

Selsey Care Shop

This eye-catching poster was recently designed by our Charity Administrator, **Jo McCarthy** and so I thought I would share it with you as it is a lovely reminder of all that we do for our community.



The Selsey Care Shop
At the heart of our community

The Selsey Care Shop is managed by the Selsey Community Forum, and is located on the High Street.

Its central position in the High Street acts as a one-stop-shop for access to the community activities and other services provided by the Selsey Community Forum.

10 COMMUNITY GROUPS

- Wellbeing Support
- Selsey Money Support
- Employment Support
- Housing Support
- Carers Support
- Good Morning Calls
- Befriending
- Selsey Buddy Support
- Selsey Dementia Action Alliance
- Environment & Outdoor Activities

Every month we produce a Community Diary of all these activities and we are very grateful for all the venues that are offered to us free of charge as, for so many in our community, they become a welcoming sociable and safe space.

The Care Shop is the first point of contact for all our users; the staff and volunteers in the Shop will refer someone to the appropriate activity or service within the Charity.

OPEN 6 DAYS A WEEK

Here to Help, Here for Everyone

Whether you're looking for support, information or a friendly chat - we're here for you.

Selsey Community Forum
Together, we make a stronger community

01243 201616
contact@selseycareshop.uk
www.selseycareshop.uk

Thank You...

- **The Glenister Woodger Trust** for all their generous donations
- **Open Arms Community Group** £750 for Wellbeing Activities
- **TuVida** £1,546 for Carers Support
- **Selsey and District Lions** £316 for Buddies Support

And A Big Thank You...

To all our wonderful volunteers. On Saturday 15th August we saw some 60 of our volunteers enjoy a summers afternoon in the garden at **The Joy** where their team provided a freshly cooked meal and good live music. This was a great opportunity to say **THANK YOU** to our volunteers who support the community in so many ways - daily calls, group activities, befriending, support with form filling, trips to health appointments, the **Care Shop**, **The Hidden Garden** and so much more.... Selsey is truly blessed.



We Need You...

Selsey Community Forum is looking for a Volunteer Treasurer. If you have financial or bookkeeping experience and can spare a little time to support your local community, we'd love to hear from you.



Also...

The **Sing Your Heart Out (SYHO) Choir** is reaching out to volunteers who may love music but would love to enable those with dementia to access their favourite choir even more!

We have two gentlemen who attend the choir every **Monday** at **St Wilfrid's Church Hall** and need a little assistance to keep on track with their music, to continue enjoying their session, improving their health, wellbeing, and social stimulation and to live well with dementia.

It is a vital commitment and will be over 7 weeks



from **21st September 1.30-3.30pm** every **Monday**. This will take them up to the concert taking place at the **Selsey Centre** combining Belinda Gannon's two choirs - **Open Door Choir** and **SYHO**. This celebratory concert (10-year

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@selseycareshop.uk Web: www.selseycareshop.uk



anniversary) will take place on **Saturday afternoon 7th November**. It may be that we have two or three interested volunteers who can offer support with this valuable activity.

If you have the attributes required to support these two gentlemen (compassion, welcoming smile, and can empower) then we would love to hear from you. Full introductions and training will be provided. Please call **Karen Pirks**, Operations Lead **Selsey Community Forum** on 07824 376760.

Abundance Fruit Project

We have started fruit picking and although the size and quantity this year is much less than last year's 'Abundance', we have some lovely cooking and eating apples available. Please let us know about any fruit trees we can help to harvest. At **The Hidden Garden** we share this with the Selsey community to make 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

Selsey Men in Sheds

Selsey Men in Sheds are looking for some more members. If you have been unable to find **The Hidden Garden**, you may not have come across **Selsey Men in Sheds** as their 'shed' is in the middle of **The Hidden Garden** just behind **The Bridge** which is behind **Selsey Library**. There is so much going on in that little corner of Selsey.

Selsey Men in Sheds

A NON-PROFIT MAKING ORGANISATION

AT A LOOSE END WITH NOTHING TO DO THEN
men in sheds could be the place just for you

Learning a skill or sharing a skill or even working on your own projects for people of all ages and abilities.
 Complete your own wood/metal work or be in group activities. You do not have to have any skills we will help and guide you.
 If you are interested in the above, then come and have a cup of tea or coffee with us, as we are a friendly bunch.

FEES
£10 per month or £100 per annum

OPENING TIMES
TUESDAY'S 10.00-4.00
THURSDAY'S 10.00-4.00
SATURDAY'S 10.00-2.00

Hopefully more days to be added soon

CONTACT:
Bob Cooper
07725634277
 EMAIL:
bobcooper806@gmail.com

We are in the middle of the Hidden Garden

Staying Steady

Staying Steady Falls Prevention Workshops are taking place in the autumn, funded by **Chichester Wellbeing**. These workshops are for older adults who would like to feel steadier, more confident, and more informed about reducing their risk of falling. They are also suitable for people who have already had a fall, feel nervous on their feet, or are starting to avoid everyday activities because they are worried about balance.

The workshop covers simple, practical advice around strength, balance, confidence, home safety, and what people can do to help themselves stay as independent as possible. For more information, please contact **Helen Rothwell** on 07785 747669 or helenrothwell@wholelifefitness.co.uk

The Workshops take place at:

- **Bracklesham Barn**
8th September 1:30-3:30pm
- **Birdham Village Hall**
22nd September 2-4pm
- **Selsey Centre**
28th September, 1:30-3:30pm
- **Bassil Shippam Centre, Chichester**
2nd October 10am-12noon
- **Downview Hall, Witterings**
13th October, 10am-12noon

Our Journey to the Witterings Care Shop

The new **Witterings Care Shop** on Shore Road serves as the welcoming hub of the new **Witterings Community Forum**, offering support, information and guidance. You may have seen lots of comings and goings from the new **Care Shop** as we have now started putting in furniture and working in the building while we get ready to open. We have also been getting to know our new volunteers who we are looking forward to working alongside. From **1st September** we will be open and welcoming residents of the Witterings and surrounding villages who would like to register with us. This will be followed by our official opening by **our MP Jess Brown-Fuller** on **11th September**.

Here is a little introduction to the staff involved with the **Witterings Care Shop**:



Alison Goodrham
Development Lead

I am the Development Lead for the Witterings and will be leading the team at **Witterings Care Shop**. I have been working with and for **Selsey Care Shop** for many years and have a special interest

in Family Support, End of Life and the quality of Later life Care.

I have been developing and leading the **Hubs** in the area for the last 18 months and met some amazing volunteers, residents, businesses, local church and community groups.

I am very excited to see how much further we can go to provide support in the local community; we have a fantastic team and a wide range of skills, along with a group of amazing volunteers.

With ever grateful thanks to **The Woodger Trust**.



Jacqui Evans
Charity Administrator & Support Worker

I moved from Hertfordshire to Birdham in 2018, drawn by a connection to the village where my partner's grandparents lived. My background is in education,

administration, and IT. This includes training as a primary teacher, working in the Academic Registry at the **University of Chichester** and spending 11 years in communications in a school in St Albans, seeing firsthand how information and communication technology evolved. As co-leader of **Birdham Amblers**, I love organising our weekly social walks and getting to know our members. I find it rewarding to help develop the **Witterings Community Forum** and am looking forward to working alongside others to support my local community.

In my spare time, I enjoy singing, kayaking, and looking after our two rescue cats.



Bev Downie
Support Worker

I have lived in Birdham for 20 years. My working background was originally working with horses and as a wedding photographer. In 2009, I began volunteering at **St Wilfrid's Hospice**, subsequently joining the staff as a clinical administrator and, in the years prior to leaving in 2024, I was managing the Clinical Administration Team. Since leaving I began working in care to gain experience caring for people in their own homes. My particular interest is in End of Life Care and I am a qualified End of Life Doula.

I am really looking forward to working in the **Care Shop** and supporting people in the Witterings and surrounding villages.



Kaz Skellett
Support Worker

I have lived in Selsey for 9 years after moving from Surrey. My background is working in Youth Justice and Children's Services. I also worked as a Substance Misuse Recovery Worker for 5 years with an adult charity. Last year I became a volunteer for **Selsey Community Forum**.

Outside work my loves are my two Westie dogs and travelling.

Community Food Hub

This is to let you know that the **Community Food Hub** at **East Wittering** has changed its venue and will now be at **Bracklesham Barn**, Beech Avenue every other Thursday (**27th August, 10th and 24th September**) **3.00-4.00pm**.

Car Boot Sales

Another sunny day for our **Car Boot Sale** in July at which we raised a further £210. After the August one (**Sunday 30th**) there is only one left this season...



Sunday 27th Sept

No booking necessary
Cars £10.00 - Large Vans £20.00
Gates open 7.30am (7am for Sellers) & close at 1pm
All gate proceeds to Selsey Community Forum
Dates subject to weather & ground conditions

The Academy School Field, School Lane, Selsey PO20 0QH

For more information contact
Dave Butcher: 0797 670 3567

Selsey Community Forum is a registered charity - No 1207445



Hello September

Making Space for Change, Love & Acceptance
Hello my loves, it's so wonderful to be back with sharing some words with you this September. There's something about September that makes us notice change.



The mornings feel different, the seasons begin to turn and routines shift once again. Perhaps it's also the time when we feel like having a little clear-out of the cupboards, the wardrobe, maybe even changing your hair, like me... it's a thought anyway.

I love the idea behind what I call "the haircut theory" that sometimes our urge to clear, rearrange or change something around us can be a little reminder that something inside us is changing too. Maybe we are simply making space.

But I also want to remind you that change doesn't mean you have to become someone different. Life changes us in so many ways. Our families change, our relationships change, our bodies change and sometimes our plans change completely. And that's okay. You don't have to have everything figured out. You don't have to keep moving forward at someone else's pace. Sometimes growth is simply accepting where you are today and recognising just how much you have already travelled through.

So, this September, perhaps instead of asking "What do I need to change?" ask yourself, "What do I want to make space for?"

More **laughter**? More **rest**? More **connection**? More time with the people **you love**? Or perhaps simply more **kindness towards yourself**?

Whatever your answer, let it be enough. You are allowed to change. You are allowed to stay exactly where you are. And you are worthy of acceptance in both. ♥

Sending you so much love and light, Sarah Palmer

These Feet Are Made For Walking

Peter Lunn, one of our volunteers is planning to walk 80 miles (one for each year of his life!). On 28th August, he will begin the challenge of walking in 4-days on the South Downs Way, from Harting Hill to Beachy Head, in support of **New Forest For Ukraine**.

It will be a tough physical and mental challenge, but nothing compared to the daily hardships faced by the people of Ukraine. **New Forest For Ukraine** is an entirely volunteer-led Charity providing life-saving humanitarian aid to people whose lives have been affected by the war. Working with 11 trusted partner organisations across Ukraine, the Charity supports vulnerable families, older people, people with disabilities, hospitals, orphanages, rehabilitation centres, and communities living in some of the hardest-hit towns and villages. Aid is delivered directly to those who need it most, ensuring donations make the greatest possible impact.

The Charity collects, sorts, packs and transports essential supplies including food, toiletries, bedding, medical equipment, mobility aids, generators, pet supplies and other urgently needed items. Every donation made will help **New Forest For Ukraine** continue delivering vital humanitarian aid and

contribute towards the ever-increasing cost of transporting supplies from the UK to Ukraine.

If you're able to support Peter, no matter how much you can give, he'd be incredibly grateful. Every pound raised will help bring practical support and hope to families whose lives have been devastated by war. Together, we can make a real difference. Community helping community. The Just Giving site to donate is:

www.justgiving.com/page/hilary-wright-1783890695064?utm_medium=FR&utm_source=CL



Digital Hub

A reminder that this helpful service is now available to all residents in Selsey with grateful thanks to **Clarion** for sponsoring it.

Digital Hub - The Rookery

55 Beach Road, Selsey, PO20 0LL

Need help with your Phone, Internet or Laptop?

DIGITAL HUB Free friendly service in Selsey for Residents

We are here at The Rookery in the Communal Lounge every
2nd Wednesday and **4th Wednesday**
10am to 12pm and 10am to 3pm

Come and meet us - or if you prefer book a Home Visit by contacting the
Care Shop for an Appointment **01243 201616**

We can help you to ...

- Internet: Learn to search safely
- Use NHS APP to Book Doctor's Appointments and check Results
- Pay Bills On-line
- Order Shopping to be delivered
- Keep updated with News via Internet or Email
- Play Games, Watch Sport or Films, On-line Banking, Learn something new, Use Facebook, WhatsApp or Instagram
- Make Video calls with Family
- Write a letter and send and Receive Emails
- Get Advice about Energy or change Energy Provider
- Do you need advice about Money Support?

Logos: Selsey Community Centre, CLARION FUTURES, The King's Award for Voluntary Service

*Whether the weather be fine,
Or whether the weather be not,
Whether the weather be cold,
Or whether the weather be hot.
We'll weather the weather,
Whatever the weather,
Whether we like it or not!*

Anon

Help Hubs

Mike Howard, the SEN (Special Educational Needs) specialist from **Carers Support West Sussex** will be at the **Bracklesham Barn Hub** on **Thursday 24th September 2.00-4.00pm**, to guide parents of children and adult children and to answer queries regarding the SEN pathway. Staff from **Selsey Community Forum** will also be available for any other help required such as form filling, signposting, Blue Badges...

Selsey Community Forum What's On

We are wondering whether to change the format of the **What's On Section**. At the moment it is set out on a daily basis and tells you what is on each day throughout the month. However, if you wanted to look for a particular activity you need to look through the whole diary to find out when it is on. We are therefore considering listing the activities in an alphabetical order with details of date, time and venue under the activity instead. If you have any thoughts on this suggestion, then please do let me know gill@selseycommunityforum.uk

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.

Tuesday 1st September

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
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Menopause Group
The SHOP 6.00-7.30pm

Wednesday 2nd September

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 3rd 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
The Hidden Garden 2.00-3.30pm
Wellness Café Anxiety Support
The SHOP 2.00-3.30pm

Friday 4th 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 6th September

ResBite Tea
St Wilfrid's Church Hall 3.00-4.30pm

Monday 7th September

Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm
Movies for Memories
'Out of Africa' (lunch included)
Methodist Church 12.30-3.30pm

Tuesday 8th September

Men's Breakfast
Beacon Church 10.00-11.30am
Group for Visually Impaired
Venture Club 2.00-4.00pm
Community Food Hub (Pick-up)
Beacon Church 2.00-3.00pm



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 - 1st & 3rd Wednesdays of the month
10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB

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

CHICHESTER - 3rd Tuesday of the month
2pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

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

PAGHAM - 2nd & 4th Thursday of the month with Coffee Morning Hub
10am - 11.30pm Village Hall, PO21 4NJ

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 Thursday 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)

Bereavement Group

The SHOP 4.00-6.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm

Wednesday 9th September

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

Thursday 10th 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
The Hidden Garden 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
Wellness Café
Cancer Support
The SHOP 2.00-3.30pm

Friday 11th 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 13th September

Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

Monday 14th September

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Bereavement Group

The SHOP 4.00-6.00pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Tuesday 15th September

Game Time

The Rookery 10.00-11.30am

Wednesday 16th September

Friendship Group

Methodist Church Hall 10.00-11.30am

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 17th 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

The Hidden Garden 2.00-3.30pm

Men's Carers Group

The SHOP 2.00-3.30pm

Friday 18th 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

Ladies Breakfast

Caraway Care Home 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 19th September

Veteran's/Serving

Personnel Brunch

Selsey Private Club 10.30am

Sunday 20th September

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 21st September

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Movies for Memories

'Four Weddings and a Funeral'

(lunch included)

Methodist Church 12.30-3.30pm

Tuesday 22nd September

Men's Breakfast

Caraway Care Home 10.00-11.30am

Vitale Stroke Club

Beacon Church 10.00am-12.00noon

Welcome and Wellbeing Group

Beacon Church 10.30am-12.00noon

Community Food Hub (Pick-up)

Beacon Church 2.00-3.00pm

Group for Visually Impaired

Venture Club 2.00-4.00pm

Bereavement Group

The SHOP 4.00-6.00pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Wednesday 23rd September

Friendship Group

Methodist Church Hall 10.00-11.30am

Digital Hub

The Rookery 10.00am-3.00pm

Thursday 24th 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

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 25th 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 27th September

Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

Monday 28th September

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 29th September

Bereavement Group

The SHOP 4.00-6.00pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Wednesday 30th September

Friendship Group

Methodist Church Hall 10.00-11.30am

Thursday 1st 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

The Hidden Garden 2.00-3.30pm

Friday 2nd 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 red 'S' and 'P' intertwined, followed by the text 'selsey' in blue and 'press' in red.

Excellence in Print for over 60 Years