



NEWSLETTER

December/January 2024 **Issue 111**



to all our supporters, sponsors, partners, volunteers and service users

Festive Activities

There will be a curtailed **What's On Section** over the Christmas and New Year period so please do check before attending any activity.

This **Newsletter** is a combined December and January edition, so it is a bumper issue.

Here are the opening times of **Selsey Care Shop** over the festive period -

| SELSEY CARE SHOP OPENING TIMES | |
|--------------------------------|----------------|
| Monday 23rd December | 9.00am-4.00pm |
| Christmas Eve | 9.00am-1.00pm |
| Christmas Day | Closed |
| Boxing Day | Closed |
| Friday 27th December | 10.00am-2.00pm |
| Saturday 28th December | 9.00am-1.00pm |
| Sunday 29th December | 10.00am-1.00pm |
| Monday 30th December | 10.00am-2.00pm |
| Tuesday 31st December | 10.00am-2.00pm |
| New Year's Day | Closed |
| Thursday 2nd January | 9.00am-4.00pm |
| Friday 3rd January | 9.00am-4.00pm |

Selsey Community Christmas Day Lunch

Our **Selsey Community Christmas Day Lunch** will be held at **Beacon Church** and if you, or anyone you might know, would like to attend, please do call the

Care Shop and book very soon as places are limited. Any donations or funding to help cover the costs of the **Selsey Community Christmas Day Lunch** will be much appreciated.

We are grateful for the funding we have already received towards the lunch: **Selsey and District Lions Club** £250 and **Sussex Grange** £200 as well as all the goodies and gifts from members of the community.

The Selsey Club is hosting an event on **Monday 9th December** 7.30pm - 9.30pm to raise funds for the **Selsey Community Christmas Day Lunch**. The **Chichester Big Band** will be performing (you may have been lucky enough to see them performing at Selsey Open Gardens earlier in the year); there will be a raffle and homemade soup with French bread will be available to purchase on the night. This event is entry by donation so please go along and support our community. For more information call 606015.



Community Carol Concert



This event is free, and everyone is welcome - please do wear a Christmas jumper if you have one. This is the second **Community Carol Concert** organised by the **Churches Together Selsey** and this one will be bigger and better than last year.



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 **Web:** www.selseycommunityforum.uk



Thank You.....

We are so very grateful for all the donations we receive. We are privileged to have many dedicated volunteers and 13 key staff. They are working people, but sadly the cost of employing them has been increased by the Government. As we all know other costs are rising too. Please bear this in mind when you donate at the activities you attend, pop into the **Care Shop** to use the card machine or pay for a meal. It all helps.



Thank you for all who have contributed to the **Kings Award Appeal Fund**. You have helped us raise £26,000 towards our target of £60,000. If you are considering a Christmas gift, you might like to designate it for the **Kings Award Appeal Fund**.

We are also setting up a support fund to help those who may be fearful of switching their heating on this winter and have no other means of help. If you would like to donate, please mark any contribution 'heating'.

We recently received the news that **The Hidden Garden** will be given £1,590.24, thanks to the Co-op Local Community Fund and the Co-op members.

And more....

Charles Hayward Foundation £5,000 for the Care Shop

Friends of Selsey Medical Centre £20,000 towards Buddies, Money Support and Wellbeing services

Clarion Futures £15,000 for Wellbeing activities

Warm Spaces

Warm spaces Selsey

Different venues are opening their doors, providing a Warm Welcome to people for a few hours in their Warm Spaces through to the end of March.

Sundays 3pm - 4.30pm
at the church venue hosting Resilite Tea that kick

Mondays 10am - 1pm
at The SHQR, 95 High Street

Tuesdays 1pm - 3pm
at Beacon Church, Marlfield Place

Wednesdays 10am - 1pm
at The SHQR, 95 High Street

Wednesdays 10am - 11.30am
at Selsey Methodist Church, 50 High Street (Friendship Group)

Thursdays 10am - 3.30pm
at Selsey Methodist Church, 50 High Street (Together Time)

Fridays 9am - 12noon
at Selsey Methodist Church, 50 High Street (Foodbank)

Saturdays 10am - 1pm
at The SHQR, 95 High Street

If you are struggling in any way at the darker evenings draw in, and the colder weather arrives, please don't struggle alone..... please just contact Selsey Community Forum and we will do our best to support or direct you to help.

We are grateful for the generosity of the hosting venues as well as funding supporters

Selsey Care Shop
121 High Street, Selsey, West Sussex PO20 0QB
t: 01243 201616 w: www.selseycommunityforum.uk

Beat the Winter Blues

Many of us feel low when days are short, cold and dark, but there are steps to help you feel better.

Connect with others

Hibernating at home may be tempting in winter, but it can make you feel low. Prioritise the type of connection that most energises you: meet your friend for a chat over a warm cuppa, or attend an activity or support group to connect with others. Even simple gestures like smiling at and chatting with the cashier in the supermarket can make you feel less alone.



Check in with yourself

Each morning, take a moment to ask yourself:

- ♥ How does my body feel?
- ♥ What aspects of life am I grateful for?
- ♥ Is there a small goal I can set for myself today?

Experiment with different check-in prompts. You could focus on gratitude, airing frustrations, noticing your worries, or anything that feels important.

Feel your feelings

Like gusts of wind, emotions can sweep in suddenly, knocking us off balance. Instead of resisting, learn to sway with their currents. Practices like seated meditation or yoga can help you tune in. Notice the shifts in your body: tight jaw softening, furrowed brows smoothing, and shoulders relaxing. Try to stay with your feelings instead of fighting or judging them.

Embrace your artistic side

Art can lift your spirits. Your medium could be anything: watercolours, a digital camera, or a musical instrument. Whatever the case, making art can help us express ourselves, bring us joy and foster a sense of achievement.



Blow off steam

Some emotions may be difficult and even overwhelming. Let them out. Give yourself permission to make some noise each day. Scream into a pillow or belt out a song that resonates with you. Movement can also help. Activities like running, dancing and martial arts can be cathartic in their own ways.



We are here to support you in as many ways as we can. Come and see us at the **Care Shop** to see what's on offer or, perhaps you would like to help us support others – there are always volunteering opportunities.

HM Coastguards

At this time of year, we are mindful of flood alerts and so this is a reminder that we can dial 999 and ask for the Coastguard service if flood waters cause risk to life.

Just like the Police, Ambulance or Fire and Rescue Services, **HM Coastguard** is an emergency service that operates across the UK. If someone dials 999 and asks for the Coastguards Service, they

will be speaking to a Duty Officer at one of their coordination centres.



HM Coastguard

They coordinate emergency responses to a variety of incidents from missing persons, suspected ordnance to vessels missing at sea. They are also involved in maritime security, vessel traffic management, counter pollution and salvage, civil emergency and disaster response and are the receiver of wrecks. They have a wide range of assets at their disposal including helicopters, Coastguard Rescue Teams, RNLI and independent lifeboats.

For coastal and inshore incidents, the Coastguard Rescue Officers are usually the first line of response – these are skilled volunteers trained in capabilities such as casualty care, cliff top rescue and water rescue.



Incidents that occur at sea, in remote areas or requiring paramedic care can call for a response from the **HM Coastguard** search and rescue helicopter.

It was on 15 January 1822 that **HM Coastguard** was formally brought into existence when the Treasury adopted proposals to bring together the Revenue Cruisers, the Riding Officers and the Preventive Water Guards. Although **HM Coastguard** now exists to keep people safe on the coast and at sea, its origins lie with patrolling the coastline to prevent illegal trade, smuggling and violent clashes.



We are so fortunate to have a Coastguard Team here in Selsey – being called out to people stuck in the mud at Pagham Harbour, drifting paddleboarders, broken down vessels, medical incidents and lost children on the beach, suspected ordnance on Medmerry beach and flooding incidents.

Thank you so much to all of you who are involved.

Ferry Farm Grants

This is the final reminder that **Ferry Farm Community Solar** has a grant fund for the communities of Selsey and Sidlesham with **£25,000** available for projects focused on -

- 🌿 Environmental education
- 🌿 Biodiversity
- 🌿 Climate change readiness
- 🌿 Energy



The grant fund closes on **31st January 2025** and is administered by **Selsey Community Forum**. To apply, find the application form at <https://www.selseycommunityforum.uk/Ferry-Farm/>

Selsey Library

Did you know Selsey Library celebrated its 60th birthday this year? When it opened on 30th April 1964 it was described as an 'ultra-modern public

library, shaped like a threepenny piece' built on the 'one room principle'. It was the first library to be purpose-built for the rapidly expanding Selsey village and replaced the part-time library which had been housed in the



village hall. The new library was open six days a week, cost £14,500 to build and had 6,500 books, underfloor heating and 'luxurious foam rubber armchairs'.

Recording a Christmas Song at Selsey Lifeboat Station

Folk band **Police Dog Hogan** has released a Christmas single, **Pull Away**, which was recorded and filmed at **Selsey Lifeboat Station** and recognises the sacrifice of lifeboat volunteers.



The band was inspired to write the song in the RNLI's 200th anniversary year as a tribute to the lifeboat volunteers who have risked their lives to save others at sea, even on Christmas Day. The rousing folk song recounts a fictional Christmas Day rescue starting with:

It was long before the dawn, on that fateful Christmas morn,

When the warning drum had turned us from our beds.

We ran towards the shore, where the towering waters roar,

And the sinking ship adrift up ahead...


Pull Away captures how life can be for RNLI volunteers – being woken in the middle of the night, facing terrible weather and rough seas, heading into the unknown to try and save others in distress. It also conveys the wait and worry of family members waiting at home for their loved ones to return safely.


The closing line of the song, "There'll be 12 more at the table for lunch on Christmas Day", reflects the outcome of a successful rescue.

Formed in 2009, **Police Dog Hogan** are a regular fixture on the UK festival circuit. **Pull Away** is available through all streaming platforms and to download through Apple Music. The music video is available at <https://youtu.be/TgRbGo9XKfo?si=LSPx6dysTOi5ZQbU>

Creating a Culture of Community


Reflecting on 2024 **Selsey Community Forum**, a small Charity with massive aspirations has worked in partnership/synergy with various groups and local businesses. We've:


 **WORKED** with our church communities to reflect together for peace, hosting Sunday **ResBite Teas** and our various groups, preventing isolation and promoting wellbeing.

 **KNITTED** numerous blankets, hats and gloves for adults and babies in UK and Ukraine to keep them warm and toasty.

 **FACILITATED** workshops to keep people safe, informed and able to plan for future financial and future care needs, all part of our **Later Life Services**.

 **DEVELOPED** individual life skills groups for our young folk, helping plan, shop and cook healthy, cost-effective meals.

 **SET UP** cooking programmes with our men folk, again helping make money last and keep healthy with home cooked meals.


 **CELEBRATED** successes - receiving the **King's Award**; the launch of a new Care Provider Caraway House, and a new Electric Minibus for the Selsey Venture Club; nomination at the Chamber of Commerce award; Chichester Gardens and Allotments awards.



 **PARTICIPATED** IN Selsey Annual Town Meeting, Health, Social Care and Poverty Forums.

 **PERFORMED** in Concerts with other Choirs.



 **GROWN** an abundance of produce and shared amongst our community courtesy of **The Hidden Garden**; over 40 items of produce were displayed at the Chichester Horticultural Show.





 **HOSTED** art activities in **The Hidden Garden** creating beautiful Willow Structures, an


intergenerational project bringing our community together.



 **DEVELOPED** our groups and new initiatives across the Manhood Peninsula, including the **Information Hubs** and **Robins Service**.





 **PROVIDED** food for numerous people through the **Community Food Hub**, food initiatives and Pet Pantry. 

 **CALLED** people at home to keep in contact with them and check on their wellbeing on 22,000 occasions in the past year.

 **WELCOMED** thousands of guests to social and support groups, including the Police Commissioner, Lord Lieutenant and High Sheriff.



 **ACCESSED** £1000's in entitlements to enable people's standard of living to improve.


 **PROVIDED** living aids to people to help them maintain independence.


 **HOUSED** people living in unsuitable homes, moving to more accessible accommodation.

 **SUPPORTED** 6600+ visitors to the **Care Shop** enabling access to information, advocacy, guidance, funds and navigation through health and social care pathways and made 700+ trips to health care appointments.



 **TURNED** the town **BLUE** to raise awareness of dementia and encourage a more compassionate and inclusive community with businesses, care homes and individual groups supporting the initiative.

 **MENTORED**, empowered and enabled people into employment, voluntary roles and student placements.

 We are grateful to our dedicated and passionate Trustees, volunteers and staff.

♥ We are grateful to the partners and healthcare providers with whom we work.

♥ We are grateful to our funders for their foresight and encouragement.

♥ We are committed to the community we serve.

Together we have planned, challenged, advocated, laughed, cried, stretched, flexed, breathed, relaxed, chatted, befriended, calmed, guided, journeyed, navigated, mobilised, supported, accessed, funded, purchased, loaned, across Selsey and the Manhood Peninsula.

We know 2025 will be busier, but we will face the challenges together in partnership with others and, as a community, to meet need locally.

Information Hubs

Over the last few months **Selsey Community Forum** has been working closely with communities across the Manhood Peninsula to help set up Information and Help Hubs to support people in their area. These Hubs provide -



- information and links to other support organisations;
- help in completing applications for Attendance Allowance, Pension Credit, Blue Badges, Personal Independence Payment etc;
- energy advice;
- guidance through health and social care services;
- Later Life planning services including My Future Care, Robins Service;
- bereavement support

Our **'Hello & Help'** drop-in at the **Beacon Church** is on alternate Tuesdays 2-3pm

Downview Hall, East Wittering is on Tuesdays 10am-12noon

Bracklesham Barn monthly on a Thursday 2-4pm

St James Church and Community Centre, Birdham on Thursdays 11am-12noon fortnightly

Hunston Community Club Friday 11am-1pm

We always work in partnership with other organisations be it statutory, voluntary or private and we wanted to acknowledge the support of Vitale Care who have been pivotal in the development of these Hubs.



Game Time

You might know Game Time takes place on the 1st and 3rd Tuesdays every month at The Rookery 10-11.30am where many a game has been played and enjoyed. Well, it seems that Music Bingo has become the firm favourite and

so, if you fancy delving back into the music of the past decades, do call the **Care Shop** to book in and give it a go.

A colorful poster for "Game Time with... Music Bingo". The poster is framed in green and blue. It features the text: "The Selsey Care Shop along with The Rookery invite you to join them in a morning of fun!" followed by "1st & 3rd Tuesdays of the month 10am - 11.30am". The location is "The Rookery, Beach Road, Selsey, PO20 0LL". It states "All are welcome - No charge (donations welcome) Refreshments provided". Below this, it says "Music over four decades" with circles for "50s", "60s", "70s", and "80s". The text "Come & have fun playing Musical Bingo!" is written in a cursive font. At the bottom, it says "Please book your place through Selsey Care Shop" and provides contact information for Selsey Care Shop: "121 High Street, Selsey, West Sussex PO20 0QB", "t: 01243 201616", and "w: www.selseycommunityforum.uk". There are logos for Selsey Community Forum and Selsey Care Shop.

Recycle your Christmas Trees

Here we are, it's not even Christmas yet and we are talking about recycling the tree after Christmas!

A poster titled "RECYCLE YOUR CHRISTMAS TREE". It features a central illustration of three decorated Christmas trees. The text on the poster reads: "Please recycle your Christmas Tree with Selsey Community Forum". It provides details: "For a suggested donation of £5 you can take your tree to The Hidden Garden (behind Selsey Library) on Saturday 11th January or we can collect from your house on Sunday 12th January for a £10 donation." It also states: "Please remove all decorations and leave your tree at the front of your property. Your Christmas Tree will be turned into woodchip to use in The Hidden Garden." and "Please contact Selsey Care Shop to book a collection and make your donation on 01243 201616". At the bottom, it says "Selsey Community Forum" and provides contact information: "Telephone: 01243 201616", "www.selseycommunityforum.uk", and "121 High Street, Selsey, PO20 0QB". There are logos for Selsey Community Forum and Selsey Care Shop.

Did You Know...

Mince Pies

During the 16th century there was a belief that if you ate a mince pie every day from Christmas to Twelfth Night, you'd have happiness for the next 12 months. These pies were known as 'Christmas Pyes', and



contained anything from rabbit to mutton, pigeon to pheasant. They were larger than their modern creations and made into an oval shape, which was said to represent Jesus' crib.

However, it's technically illegal to eat mince pies on Christmas Day in England. In the 17th century, Oliver Cromwell banned Christmas pudding, mince pies and anything to do with gluttony. This law has never been rescinded.

Turkeys

Before turkeys were brought into this country 500 years ago, people would eat geese, boars' head and even peacocks. Henry VIII was the first English king to enjoy a turkey on Christmas Day and the bird was still regarded as a luxury up until the 1950s.



Christmas Cards

The sending of cards evolved in the Victorian era, but the first known card dates back to 1611. Consisting of a large sheet, folded up for ease of transport, it was sent to James I of England by a German doctor and alchemist named Michael Maier.

It bore the words, 'A greeting on the birthday of the Sacred King, to the most worshipful and energetic lord and most eminent James, King of Great Britain and Ireland, and Defender of the true faith, with a gesture of joyful celebration of the Birthday of the Lord.'



Christmas Trees

During the time of the winter solstice, pagan homes were decorated with evergreen branches in the hope of scaring away evil spirits and to remind the occupants that spring was just around the corner. This tradition survived the conversion to Christianity and during the 16th Century devout Christians began bringing Christmas trees into their homes.

The practice was made more fashionable in the UK during the mid-19th Century, when Queen Victoria, Prince Albert and their children were shown in The Illustrated London News standing around the main Christmas tree at Windsor Castle.

In the UK, natural Christmas trees outsell artificial Christmas trees by a ratio of 3:1. Many parts of the Christmas tree can be eaten, with the needles being a good source of Vitamin C.



Candy Canes

In 1670, a choirmaster asked a sweet shop to make sweets in the shape of a shepherd's hook for the children at his church to keep them quiet during the Christmas festivities. They were originally only available in white.



Boxing Day

This bank holiday received its name as it was traditionally a day when servants had the day off to visit their families. Their employers would send them home with "Christmas boxes" containing money, gifts or food to thank them for their reliable service throughout the past year.

And More.....

US scientists have calculated that Santa would have to visit 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second.



6 Million rolls of Sellotape are sold in the UK in the run up to Christmas and there will be 5.99 million rolls where you can't find where the tape ends.



Community Diary

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

Sunday 1st December

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

Monday 2nd December

Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
It's a Wonderful Life'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 3rd December

Game Time
The Rookery 10.00-11.30am

Friends Group

Beacon Church 10.30-12.00noon
Selsey Community Food Hub
Beacon Church 2.00-3.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm

Wednesday 4th December

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 5th December

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 6th December

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 8th December

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

Monday 9th December

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

Tuesday 10th December

Men's Breakfast
Beacon Church 10.00-11.30am

Hello & Help

Beacon Church 2.00-3.00pm

Carers Afternoon Tea

The SHOP 2.00-3.30pm

VIP Club *For visually impaired*

Must be a member of 4 Sight

Lounge, Hanover Close 2.00-4.00pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Bereavement Group

The SHOP 4.00-6.00pm

Wednesday 11th December

Friendship Group

Methodist Church Hall 10.00-11.30am

SDAA Ladies Tea

The SHOP 2.00-3.30pm

Thursday 12th December

Guardian Angel's 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 13th December

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 15th December

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 16th December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 17th December

Game Time

The Rookery 10.00-11.30am

Welcome and Wellbeing Group

Beacon Church 10.30-12.00noon

Selsey 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 18th December

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 19th December

Guardian Angel's 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 Individual Bereavement

Support by appointment only

The SHOP 2.00-3.30pm

Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

(Places must be booked)

Friday 20th December

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

Monday 23rd December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 24th December

Men's Breakfast

Caraway Care Home 10.00-11.30am

Bereavement Group

The SHOP 4.00-6.00pm

Wednesday 25th December

Christmas Day – Bank Holiday

Thursday 26th December

Boxing Day – Bank Holiday

Friday 27th December

Wellspring *a support group for men*

The SHOP 2.30pm

Sunday 29th December

Sunday ResBite Tea

Caraway Care Home 3.00-4.30pm

Monday 30th December

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 31st December

No activities

Wednesday 1st January 2025

New Year's Day - Bank Holiday

Thursday 2nd January

Guardian Angel's 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 3rd January

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 5th January

Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

Monday 6th January

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 7th January

Game Time

The Rookery 10.00-11.30am

Friends Group

Beacon Church 10.30-12.00noon

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

Wednesday 8th January

Friendship Group

Methodist Church Hall 10.00-11.30am

SDAA Ladies Tea

The SHOP 2.00-3.30pm

Thursday 9th January

Guardian Angel's 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

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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 10th January

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 12th January
Sunday ResBite Tea
St. Peter's Church Hall 3.00-4.30pm

Monday 13th January
Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Ladies in Lavender'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 14th January
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
VIP Club For visually impaired
Must be a member of 4 Sight
Lounge, Hanover Close 2.00-4.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm
Bereavement Group
The SHOP 4.00-6.00pm

Wednesday 15th January
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 16th January
Guardian Angel's 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 Individual Bereavement
Support by appointment only
The SHOP 2.00-3.30pm
Indoor Tea Garden
Caraway Care Home 2.00-3.30pm
(Places must be booked)

Friday 17th January
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 19th January
Sunday ResBite Tea
Beacon Church 3.00-4.30pm

Monday 20th January
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 21st January
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 22nd January
Friendship Group
Methodist Church Hall 10.00-11.30am
Carers Drop In
The SHOP 2.00-3.30pm

Thursday 23rd January
Guardian Angel's 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 24th January
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 26th January
Sunday ResBite Tea
Methodist Church Hall 3.00-4.30pm

Monday 27th January
Morning Live
The Venture Club 10.15-11.45am
Movies for Memories
'Ladies in Lavender'
Methodist Church 12.45-3.30pm
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 28th January
Vitale Stroke Club
Beacon Church 10.30-12.00noon
Men's Breakfast
Caraway Care Home 10.00-11.30am

VIP Club For visually impaired
Must be a member of 4 Sight
Lounge, Hanover Close 2.00-4.00pm
Selsey 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
Selsey Dementia Action Alliance
Beacon Church 5.00pm

Wednesday 29th January
Friendship Group
Methodist Church Hall 10.00-11.30am

Thursday 30th January
Guardian Angel's 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)

Friday 31st January
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 2.00pm- 3.30pm
Wellspring a support group for men
The SHOP 2.30pm

Sunday 2nd February
Sunday ResBite Tea
St. Wilfrid's Church Hall 3.00-4.30pm

Monday 3rd February
Morning Live
The Venture Club 10.15-11.45am
SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 4th February
Game Time
The Rookery 10.00-11.30am
Friends Group
Beacon Church 10.30-12.00noon
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

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

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