



# NEWSLETTER

April 2025 **Issue 114**



The great gift of Easter is hope and so let's celebrate this Easter with hearts filled with love and peace.

## Selsey Care Shop

We are looking to install a rolling screen in the front window of the **Care Shop**. This and the additional window display we mentioned last month will provide opportunities to advertise local events. Another service provided by **Selsey Community Forum** is a **Welcome Pack** and this has recently been updated.

## Activities Explained

Our monthly **What's On Section** has expanded so much over the past year that we thought it might be helpful to give a brief synopsis of what all the activities are. We had thought we might include it in this **Newsletter**, but it took up over 2 pages as there are so many! So, we have produced a stand-alone document which you can either pick up from the **Care Shop** or you can take a look at it on the website at <https://selseycommunityforum.uk/Services>

## Newsletter

It is now four years since we launched this version of this **Newsletter** and we do hope we have continued to inform and entertain you.

Please do remember that if you have any snippet of information, some light hearted stories, a poem, anything that you would like to share, please do drop it into the **Selsey Care Shop** or email it to [gill@selseycommunityforum.uk](mailto:gill@selseycommunityforum.uk) We will try to include as much as we can, space permitting.

## Thank You.....

**The Friarsgate Trust** £3,000 for Wellbeing Services;

**Hyde Housing** £2,000 to cover costs of cooking activities, key safes and carbon monoxide alarms;

**Ferry Farm** £11,910 towards Grow Selsey activities, Care Shop upgrade and Greenway Cycle Project;

**TKMaxx** £500 for The Hidden Garden.

## Car Boot Sales

A sign that summer is on its way...

This year the **Car Boot Sales** will be held on the **Academy School Field** on the following Sundays -

**Sundays: 18th May - 15th June**  
**13th July - 17th Aug - 14th 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  
**Chebella Bohanna: 07870 266614**



Selsey Community Forum is a registered charity - No. 1203445

## Selsey Open Gardens

As we mentioned last month **The Hidden Garden** is organising the **Selsey Open Gardens** this year on **Sunday 8th June**.

The Programmes at £5 per person will be available from early May. New for this year will be the **Hop-on Hop-off Bus** where the **Selsey Shuttle Bus** will be running a continuous loop with several pick-up/drop-off points. Also available will be the hire of **Electric Bikes** – these will need to be booked in advance by contacting Steve Mitchell at [www.ebike-centre.co.uk](http://www.ebike-centre.co.uk) or 01243 697547 by Easter Monday 21st April.



## Selsey Community Forum

**Address:** Selsey Care Shop, 121 High Street, Selsey PO20 0QB **Tel:** 01243 201616  
**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](mailto:mail@selseycommunityforum.uk) **Web:** [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk)



## Energy Advice

A specialist energy advisor will be at the **Community Food Hub** at **Beacon Church** on **Tuesday 22nd April 1.00-3.00pm**.

## Home Retrofit Plans

**Ferry Farm Community Solar** is thrilled to offer over 80% funding for 'SuperHomes Retrofit Plans'. This is an opportunity to make your home cosier, healthier, and more energy efficient.

Partnering with the **National Energy Foundation**, an independent charity, they are offering 'Whole Home Retrofit Plans' for 20 local households in Selsey and Sidlesham. Each plan typically costs around £600+VAT, but you will only need to contribute £100. They will cover the remaining costs.

**Ferry Farm Community Solar** is a not-for-profit community interest group who own a community solar array between Selsey and Sidlesham. They have been generating electricity from the sun since June 2016. All surplus income is available to invest in local projects with a positive social and environmental impact. You can find out more about them at: <https://www.ferryfarmsolar.co.uk/>

### WANT TO MAKE YOUR HOME MORE ENERGY EFFICIENT?

Ferry Farm Community Solar Coop are thrilled to offer over 80% funding for 'SuperHomes Retrofit Plans'. This is your chance to upgrade your home for less and make it cosier, healthier, and more energy efficient!

Partnering with the National Energy Foundation, an independent charity, we are offering subsidised retrofit plans for 20 local households. Each plan typically costs around £600, but you will only need to contribute £100 – we will cover the rest! Our goal is to gather a representative sample of housing from both Selsey and Sidlesham. Don't miss out on this incredible opportunity to improve your home and save on energy costs!

#### What is a 'SuperHomes' Plan?

It's essentially an audit of your home's energy use, running costs, and carbon emissions. It compares your current performance with potential improvements from energy-saving measures to make your home warmer, healthier, and more environmentally friendly.

You'll receive tailored recommendations, from simple steps to major upgrades, along with **insights into upfront costs, potential savings, and the practicalities** of getting it done. It is not just a pile of paper; the Consultant will work closely with you to address your priorities and concerns, developing a realistic plan tailored to your specific home. NEF also provides ongoing support to help you obtain quotes from accredited installers and what funding support is available.

#### What will a 'SuperHomes' Plan cover?

- Insulation and building fabric improvements
- Windows and draught proofing
- Renewable energy options
- Ventilation
- Heating system

#### Who might benefit from a 'SuperHomes' Plan?

- Home owners looking to embark on a renovation now or in the future
- Home owners looking to save money by becoming more self-sufficient in meeting their energy needs
- Home owners concerned about climate change and the environment
- Landlords needing to meet minimum energy efficiency requirements

**SCAN ME!**  
Scan here to register your interest!

**Ferry Farm Community Solar**  
We are a not-for-profit community interest group that has operated a solar array between Selsey and Sidlesham since June 2016. We generate electricity and reinvest surplus income into local projects with positive social and environmental impacts!

To find out more, see an example SuperHomes report and register your interest, please visit:  
[www.ferryfarmsolar.co.uk/retrofit-surveys](https://www.ferryfarmsolar.co.uk/retrofit-surveys)

Diogo, Charlotte and Liv had all worked in an acute setting in a hospital for their first placement. For a young student new to this environment – they would be part of a team working on wards, this would have been quite fast paced and stressful at times. Coming to Selsey was just as much a culture shock, but they all embraced the opportunity to spend time with us at **Selsey Community Forum**.

The 6-week placement period identified the areas they felt they needed to develop or skills they wanted to build upon. Typically, this was the development of skills such as communication, interactions, empathy, and the impact of complex medical conditions. They participated in many of our activities and were able to meet many of you who access our groups. The skills they developed provide a sound foundation for the student to become a well-rounded and experienced practitioner.

Two of the students worked with the Physiotherapist based at **Selsey Medical Practice**, which helped them see how this step can ensure that a person's needs are met appropriately. They also attended home visits with other staff from the **Care Shop**, giving them insight into the impact of a person's home environment and identifying other areas of need to ensure a person can remain safely at home. They could then refer onto other professionals or organisations to provide additional support.

Charlotte supported **Arts Dream** with their Winding Willow project at **The Hidden Garden**. She also supported the people attending the local community project, offering advice for manual dexterity exercise to warm up those hands prior to the activity.



Diogo got to know many of our male guests at the groups and provided some useful information to improve their health outcomes. He also developed a Falls Prevention and Mobility Workshop that took place in **Beacon Church**. With his quiet calm approach, he developed some very positive relationships with many of you and this was evident by the number of people who attended the workshop. He produced excellent slides and handouts and repeated the exercises at **Together Time**.



Kirsty joined us last year as a second-year student Social Worker. She was on placement for 70 days and during that time, as a mature student and mum of two young children, she developed many skills, and experiences through working with staff at the **Care Shop** on the Front Desk, and with staff based at the Star Office helping with housing applications. It gave her an insight of balancing academia with the legislation requirements, to working with a local community group often filling the gaps in service provision. Thinking outside of the box to come up with solutions was probably the biggest benefit she gained with working at **Selsey Community Forum**. She was able to have her own caseload and achieved some amazing outcomes.

## Student Placements

Student life.....being part of our team!

Over the last 18 months we have been grateful to host students from University of Chichester. Students from the Physiotherapy group spent 6 weeks with us and were able to contribute in many ways.

Tia is now with us and her friendly, open way with people has ensured she has become very popular at all our groups. She now holds her own caseload and has supported people through some challenging situations. She has the guidance of our staff, volunteers and placement-practice educator, who ensures she meets her professional standards.

It has been such a joy having the students placed with us, bringing a lovely young perspective to the work we do, and the outcomes we strive to achieve together.

## Happy Birthday.....



To Joan Crawford, who has been one of our service users from the very beginning and who recently turned 98.

Joan is one of the service users of the **Good Morning Call** service that started in 2014. Now she attends **Morning Live, Shop Talk, Friday Tea & Talk** and the **ResBite Teas** on Sundays.

Joan was born in Leatherhead on 17th March 1927. She lived in Ashted, Surrey before moving to Selsey with her husband and brother 28 years ago. During the war she worked in a sweet shop and then was carer for an elderly lady. She later toured with a band keeping their uniforms in order. When Janet Jupp had a cake baking business, Joan helped with the washing up and has washed hundreds of cake tins!



She has also worked as a volunteer in the St Wilfrid's Hospice Shop and received a Queen's Award for Voluntary Service.

After developing sight problems, Joan joined the Visually Impaired Club in Selsey (see next article about the VIP Club changing its name) and she still attends at the great age of 98. Joan loves attending groups; she is amusing, entertaining and enjoys getting out and about. Joan is a great fan of Andre Rieu and listens to his music constantly as she can no longer see the TV.

We hope you had a wonderful birthday, Joan.

## Group for Visually Impaired

The Visually Impaired Club (VIP) has changed its name to the **Group for Visually Impaired** and meets on the 2nd and 4th Tuesdays of each month 2-4pm. It has also changed its venue and now meets at **Selsey Venture Club**. You no longer need to be a member of 4Sight to attend.

## Movies for Memories

Do you fancy having a hot lunch followed by a film? Then our **Movies for Memories** group might be just for you. We are sadly having to increase the cost for the lunch and movie to £7, but we think you will agree, it is still great value.



## Selsey Coastal Scheme

A new project reviewing options for the Selsey sea defences is underway and the team are holding 3 public events at the end of April. Email [selsey.coastal@havant.gov.uk](mailto:selsey.coastal@havant.gov.uk) to be added to their newsletter mailing list.

**Drop-in events exhibiting the future of Selsey Sea Defences**

The Selsey Coastal Scheme is investigating options and designs for new sea defences. Come along to one of the Chichester District Council events to find out more about the multi-million pound project and discuss options for the defences.

Location: **The Selsey Centre PO20 0SE**

<b>Thursday 24th April</b>	<b>10am – 2pm</b>
<b>Friday 25th April</b>	<b>2pm – 7pm</b>
<b>Saturday 26th April</b>	<b>10am – 2pm</b>

The events are open to everyone. Drop-in at any time and please share the dates.

[selsey.coastal@havant.gov.uk](mailto:selsey.coastal@havant.gov.uk)

## Message from The Selsey Medical Centre

### PSA Testing and Prostate Cancer

Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra). When this happens, you may notice things like:

- an increased need to pee
- straining while you pee
- a feeling that your bladder has not fully emptied

These symptoms should not be ignored, but they do not mean you have prostate cancer. It's more likely they're caused by something else, such as prostate enlargement. There's no single test for prostate cancer but the most commonly used tests are:

- blood tests
- a physical examination of your prostate (known as a digital rectal examination, or DRE)
- an MRI scan
- a biopsy

The blood test, called a prostate-specific antigen (PSA) test, measures the level of PSA and may help detect early prostate cancer. If you are over 50, you can ask a GP for a PSA test.

PSA tests are not routinely used to screen for prostate cancer, as results can be unreliable. Your PSA level can also be raised by other, non-cancerous conditions. If you have a raised PSA level, you may be offered an MRI scan of the prostate to help doctors decide if you need further tests and treatment.

If you have any symptoms, please make an appointment to see a clinician.

## Buddies Day Centre

The **Buddies Day Centre** opened on 14th March at the Selsey Centre and provides a caring space for adults with Dementia, Alzheimer's, or those seeking companionship to combat loneliness. It offers a budget-friendly daily respite service, giving families an affordable care option within the community. They aim to create an environment where every individual feels valued, engaged and truly cared for.

**Buddies Day Centre** evolved to not only offer respite care, but also to create a warm, welcoming space where people can connect, share, and find comfort in companionship; to foster meaningful connections, ensuring that each person who walks through the doors experiences respect, dignity, and a sense of belonging.

To ensure they provide the best level of care and a welcoming experience for everyone, all visitors will need to register with them, complete a needs assessment, and attend a free taster session before joining. This helps them understand individual needs, preferences, and how they can best support each person in their care. To make a booking, please call the team on **01243 116858**.

**Buddies Day Centre** operates 2 days a week, Monday and Friday, at the Selsey Centre. There will be 3 sessions per day: 10am to 12noon, lunch session 12noon to 1pm and then 1pm to 3pm. The sessions will comprise of games, music ranging from 40's to 60's and other activities as well as refreshments. There will be a charge per session with concessions for those on Pension Credit. Full details can be found on their website

[www.buddiesdaycentre.co.uk](http://www.buddiesdaycentre.co.uk)

BUDDIES DAY CENTRE

## VE Day

It is the 80th Anniversary of **VE Day** on **Thursday 8th May** and there will be a special civic event hosted by **Selsey Town Council** on **East Beach Green** starting at 6pm focusing on Selsey's Home Front. There will be stories and images bringing our town's wartime history to life with the finale being the lighting of the Beacon.

## St George's Day

We all know **St George's Day** is celebrated on **23rd April**, but did you know St George was canonised in AD 494 by Pope Gelasius, who claimed he was one of those '*whose names are justly revered among men but whose acts are known only to God*'. A feast day of St George has been celebrated in England for hundreds of years on 23 April. Following the Battle of Agincourt in 1415, St George's Day became one of the most important feast days and national holiday in the English calendar.

The tradition of celebrating St. George's day had, however, waned by the end of the 18th century after



the union of England and Scotland. Nevertheless, the link with St. George continues today and in recent years the popularity of St. George's Day appears to be increasing gradually. Interestingly, there has been an ongoing argument put forward in the House of Commons to make St. George's Day a public holiday.

The Order of the Garter (founded by Edward III in 1348) is the highest order of chivalry in the country. To this day St George's cross still appears on the Garter badge and his image is the pendant of the Garter chain. In 1940 King George VI created a new award for acts of the greatest heroism or courage in circumstance of extreme danger. The George Cross, named after the king, bears the image of St George vanquishing the dragon. This same image of St George also adorns many of the memorials built to honour those killed during World War One.



## Thought for the Day



## Help Hubs

The poster shows details of the **Community Hubs** across the **Manhood Peninsula and Chichester District South**. These Hubs are a free support service offered by **Selsey Community Forum** in partnership with **Vitale Care** and **Age UK**. They have been developed either as stand-alone hubs within local premises or to support community groups already established where we can offer help and support with a range of topics including - form filling, blue badge applications, energy advice, Lasting Power of Attorney, Later Life Planning, Robins Service.



Every month we will include details of the **Community Hubs and Activities** across the **Manhood Peninsula**.

### Activities

- **Good Morning Calls** daily
- **Next Steps** 3-4.30pm Mondays at St James Church Centre
- **Bereavement Support** last Monday of month 3-4pm at venue to be confirmed
- **Coffee Morning** every other Monday 10.15-11.45am every other week at The Wittering pub
- **Coffee Morning** on Tuesdays 10-12noon at Downview Hall, Wittering
- **Amblers** 10-11.30 on Thursdays at St James Church Centre



# 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 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 - weekly**  
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)

## Selsey Community Forum What's On

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

### Tuesday 1st April

#### Game Time

The Rookery 10.00-11.30am

#### Friends Group

Beacon Church 10.30-12.00noon

#### Veteran's/Serving

#### Personnel Brunch

The Hopp Inn 11.00am

#### Hello & Help

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 2nd April

#### 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 April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 11.00- 12.00

(Places must be booked) Mobility

Mindfulness; 12.30 Lunch; Raffle,

crafts, games, tea & cake

#### Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

(Places must be booked)

#### Wellness Café Anxiety Support

The SHOP 2.00-3.30pm

### Friday 4th April

#### 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 SHOP 2.30pm

### Sunday 6th April

No Sunday ResBite Tea this week

### Monday 7th April

#### Morning Live

The Venture Club 10.15-11.45am

#### Movies for Memories 'Mrs

Caldicot's Cabbage War'

Methodist Church 12.45-3.30pm

#### SHOP Talk

The SHOP 2.00-3.30pm

### Tuesday 8th April

#### Men's Breakfast

Beacon Church 10.00-11.30am

#### Selsey Community Food Hub

Beacon Church 2.00-3.00pm

#### Carers Afternoon Tea

The SHOP 2.00-3.30pm

#### Group for Visually Impaired

Selsey Venture Club 2.00-4.00pm

#### Man with a Pan

Beacon Church 1.00pm

(restricted numbers)

#### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

#### Bereavement Group

The SHOP 4.00-6.00pm

### Wednesday 9th April

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### SDAA Ladies Tea

The SHOP 2.00-3.30pm

### Thursday 10th April

#### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 11.00- 12.00

(Places must be booked) Mobility

Mindfulness; 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

#### Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

(Places must be booked)

#### All Our Yesterdays

To inspire memories

Beacon Church 2.00-3.30pm

### Friday 11th April

#### 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 SHOP 2.30pm

### Saturday 12th April

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

### Sunday 13th April

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

### Monday 14th April

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

### Tuesday 15th April

**Game Time**  
The Rookery 10.00-11.30am  
**Welcome and Wellbeing Group**  
Beacon Church 10.30-12.00noon  
**Hello & Help**  
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 16th April

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Alzheimer's Group**  
Methodist Church Hall 1.30-3.30pm  
**Parkinson's Group**  
The SHOP 2.00-3.30pm

### Thursday 17th April

**Together Time**  
Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 11.00-12.00  
(Places must be booked) Mobility  
Mindfulness; 12.30 Lunch; Raffle,  
crafts, games, tea & cake  
**New Carers Group**  
(with drop off for Cared For)  
The SHOP 2.00-3.30pm  
**Indoor Tea Garden**  
Caraway Care Home 2.00-3.30pm  
(Places must be booked)

### Friday 18th April

**Good Friday**  
**Care Shop** open 9.00-1.00pm  
**Wellspring** a support group for men  
The SHOP 2.30pm

### Sunday 20th April

**Easter Sunday**  
**Care Shop** closed  
**Sunday ResBite Tea**  
Beacon Church 3.00-4.30pm

### Monday 21st April

**Easter Monday**  
**Care Shop** closed

### Tuesday 22nd April

**Vitale Stroke Club**  
Beacon Church 10.30-12.00noon  
**Men's Breakfast**  
Caraway Care Home 10.00-11.30am  
**Group for Visually Impaired**  
Venture Club 2.00-4.00pm  
**Selsey Community Food Hub**  
Beacon Church 2.00-3.00pm  
**Man with a Pan**  
Beacon Church 1.00pm  
(restricted numbers)  
**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 23rd April

**Friendship Group**  
Methodist Church Hall 10.00-11.30am  
**Carer's Drop In**  
The SHOP 2.00-3.30pm

### Thursday 24th April

**Together Time**  
Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 11.00- 12.00  
(Places must be booked) Mobility  
Mindfulness; 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  
**Indoor Tea Garden**  
Caraway Care Home 2.00-3.30pm  
(Places must be booked)

### Friday 25th April

**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 SHOP 2.30pm

### Sunday 27th April

**Sunday ResBite Tea**  
Methodist Church Hall 3.00-4.30pm

### Monday 28th April

**Morning Live**  
The Venture Club 10.15-11.45am  
**Movies for Memories 'Miss Potter'**  
Methodist Church 12.45-3.30pm  
**SHOP Talk**  
The SHOP 2.00-3.30pm

### Tuesday 29th April

**Hello & Help**  
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  
**Selsey Dementia Action Alliance**  
Beacon Church 5.00pm

### Wednesday 30th April

**Friendship Group**  
Methodist Church Hall 10.00-11.30am

### Thursday 1st May

**Together Time**  
Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 11.00- 12.00  
(Places must be booked) Mobility  
Mindfulness; 12.30 Lunch; Raffle,  
crafts, games, tea & cake  
**Grow Selsey Outdoor Tea Garden**  
The Hidden Garden 2.00-3.30pm  
(Places must be booked)  
**Wellness Café Anxiety Support**  
The SHOP 2.00-3.30pm

### Friday 2nd May

**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 SHOP 2.30pm

### Sunday 4th May

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

Supported and Printed by

The logo for Selsey Press, featuring a stylized red and blue 'S' symbol above the word 'selsey' in a dark blue, lowercase, sans-serif font, followed by 'press' in a red, lowercase, sans-serif font.

Excellence in Print for over 60 Years