



NEWSLETTER

October 2026 **Issue 131**

Christmas Fayre

Yes, it's back this year – our popular **Christmas Fayre**. Please pop the date in your dairy and make sure you visit us. If you would like to know more about booking a stall, please contact Jo - details on the poster below. We would also appreciate any tombola prizes! If you have any, please could you take them into the **Care Shop**.

Selsey Community Forum
Christmas FAYRE
Saturday 28th November 2026
from 10.00am – 1.00pm
**Selsey Town Hall,
High Street, Selsey**
Parking in the Coop opposite

Tombola ★ Christmas Crafts & Decorations
★ Present Ideas, etc
Cakes, Mince Pies, Teas & Coffees on sale

For further information contact
Selsey Care Shop
on 01243 201616
or email jo@selseycommunityforum.uk

The King's Award for Voluntary Service

Selsey Community Christmas Day Lunch

We are also 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.



Just Giving...

Let's Come Together for **Selsey Care Shop!** We are dedicated to helping our local Selsey community. We're coming together to raise money for **Selsey Care Shop**, which is part of **Selsey Community Forum**.



We exist for our community and everything we do is founded on the simple and clear vision to help those in need, when they need it. We are working with a number of wonderful partners and supporters, and our heartfelt thanks goes out to each person who contributes and helps make a difference for our community.

We have set up a **JustGiving** page to help us raise funds. No donation is too small. Whether it's £5, £10, £20 or whatever you can spare, your support will help **Selsey Care Shop** continue its valuable work – thank you so much to those who have already clicked that button. This is the link to the page:

<https://www.justgiving.com/campaign/selseycareshop>

Thank You...

- **Friends of Selsey Medical Practice** £8,000
- **Sentinel Trust** £200
- **Bassil Shippam & Alsford Trust** £500

Car Boot Sales

Well, that's another season completed. Our very grateful thanks go to **Dave Butcher** and family for organising them all; to all those volunteers who assisted; to all of you who took a pitch to sell and to those who attended to discover a bargain. The weather was kind to us this year and we made some £2,500 so **Thank You!**



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



The Hidden Garden

Apple Day is an annual celebration of apples and orchards held in October and **The Hidden Garden** will be hosting an '**Apple Pressing Day**' on **Saturday 17th October**. You can still pop along if you do not have any fruit trees; just take an empty bottle for some fresh fruit juice for a small donation.



Join us for an Apple Day celebration at The Hidden Garden. Bring fruit from your garden, Apples, Pears... and clean empty bottles and take home some freshly pressed juice to enjoy.

Saturday 17th October
10am to 2pm

Come early with your fruit
at The Bridge Support Centre
behind Selsey Library, PO20 9EH

contact Paul on 07815 790770
for more information

organised by 

Journey to the Witterings Care Shop

There was a wonderful turnout to see our MP **Jess Brown-Fuller** cut the ribbon and officially open the **Witterings Care Shop** on Friday 11th September. Trustees of the **Witterings Community Forum**, **Selsey Community Forum** and the **Woodger Trust** were joined by representatives from local charities, businesses and other organisations as well as many of the new volunteers. Their door is now open to welcome anyone to pop in, register or simply say hello and they are looking forward to building relationships and working together to support residents of the Witterings and surrounding villages in the years to come.



Buddy Assisted Transport Service

The **Buddy Assisted Transport Service (BATS)** enables people, who would otherwise not be able

to attend, to keep their medical, optician, dental and hearing appointments. Thanks to our amazing volunteer drivers there have been almost 500 such journeys this year. We are, however, in need of some more volunteers who might have a spare hour or two in the week and enjoy driving. Your mileage will be reimbursed.

Our mileage rates are based on those set by HM Revenue and Customs and these were increased in April. For that reason, we do unfortunately have to increase our **BATS** charges with effect from 1st October. We have tried to keep the increases to the bare minimum and you will find the most a return journey has increased is £5. There is no change for the cost of a journey to **Selsey Medical Practice**.

Money Support Service

Each month we support over 400 people through help with debt and money management, household bills, benefits and allowances, form filling, applications for blue badges and lasting power of attorneys, energy support, referrals to government funding.

For a high percentage of the people we support, it is helping them complete forms and, as you can imagine, this can be time consuming. Our service users are grateful to receive this help as often it results in being awarded allowances to which they are entitled. Some do already give a donation as a thank you, but we find that we now need to introduce a suggested minimum donation for some of the services we provide as per –

✓ Blue Badge	£5
✓ Attendance Allowance	£20
✓ Personal Independence Payment	£20
✓ Lasting Power of Attorney	£40



Selsey Money Support 
Friendly, confidential help with your money and wellbeing

 Benefits Advice Including Attendance Allowance and Personal Independence Payment (PIP) & Universal Credit	 Lasting Power of Attorney Guidance and support to help you plan for the future	 Debt Management Practical help to manage debts and take control
 Energy Providers Advice on energy bills, tariffs and getting the support you're entitled to	 Other Support Help with money worries, letters, forms and signposting to other local services	 Friendly & Confidential A welcoming space where you can talk in confidence

Contact the Selsey Care Shop to make an appointment
01243 201616

Supporting our community, together

Message from the Selsey Medical Practice

Seasonal Vaccinations: Protect Yourself This Winter

As we move into the autumn and winter months, seasonal infections such as flu and COVID-19 become more common. Vaccination remains one of the most effective ways to protect yourself, your family, and vulnerable members of our community from serious illness. Getting vaccinated not only reduces your risk of becoming seriously unwell but also helps to ease pressure on NHS services during the busy winter period.

Selsey Medical Practice will be holding a flu clinic on **Saturday 17th October**; vaccinations can also be booked at participating community pharmacies. Together, we can help keep our community healthy this winter. Stay protected, stay well, and remember to look out for your vaccination invitations.

Chichester Wellbeing

Chair Pilates Course

Looking for a gentle, supportive way to improve strength, balance and mobility? A Chair Pilates course is the perfect place to start. Suitable for all abilities, this seated class uses controlled movements to help improve posture, flexibility and overall wellbeing.



When: Thursday 15th October for 10 weeks

Where: Thrive, Selsey

Cost: Completely FREE

Fit for Life Course

Whether you're returning to exercise or just getting started, this course is a great way to move more and feel better. Join the course to build confidence, boost fitness and have fun in a supportive environment.

When: Wednesday 14th October for 10 weeks

Where: Thrive, Selsey

Cost: Completely FREE

Spaces are limited, so don't miss out.

For more information call 01243 521041 or email wellbeing@chichester.gov.uk



Falls Prevention Course

'Wellbalanced' is a free, 24-week strength and balance programme designed to help participants improve their strength, balance and

confidence. The programme is aimed at people who:

- Have difficulty with walking or balance
- Have had up to one fall in the last year
- Would benefit from improving their strength, balance and confidence
- Are not living with severe frailty or requiring specialist care

When: Friday 2nd October for 24 weeks

Where: Selsey Centre

Cost: Completely FREE

For more information call AHS Wellbeing on 01444 657059 or email info@ahswellbeing.co.uk

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 29th January 2027 and **Selsey Community Forum** is proud to have been asked to administer it once again. To apply, download the application form at

<https://www.selseycommunityforum.uk/Ferry-Farm/>

Hello October

Let Gratitude Be the Force That Fuels You

What a wonderful month we have ahead of us. As I found myself pondering what to write this month, one thought kept returning to me... how did we get to October already?

Over the past year, through these wonderful Newsletters we have shared so many reflections together. We began with a gentle return to light, noticed when something quietly began to stir and welcomed the beauty of spring. We reflected on what we stand for, celebrated sunny days, made space for change and reminded ourselves that life is very much like a train journey, filled with people and moments that shape who we are.



And now, here we are. There is something truly beautiful about looking back over the seasons and reflecting on all that has been. I am beyond grateful to share these moments with you and hope these little articles bring even the smallest glimmer of light.

I love the changing of the seasons. Golden leaves, knitted jumpers and crisp autumn days gently remind us that change can be beautiful. This season please allow me to invite you to join me in taking a deep breath, slow down and become more mindful of where we share our energy.

And if life feels a little heavy right now, simply pause. Place your hand gently on your heart, take one slow breath and ask yourself:

'What is one small thing that is helping me through today?'



It might be a person, a warm drink or a moment of sunshine...or even reading this article and feeling the love that's within it.

So, this October, wherever you find yourself, may you offer yourself a little more kindness, love and space to simply be. And when you're ready, let gratitude for even the smallest things gently fuel you forward. ♥

Sending you all so much love and light, Sarah Palmer

Selsey Open Gardens

Goodness we are talking about next summer already...



SELSEY OPEN GARDENS NEEDS YOU



HOW ABOUT OPENING YOUR
GARDEN ON 6th JUNE 2027?

This is a wonderful event celebrating Selsey gardens and gardeners and raises money to support three local charities.

We are interested in gardens of any size from courtyards to wild creations to lovingly cultivated formal gardens.

The Selsey Open Gardens team look forward to hearing from you soon.

Please contact Paul Sadler - 07815 790770
paul@selseycommunityforum.uk
or visit our Facebook Page
<https://www.facebook.com/SelseyOpenGardens>

We are inviting gardeners now as we need to finalise our full list of open gardens early in 2027.

Churches Together in Selsey

Lay people representing the four Churches in Selsey meet together every month to share news, support with fundraising activities and events taking place in our community. **St Peters, Selsey Methodist, Beacon and Our Lady of Mount Carmel and St Wilfrid's** Churches are getting together more to provide fellowship and support each other. Examples of the ecumenical collaboration include:

ResBite Teas every Sunday where each Church offers a venue to provide an afternoon tea for those people who may be on their own on Sunday. They are coordinated by **Ronelle Juleff** and hosted by parishioners from each of the Churches. Contact the Care Shop to book your place.

Christmas Community Carol Concert which will take place on **Thursday 10th December**. Ringfence the date and watch this space for details.



World Day of Prayer hosted this year by **St Wilfrid's Church** in March. This has thrived in Selsey due to the guidance of **Joyce Slater**.

Churches Together Community Tea took place in August at **St Wilfrid's Church** welcoming 35 guests. This was initiated by **Mike Beal** and, given the wonderful feedback, it is hoped it becomes a quarterly event with the four Churches hosting in turn.

Quiz Night to raise funds for **St Wilfrid's Building Works** on **Friday 16th October 7.30pm** at **The Selsey Club**. Tickets in advance from **Karen Pirks** (07824 376760) at £3 per head with teams of 6; a great opportunity for teams from the four Churches to test their knowledge. Although, of course, you do not need to be a member of the Church to take part.

All the Churches offer venue space to **Selsey Community Forum** enabling us to run our many community activities and support services.

This leads us on to...



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**.



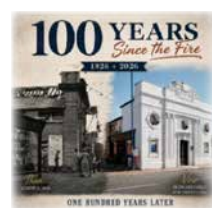
This is an opportunity to remember a loved one in a time of quiet reflection. It does not matter how recent or distant the loss. There will be refreshments available and a short time of mediation and thanks for those we have lost. All are welcome; there is no need to book.

Selsey Pavilion

On 21st August 1926, fire tore through the **Selsey Pavilion**. Local people rallied to save a building they considered vital to their community. A century later, volunteers, supporters and restoration specialists are working with the same sense of purpose and on Friday 21st August 2026, a hundred years to the day, **Selsey Pavilion Trust** officially unveiled The Pavilion Studio.

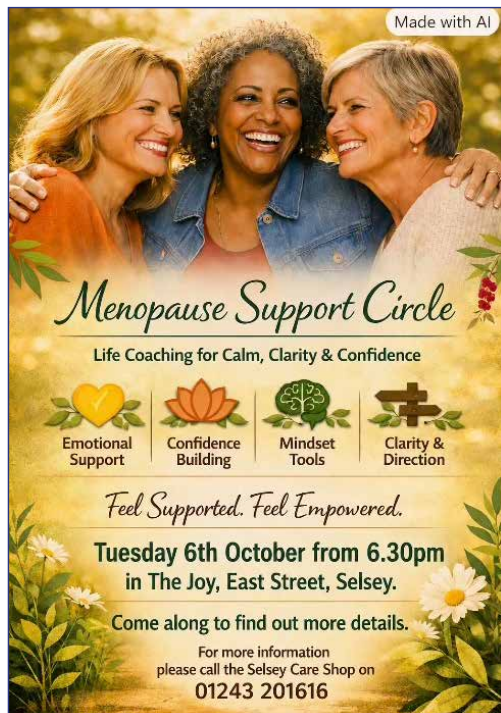
They marked the occasion with a special VIP launch event, welcoming supporters, partners, and community representatives who were able to experience the transformed studio space, which has been carefully redesigned to offer a versatile, modern, and welcoming environment for performers, audiences, workshops, rehearsals, and community activities.

Do pop along on **Saturday 3rd October 10am-12noon** for their **Open Morning** – not only will you see The **Pavilion Studio** for yourself but there will be tea and coffee on offer too. More information at www.selseypavilion.org/



Menopause Support Circle

We have been hosting monthly sessions at **The Joy** where women can come together for support; here's the next one -



Selsey and District Lions Club

Every year the **Selsey and District Lions Club** sponsor a coach trip for those who are unable to leave Selsey of their own accord. On 19th August the **Venture Club** collected people from their homes and took them to St Peter's Church where a coach collected them and took them to Parham House. 37 local people, accompanied by 4 members of the Lions Club enjoyed a trip around the house and the gardens, followed by a cream tea.

Selsey and District Lions Club will host a **Model**



Railway Exhibition on Saturday 10th October 10am-4pm in St Peter's Church Hall in partnership with **South Shore Model Railway Club**. Admission is £3.00 and under 12 are free if accompanied by an adult. Refreshments will be available.

Help Hubs



Hub Help Desk Locations

BIRDHAM - 2nd Wednesday of the month 11am - 1pm St James Church Centre, Birdham, PO20 7HG
BIRDHAM - 2nd & 4th Thursday of the month 10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG
BOSHAM - By appointment only
BRACKLESHAM - Thursdays - weekly 2pm - 4pm - Bracklesham Barn, PO20 8HU
CHICHESTER - 3rd Tuesday of the month 1.30pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ
CHICHESTER - 1st & 3rd Thursdays of the month with Chichester Stroke Club 10am - 12 noon - Newell Centre, Tozer Way, PO19 7LG
HUNSTON - Fridays - weekly 11am - 1pm - Hunston Community Club, Hunston, PO20 1AW
PAGHAM - 2nd & 4th Thursdays of the month with Coffee Morning Hub 10am - 11.30pm Village Hall, PO21 4NJ
SELSEY - 1st, 3rd & 5th Wednesday of the month - only 'Digital Support' 11am - 1pm - The Rookery, PO20 0LL
SELSEY - 2nd Wednesday of the month - includes 'Digital Support' 10am - 12noon - The Rookery, PO20 0LL
SELSEY - 4th 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 - 2nd Tuesday of the month 1pm - 3pm - Parish Rooms, PO20 7RE
SIDLESHAM - 4th 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 October**. If you would like to attend an event, please call **Selsey Care Shop** to check availability.

Thursday 1st October

Together Time

Methodist Church Hall **10.00am-3.15pm**

10.00 Tea, sing-song; **12.30** Lunch;
Raffle, crafts, games, tea & cake

Grow Selsey Outdoor Tea Garden

The Hidden Garden **2.00-3.30pm**

Wellness Café Anxiety Support

The SHOP **2.00-3.30pm**

Friday 2nd October

Foodbank

Methodist Church **10.00am-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 4th October

ResBite Tea

St Wilfrid's Church Hall **3.00-4.30pm**

Monday 5th October

Morning Live

The Venture Club **10.15-11.45am**

SHOP Talk

The SHOP **2.00-3.30pm**

Movies for Memories 'Rear Window'
(lunch included)

Methodist Church **12.30-3.30pm**

Tuesday 6th October

Friends Group for former carers

Beacon Church **10.30am-12.00noon**

Game Time

The Rookery **10.00-11.30am** Veteran's/

Serving Personnel Brunch

The Hopp Inn **11am**

Selsey Community Food Hub (Pick-up)

Beacon Church **2.00-3.00pm**

Bereavement Group

The SHOP **4.00-6.00pm**

Wellbeing Sessions

Star Office & The Care Shop **4.00-**

6.00pm by appointment only

Carers Afternoon Tea

The SHOP **2.00-3.30pm**

Wednesday 7th October

Friendship Group

Methodist Church Hall **10.00-11.30am**

Digital Hub

The Rookery **11.00am-1.00pm**

Hope in the Dark

2.00-4.00pm

Parkinson's Group

The SHOP **2.00-3.30pm**

Thursday 8th October

Together Time

Methodist Church Hall 10.00am–3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Grow Selsey Outdoor Tea Garden
The Hidden Garden 2.00–3.30pm

Friday 9th October

Foodbank

Methodist Church 10.00am–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 11th October

Sunday ResBite Tea

St. Peter's Church Hall 3.00–4.30pm

Monday 12th October

Morning Live

The Venture Club 10.15–11.45am

SHOP Talk

The SHOP 2.00–3.30pm

Tuesday 13th October

Men's Breakfast

Beacon Church 10.00–11.30am

Carers Afternoon Tea

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 & The Care Shop 4.00–
6.00pm *by appointment only*

Wednesday 14th October

Friendship Group

Methodist Church Hall 10.00–11.30am

Digital Hub

The Rookery 10.00am–12noon

Wellness Café Individual Bereavement Support

The SHOP 2.00–3.30pm

All Our Yesterdays *To inspire memories*

Beacon Church 2.00–3.30pm

Dispute Resolution Café

by appointment only

Thursday 15th October

Together Time

Methodist Church Hall 10.00am–3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

Grow Selsey Outdoor Tea Garden

The Hidden Garden 2.00–3.30pm

Wellness Café Guardian and Parental Support Group *by appointment only*

Friday 16th October

Foodbank

Methodist Church 10.00am–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 18th October

Sunday ResBite Tea

Beacon Church 3.00–4.30pm

Monday 19th October

Morning Live

The Venture Club 10.15–11.45am

SHOP Talk

The SHOP 2.00–3.30pm

Movies for Memories 'Paris When it Sizzles' (lunch included)

Methodist Church 12.30–3.30pm

Tuesday 20th October

Game Time

The Rookery 10.00–11.30am

Welcome and Wellbeing Group

Beacon Church 10.30am–12.00noon

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 & The Care Shop 4.00–
6.00pm *by appointment only*

Wednesday 21st October

Friendship Group

Methodist Church Hall 10.00–11.30am

Digital Hub

The Rookery 10.00am–1.00pm

Parkinson's Group

The SHOP 2.00–3.30pm

Thursday 22nd October

Together Time

Methodist Church Hall 10.00am–3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

Grow Selsey Outdoor Tea Garden

The Hidden Garden 2.00–3.30pm

Men's Carers Group

The SHOP 2.00–3.30pm

Friday 23rd October

Foodbank

Methodist Church 10.00am–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

Saturday 24th October

Veteran's/Serving Personnel Brunch

Selsey Private Club 10.30am

Sunday 25th October

Sunday ResBite Tea

Methodist Church Hall 3.00–4.30pm

Monday 26th October

Morning Live

The Venture Club 10.15–11.45am

SHOP Talk

The SHOP 2.00–3.30pm

Tuesday 27th October

Men's Breakfast

Caraway House Care Home 10.00–11.30am

Vitale Stroke Club

Beacon Church 10.00–12.00noon

Carers Afternoon Tea

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 & The Care Shop 4.00–
6.00pm *by appointment only*

Wednesday 28th October

Friendship Group

Methodist Church Hall 10.00–11.30am

Digital Hub

The Rookery 10.00am–3.00pm

Thursday 29th October

Together Time

Methodist Church Hall 10.00am–3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

Grow Selsey Outdoor Tea Garden

The Hidden Garden 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 30th October

Foodbank

Methodist Church 10.00am–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 1st November

Sunday ResBite Tea

St Wilfrid's Church Hall 3.00–4.30pm

Monday 2nd November

Morning Live

The Venture Club 10.15–11.45am

SHOP Talk

The SHOP 2.00–3.30pm

Tuesday 3rd November

Friends Group *for former carers*

Beacon Church 10.30am–12.00noon

Carers Afternoon Tea

The SHOP 2.00–3.30pm

Bereavement Group

The SHOP 4.00–6.00pm

Wellbeing Sessions

Star Office & The Care Shop 4.00–
6.00pm *by appointment only*

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