You will no doubt have read often in the news headlines about the latest company or organisation to fall victim to hackers, and we must do our best to avoid the Charity being another victim.

Selsey Community Forum recently had an IT audit carried out and the Trustees have approved the appointment of **Aztec**, a well-known and trusted Selsey IT support company to update our IT security and equipment as well as providing ongoing support. Our grateful thanks are extended to Simon Roberts (MD) and his team for their partnership on this at such favourable rates.



Although this is a significant and costly outlay for the Charity, it is an essential one I am sure you would all agree. Strangely though, it is hard to find grants to support this specifically, and so the estimated £5,000+ cost over the next year, must be found elsewhere. We are often asked if there is anything specific that we need a contribution for; well, this is one! If you feel this is something you could help us with, please do contact Linda Edwards on secretary@selseycommunityforum.uk or call the **Care Shop** and she will be delighted to talk to you. There is also a donate page on **The Care Shop** website: www.selseycareshop.uk/donate.



Selsey and District Lions

Selsey and District Lions recently hosted their annual Charity Golf Day where teams enjoyed a day of golf followed by a 3-course meal, raffle and auction at **Selsey Golf Club**. All the funds raised have benefitted our community,



supporting those living with dementia and their carers. The Virtual Reality Dementia Tour Bus will be coming to Selsey to help carers and volunteers have some understanding

as to what it might be like to be diagnosed with dementia.

A new event hosted by **Selsey and District Lions** is a **Model Railway Exhibition** in partnership with **South Shore Model Railway Club** on **Saturday 11th October 10.00am-4.00pm** at **St Peter's Church Hall**. Admission is £1.50 with U12s free, and refreshments will be available.



Ferry Farm Grants for Green Projects

Whether you're working on eco-education, marine protection, tree planting, or renewable energy, we want to hear from you with your green ideas for Selsey and Sidlesham.

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



The grant fund is open until 30th January 2026 and **Selsey Community Forum** is proud to have been asked to administer it once again.

To apply, download the application form at www.selseycommunityforum.uk/Ferry-Farm/

Chichester Wellbeing

Do you currently do less than the recommend 150 minutes (2.5 hours) of exercise each week? Are you wishing to be more active, but don't know where to start? There are many benefits to regular exercise:

- ✓ Feeling more energetic
- ✓ Boosting your self-esteem and mood
- ✓ Less likely to feel the effects of ageing
- ✓ Socialising with others
- ✓ Reducing your risk of long-term conditions such as heart disease or Type 2 Diabetes

Active for LIFE

A free 10 week course aimed at adults currently doing less than 150 minutes a week of exercise who wish to improve their strength and cardio ability.

Starting w/c 6th October 2025:

- Wednesdays - Selsey 1.00pm
- Thursdays - Midhurst 10.30am
- Fridays - Chichester 10.30am

To book your place please email wellbeing@chichester.gov.uk or call 01243 521041

Logos: thrive, chichester wellbeing, everyone ACTIVE

Selsey Venture Club

Jess Brown-Fuller, our local MP visited the **Selsey Venture Club** to see their new electric minibus. Jess spoke with volunteers about the important role the Club plays in supporting so many of our elderly and vulnerable residents.

The recently launched electric minibus is more environmentally friendly and better suited to short journeys around the town



and into Chichester, compared to the previous diesel vehicle and is the second one commissioned by **Selsey Venture Club**.

Interesting fact - founded in 1974, **Selsey Venture Club** is the UK's oldest community transport charity.

Remember, Remember on 5th November

This is a new Community Event that will take 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, and all are welcome. No need to book a place.



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



Hub Help Desk Locations

BIRDHAM - 2nd & 4th Thursdays

10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG

BOSHAM - 1st & 3rd Wednesdays

10.00am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

BRACKLESHAM - 1st Thursdays

2pm - 4pm - Bracklesham Barn, PO20 8HU

CHICHESTER - 2nd & 4th Tuesday of the month

2pm - 4pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

CHICHESTER - 2nd & 4th Thursdays

1pm - 3pm - Guardian Angel's Care, Eastgate Square PO19 1ED

HUNSTON - Fridays - weekly

11am - 1pm - Hunston Community Club, Hunston, PO20 1AW

LAVANT - 3rd Thursdays

1pm - 3pm - Sussex Grange Care, Lavant Road, PO19 5RD

SELSEY - Tuesdays - Fortnightly with Food Hub

2pm - 3pm - Beacon Church, PO20 6PD

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

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 8RH

Help Hub Contact number: **07379 789 721**

(phone monitored Monday - Friday 9.30am - 1pm)

Help Hubs

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

Please note that The Hub based at St Wilfrid's Hospice in Bosham is changing its regular days to the 1st and 3rd Wednesdays as from this month.

10.00 Tea, sing-song; 12.30 Lunch; Raffle, crafts, games, tea & cake
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)
Wellness Café Anxiety Support
The SHOP 2.00-3.30pm

Friday 3rd October

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 5th October

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 6th October

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories

'To Catch a Thief' (£7.00 includes lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 7th October

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

Buddies Day Centre

The Selsey Centre

Every Monday and Friday

10am - 12 noon - £15.00
12 noon - 1pm - £15.00 (includes a 2-course hot meal)
1pm - 3pm - £15.00

A needs assessment is required before attending

For more information, please call
Chantelle on 01243 116858

Selsey Community Forum What's On

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

Wednesday 1st October

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 2nd October

Together Time

Methodist Church Hall 10.00-3.15pm

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
Chaplin's Coffee Shop 6.00-7.30pm

Wednesday 8th October

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 9th October

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Dispute Resolution Café
by appointment only
**Wellness Café Guardian and Parental
Support Group** *by appointment only*
Wellness Café Cancer Support
The SHOP 2.00-3.30pm
All Our Yesterdays
To inspire memories
Beacon Church 2.00-3.30pm
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 10th October

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 12th October

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

Monday 13th October

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

Tuesday 14th October

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 15th October

Friendship Group
Methodist Church Hall 10.00-11.30am

Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 16th October

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Men's Carers Group
The SHOP 2.00-3.30pm
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 17th October

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 18th October

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

Sunday 19th October

Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 20th October

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories 'Born Free'
(£7.00 includes lunch)
Methodist Church 12.30-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 21st October

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 22nd October

Friendship Group
Methodist Church Hall 10.00-11.30am
Alzheimer's Group
Methodist Church 1.30-3.30pm
Carers Drop In
The SHOP 2.00-3.30pm

Thursday 23rd October

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Wellness Café Cancer Support
The SHOP 2.00-3.30pm
All Our Yesterdays
To inspire memories

Beacon Church 2.00-3.30pm
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 24th October

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 26th October

Sunday ResBite Tea
Methodist Church Hall 2.00-3.30pm

Monday 27th October

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

Tuesday 28th October

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

Wednesday 29th October

Friendship Group
Methodist Church Hall 10.00-11.30am

Thursday 30th October

Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Grow Selsey Outdoor Tea Garden
Hidden Garden 2.00-3.30pm
(Places must be booked)

Friday 31st October

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 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
'To be confirmed' (£7.00 includes lunch)
Methodist Church 12.30-3.30pm