



NEWSLETTER

September 2025 **Issue 119**

History of Selsey Care Shop

We have mentioned our new website in previous editions of the **Newsletter**. If you take a look at it, you will find the history of how we got to this point and how the **Selsey Care Shop** came into being. It makes interesting reading. Check it out at www.selseycareshop.uk/our-history.

You can find the longer version of the '**Genesis of The Selsey Care Shop**' on our **Selsey Community Forum** website at - selseycommunityforum.uk/gallery/SCS%20Origins.pdf

Selsey Community Christmas Day Lunch

As usual we are mentioning Christmas in September, but only because we want to assure you that once again there will be a **Selsey Community Christmas Day Lunch** that many of you have enjoyed and benefitted from in previous years.



Planning is underway, and this is one event where we do rely heavily on volunteers. If you feel you could help Christmas Day at the **Beacon Church** even if only for a couple of hours, or perhaps you could assist with the deliveries to those unable to leave their homes, then please contact the **Care Shop**.

Christmas Fayre

After another successful Christmas Fayre last year, we will be hosting one on **Saturday 29th November** between **9am - 1pm** at **Selsey Town Hall**. Do you want a place to sell your crafts, gifts or cards for Christmas and would like to have a table for £15, then please contact gill@selseycommunityforum.uk for further details.



Donations

The **Selsey Care Shop** relies on donations, grants and sponsorship from individuals and our

local business community so we can continue to provide our services. 100% of your money goes directly to support all the work that we do. We provide links, services, and access to support networks to local residents in Selsey and the surrounding areas.

We allocate our resources to support our large network of volunteers helping with all our projects, groups and activities.

The **Selsey Care Shop** is the backbone and hub of our work and is managed by a small team of friendly people who are available for local people to speak to, and who assist with a wide range of enquiries.

Your money goes to support our local projects and initiatives to ensure that our local community has access to funds, expertise, travel, food, care and support where needed.

Every pound raised directly supports our most vulnerable and those who need the services that we provide through our network of providers and partners. So please give as much as you can to ensure that people in our community continue to have access to these vital groups, activities and services.

If you are interested in helping us continue, you can donate by BACS to:



Selsey Community Forum

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

You can drop cash or a cheque in at the **Selsey Care Shop** or donate online at www.selseycareshop.uk/donate

Thank you....

- Luke, Aimee and the team at **The Joy Selsey** for hosting our Volunteers event
- **Chichester District Council** £7,800 for development of the toilet area at **The Hidden Garden**
- **Byrne Family Foundation** is awarding £1,500 every month to local causes and we are so grateful that **Selsey Care Shop** was chosen as their first award

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

We have an exciting new Project – **Compost Selsey**. Have a read of the poster below and pop along to **The Hidden Garden** to look at the Food Waste Composter – it's pretty impressive.

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@selseycommunityforum.uk organised by





Don't forget our **Abundance Fruit Project** - we will help harvest any fruit trees and share with the Selsey community making sure this wonderful local resource does not go to waste.

Abundance Fruit Project

Do you or your neighbours have any fruit trees in your garden which you are unable to harvest?

If so, we can help you harvest them, leave you some of the fruit and distribute the rest across Selsey to people who will enjoy it




Please tell us about any Apple, Pear, Plum, Cherry, Damson, Fig or other fruit you think could be harvested and shared. We would also like to know if you would like to plant a new fruit tree in your garden or local neighbourhood?





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





Our Senior Friends

We thought it would be a lovely idea to include profiles on some of our more senior friends and so we start with Bernard Marvelly. Bernard was born on 20th November 1928 which makes him almost 97. He moved to Selsey in 2021 and since then has joined many of the activities and groups run by the **Selsey Community Forum**.



He enjoys music and singing and remembers all the words of the old-time songs. If you see him at one of the groups, be careful because he will always win at dominoes and cards!

He loves the morning activities even though he forgets them the minute he returns home. Never mind – it's the moment that counts. Everyone in the High Street seems to know him as well as all his **Care Shop** Friends. Truly he's living the Selsey dream.

Later Life Matters

One thing that is certain is we know we will die one day. Living with a life limiting condition or cancer diagnosis may bring that date a little earlier and, knowing that, may affect us in a number of ways, but one way or another, we do need to face it. Emotionally, mentally and physically this can make us feel daunted, scared and panicked. We can go into 'fight or flight' mode.



The **Selsey Community Forum** has several services that can guide you through our later life years, bringing an element of control back into your life. You will never be or feel alone.

We can provide Buddies to support you through the **My Future Care Handbook** and this gives you an opportunity to prioritise areas that you need to focus on. It also ensures that you are up to date with what needs to be put in place. For example:

- ✓ Will
- ✓ Power of Attorney (POA)
- ✓ Advanced Care Planning
- ✓ Respect Document
- ✓ Bucket List
- ✓ Funeral/cremation preferences and service

Our **Money Support Services** can offer guidance with your changing needs. This can include assessing your income and expenditure to manage bills; seeking entitlements such as **Attendance Allowance** to pay for some of your care needs and includes the **SR1** form if prognosis is less than 1 year; support with mobility with a **Blue Badge** application and access to temporary independent living aids.



Buddy Assisted Transport Service provides support when attending medical appointments and treatment.

We can support your **Health and Social Care** referral which assesses your changing needs and those of your carer. We can also help you access **Housing Support** including **Occupational Therapy** referrals and **Housing Benefit**.

Our **Robins Service** offers someone with a life limiting condition or terminal diagnosis befriending support through careful assessment -

- ✓ Navigating through the complexities of the health care pathway
- ✓ Ensuring links with local hospice support and hospice at home service through **ECHO** (End of Life Care Hub)
- ✓ Spiritual and emotional support
- ✓ Befriending service from our **Robins** volunteers
- ✓ Ongoing counselling as required for the individual and their family
- ✓ Responding to religious needs by accessing faith representatives
- ✓ Bereavement support to family, friends and work colleagues

Our involvement with each person is individual. **Selsey Community Forum** has **Hubs** available throughout the **Chichester District** including St Wilfrid's Hospice, the Witterings and Selsey Medical Practices. You can call the **Care Shop** for any of the services mentioned above, and you will be referred to one of the service leads.

The **End-of-Life Network** is developing in the Chichester and Coastal area and the **Selsey Community Forum** is pleased to be involved with other local agencies. The purpose is for people to become better informed, better supported and good training is provided to care staff working in **Care Homes** and **Care at Home Organisations**. Opportunities to attend public information sessions with guest speakers and have some interesting conversations, and presentations will come in due course. We will keep you posted. The website is a work in progress www.chi-eoln.co.uk



Ferry Farm Grants for Green Projects

Community groups in Selsey and Sidlesham with great green ideas are encouraged to apply, especially those that haven't applied before.

Ferry Farm Community Solar open their grant fund this month to the communities of Selsey and Sidlesham. A total of **£25,000** is available for projects focused on -

- Environmental education
- Biodiversity
- Climate change readiness
- Energy



The small grant fund is open until 31st January 2026 and is administered by **Selsey Community Forum**.

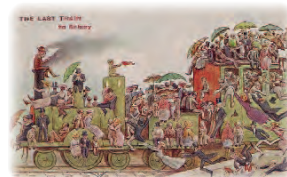
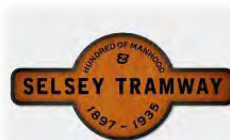
To apply, download the application form at www.selseycommunityforum.uk/Ferry-Farm/

Selsey Tramway Exhibition

The fascinating but ill-fated story of Selsey Tramway is featured in a free exhibition at the **Novium Museum** until 31st March. The exhibition recounts how a railway line was proposed to link the then remote and isolated village of Selsey with Chichester. By August 1897, the Selsey Tramway was born, operated by The Hundred of Manhood and Selsey Tramway Company. The line linked the outlying villages south of Chichester with approximately seven-and-a-half miles of track and 11 stops in total.

On 27th August 1897, the tramway was officially opened at the Chichester station, while the Selsey station was still under construction. Crowds were disappointed when the first train arrived an hour late, setting the standard for the rest of its run. The tramway was possibly the most problematic railway of the area. Although, in 1916, annual passenger numbers peaked at 105,169.

By the 1930s, bus services were more reliable and after thirty-eight years of operation, the tramway's last service ran on 19th January 1935.



Chichester Cathedral

2025 marks the 950th anniversary of the formation of the diocese of Chichester and Chichester Cathedral. The monastery founded by St Wilfrid in 681 in Selsey was the first Cathedral in Sussex.

However, following the Norman Conquest of 1066, it was deemed by the Council of London that Cathedrals situated in remote locations should be moved to more populous areas and so, in 1075 the seat of the Bishop of Selsey was moved to the settlement of Chichester, then Noviomagus.

The See of Chichester was established, and the construction of the new Cathedral began using stone from the Isle of Wight and was overseen by Stigand, the first Norman Bishop. The Cathedral was eventually completed by Bishop Ralph Luffa and consecrated in 1108. To celebrate, a diverse programme of events is taking place; check it out at www.chichestercathedral.org.uk/Chichester950





Selsey Community Forum

The Numbers

We thought you might like to see some of our numbers. These are just the ones that we can quantify as so much of our work is about guidance, support, information and advice. Up until the end of June this year there have been **4,553** people visiting **Selsey Care Shop**, with **4,228** calls made into the **Care Shop** and **2,455** calls being made out – that's an amazing **11,256** contacts made in just 6 months! The statistics for the whole of 2024 show **8,183** face-to-face interactions, with **8,296** calls in and **4,808** calls out, giving a total of **21,287** contacts made in that year – so as you can see, we are on track to exceed that huge number this year.

We could not do any of this without the governance of our Board of 12 Trustees, the leadership of our infallible Chair, Mike Nicholls, the unstinting hard work of our 13 staff and the substantial time, experience and skills provided by our 200 volunteers, as well as the generous donations and funding from individuals, businesses, local organisations and national funders.



Keeping Connected

- 16,800 newsletter distributed yearly
- 5,000 Good morning calls yearly
- 28 new British Sign Language (BSL) signers in Selsey in last 14 months
- 63 IT Computer and Smart Phone Support (CASPS) requests in last year
- 800 carers receiving wellbeing calls during the last year



The Hidden Garden Selsey's Community Garden

- 700 visitors during Open Gardens Day 2025
- 100's kgs of produce grown and shared during the last year
- 100's kgs of produce collected as part of the Abundance Project this year
- Millions of seeds sown during 2024/2025
- 1000's volunteers hours spent working in the garden yearly



Buddy Support

- 850 Buddy Assisted Transport to appointments since it began in 2024
- 1500 Shopping/Medication collections in the last year
- 215 Pet Food Bank deliveries during last year



Community Forum 2024-2025



Better Housing/Safer Lives

- 60 Referrals to Better Housing Better Health (BHBH)
- 605 people given Energy Advice
- 115 people given Carbon Monoxide Advice
- 14 Carbon Monoxide Alarms distributed
- 19 Fuel Vouchers distributed
- 74 key safes fitted

All in the last 12 months



Money Support, Housing and Employment

- 2500 Money Support Interventions in the last year
- £230,000 benefit and debt relief monies put back in people's purses to improve lives over the last year.
- 100 Housing resolutions over the last 12 months.
- 100 people supported into employment or voluntary positions in the last year



Social and Emotional Opportunities

- 60 people accessing different social eating opportunities weekly
- 24 different activities available monthly
- Over 100 activity slots in our What's On each month
- 1500 hours of wellbeing support in the last year



Later Life Services

- 75 people supported by our Robins befriending service over the last year.
- 30 people introduced to the My Future Care Handbook in different ways over the year.
- 520 various independent living aids loaned in a year



Impact of Our Help

Below are 2 case studies of people in our community whom we have been able to help. As you can see, the support and service we offer is diverse, necessary and appreciated.



Case Study 1

ST is a regular visitor to the Care Shop. Her husband has impaired cognitive function, and they have no family close by, so she relies on our support. ST has had many issues and struggles with her husband's decline in health. We supported them with a doctor's visit to get an assessment of her husband to further investigate his cognitive decline. They are vulnerable residents in Selsey because of their health and frailty. Their landline and broadband had completely stopped working and we were able to refer them to CASPS (Computer and Smartphone Service), a service that we offer to those in our community with any IT related issues. Our valuable volunteers who have significant experience with IT, happily visit to support with any problems. One volunteer attended and was told of a two week wait with Sky because of a backlog, and that there wasn't a welfare department. The volunteer later that day spoke to a friend who confirmed that there was in fact a department for welfare and high-risk individuals. We then supported with a call to SKY with ST present, told of their situation and need for a working landline, and within 24 hours the issue was fixed.



Later in the week ST received a water bill for the next 12 months. ST and her husband are on pension credit with little to no savings. As we all know water bills have risen significantly this year putting many into financial hardship. From the Care Shop we called Southern Water. After explaining the situation ST was placed onto a social tariff, reducing her monthly payments by almost half. They also added them to the priority services register. Support has also been offered to ST with the loan of a 4-wheeled walker due to mobility problems, provision of urinary pads, liaised with her local Rental Agency due to concerns with them attending unannounced and supported in getting a cheaper deal on their car insurance.

Case Study 2

On a busy day in the Care Shop a lady came into the shop in distress. JW had just been to a solicitor's following her grandfather's death with whom she had lived. JW had no money and was starting a new job the next day locally. JW had no access to heat as she was unable to add pound coins to her electricity meter, or afford gas to heat the caravan that she is living in. We were able on that day to provide a small amount of money to add to her electricity meter, gave a £10.00 Co-Op card to access emergency food, a foodbank voucher was requested for Friday that week and delivered to her home. A referral was made to the Household



Support fund for support with energy including the purchasing of gas bottles, and a referral to Better Housing Better Health for ongoing energy support. A money support appointment was made to see what other benefits JW was entitled to as she will be living on a small income. All of this was put into place in the space of one hour. JW was so grateful.

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



Buddies Day Centre

Buddies Day Centre offers fun, friendship, and flexible respite for people living with dementia and memory loss. With engaging activities, home-cooked meals, and a warm, welcoming space, they provide vital support for both visitors and their carers. Thanks to a new accessible transport route from the **Selsey Venture Club**, getting to Buddies is now easier than ever for local residents.



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**

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



Hub Help Desk Locations

BIRDHAM - 2nd & 4th Thursdays

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

BOSHAM - 1st & 3rd Thursdays

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 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

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)

Hope in the Dark

2.00-4.00pm

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 4th September

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)

Wellness Café Anxiety Support

The SHOP 2.00-3.30pm

Friday 5th September

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 7th September

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 8th September

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 9th September

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

Community Food Hub

Beacon Church 2.00-3.00pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Bereavement Group

The SHOP 4.00-6.00pm

Wednesday 10th September

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 11th September

Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

Selsey Community Forum What's On

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

Monday 1st September

Morning Live

The Venture Club 10.15-11.45am

Movies for Memories 'Annie'

(£7 includes lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 2nd September

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

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 3rd September

Friendship Group

Methodist Church Hall 10.00-11.30am

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 12th September**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 13th September**Veteran's/Serving Personnel Brunch**

The Selsey Club 10.30am

Sunday 14th September**Sunday ResBite Tea**

St. Peter's Church Hall 3.00-4.30pm

Monday 15th September**Morning Live**

The Venture Club 10.15-11.45am

Movies for Memories

'Ring of Bright Water'

(£7 includes lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 16th September**Game Time**

The Rookery 10.00-11.30am

Welcome and Wellbeing Group

Beacon Church 10.30am-12.00noon

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 17th September**Friendship Group**

Methodist Church Hall 10.00-11.30am

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 18th September**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 19th September**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 21st September**Sunday ResBite Tea**

Beacon Church 3.00-4.30pm

Monday 22nd September**Morning Live**

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 23rd September**Vitale Stroke Club**

Beacon Church 10.00-12.00noon

Men's Breakfast

Caraway Care Home 10.00-11.30am

Group for Visually Impaired

Venture Club 2.00-4.00pm

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 24th September**Friendship Group**

Methodist Church Hall 10.00-11.30am

Carers Drop In

The SHOP 2.00-3.30pm

Thursday 25th September**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 26th September**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 28th September**Sunday ResBite Tea**

Methodist Church Hall 2.00-

3.30pm

Monday 29th September**Morning Live**

The Venture Club 10.15-11.45am

Movies for Memories 'Sabrina'

(£7 includes lunch)

Methodist Church 12.30-3.30pm

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 30th September**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

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

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

Supported and Printed by

The logo for Selsey Press, featuring a stylized 'S' in red and blue above the words 'selsey' in blue and 'press' in red.

Excellence in Print for over 60 Years