



# NEWSLETTER

February 2024 **Issue 112**

## Selsey Community Christmas Day Lunch

Another very successful **Selsey Community Christmas Day Lunch** was held at **Beacon Church**. Over 150 dinners were prepared with some of these being delivered to our homebound friends. We are extremely grateful to those who worked so hard to make all this happen again, particularly the wonderful volunteers who gave up their Christmas Day. We are also so fortunate to have local businesses, organisations and individuals who kindly donate time, services and products for the occasion. These included **The Hopp Inn, The Selsey Club, Little Busy Bee Removals, Selsey Town Council, The Academy, UKHarvest, Ian Francis Butchers, Country Gardens, Thomas Bramwell, Beacon Church, Balloon Celebrations For You, Selsey and District Lions Club, Sussex Grange, Vitale Care**. **Thank you** so much everyone – we could not do it without you.



## Thank You....

**The Joy Selsey** for hosting Christmas lunch for our Thursday **Together Time** attendees

**The Boulevard Selsey** for providing 390 lunches over last year for our Thursday **Together Time**

**Flowers by Sue Bellamy** for holding a Christmas Grotto which raised £224.65

**All** who attended our **Christmas Fayre** helping to raise £350

The **Caraway House** Quiz Team who donated their winnings to **Selsey Care Shop** when they won the Battle of the Businesses Quiz 2024

**Ernest Kleinwort** £8,000 for **Selsey Care Shop**

**Ferry Farm Community Solar** £15,000 for **Selsey Money Support**

A generous donation of £1,000 for **Selsey Buddy Support**

**SGN** £35,000 to engage in energy and money advice through the **Help Hubs** across the Peninsula

**Sussex Community Foundation** £5,000 for **Selsey Care Shop**

**David Fogwill Charitable Trust** £1,500 for **Selsey Money Support**

**Woodger Trust** £4,000 from for **Good Morning Call** and £10,000 for **Selsey Buddy Support**

**CPM (UK Car Park Management)** £500 for Carbon Monoxide Alarms to be distributed to the community

**Hyde Foundation** £15,000 for the **Kings Award Fund**

**Selsey Golf Club** £18,030 donation for **Kings Award Fund**

We have reached our target of £60,000 in the **Kings Award Fund** and the Fund is now closed. **Thank you** so much to everyone who donated to this.

## Energy Support

As mentioned in the article above, we have recently received funding from **SGN** to engage in energy and money advice across the Peninsula.



The cost-of-living crisis, changes in entitlements and winter fuel allowances, plus the need to be energy efficient can provide people with worry and concerns. **Selsey Community Forum** has trained advisors to offer support, and guidance around the following topics and this, along with our current Money Support Services, will give you an opportunity to share your concerns and enable us to help you to make some simple changes to reduce your worry:

- Bills, payment methods and meters
- Heating controls
- Behaviour changes to save energy
- Home energy improvements
- Draughtproofing
- Damp, mould and condensation



Some of the key messages for people to keep warm and save money on energy will include simple advice including:

- Turn down your thermostat
- Heat one room well
- Keep doors shut
- Keep floors covered



## 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



- Keep furniture away from walls and radiators
- Wear warm clothing
- Move around
- Eat hot food and hot drinks
- Avoid damp and mould
- Use warm public spaces – see Warm Spaces poster
- Close curtains to retain the heat
- Window film offers some insulation and acts like double glazing
- Insulate where you can
- Use lower energy light bulbs
- Prevent heat from escaping
- Switch off standby on TV or radio
- Take shorter showers (max 4 mins)
- When using kettle only boil what you need
- Limit use of dishwasher, washing machine and bathing
- Grants and bills - ask us for advice
- Register as a 'Priority User' on the providers register for protection, safety and priority if there is an outage

## 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 ResBite Tea that week

**Mondays 10am - 1pm**  
at The SHOP, 89 High Street

**Tuesdays 1pm - 3pm**  
at Beacon Church, Marisfield Place

**Wednesdays 10am - 1pm**  
at The SHOP, 89 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 SHOP, 89 High Street

*If you are struggling in any way as 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  
01243 201616 www.selseycommunityforum.uk

## Welcome and Wellbeing Group

A reminder about this **Welcome and Wellbeing Group** on the third Tuesday of the month at **Beacon Church** 10.30am-12noon which is aimed at people who may have had a stroke, brain injury, Aphasia, Parkinsons or any learning difficulty and who would like to:



- practice their communication skills
- develop ways to improve their overall health and wellbeing

There will be a different wellbeing activity and/or a speaker every month and carers are very welcome. On **18th February** we will be joined by the local physiotherapy team from **LV Rehabilitation**, who will be providing a session on understanding balance, why we fall, and they will share useful exercises to help us strive towards good posture when sitting and walking to minimise the risk of falling.



## New Carers Support Group

Do you struggle to get support or attend some of our Carers Support Groups due to your cared for being left on their own? Would you like to attend a Carers Support Group and be able to have your loved one looked after or have company while you are attending?



We have listened to you, and we have now introduced a new **Carers Support Group** (with drop off for the cared for) which will be starting on **20th February** and continue on the **3rd Thursday every month 2-3.30pm** at **The SHOP**.

You can take your loved one to **Together Time** at the **Methodist Church Hall** from 1.45pm, where they will have company, tea, cake, help and activities. This is run by **Selsey Community Forum** and has experienced staff and volunteers who will make sure your cared for is looked after.



You can then come over to join us at **The SHOP** for company, a place to share with other like-minded carers and receive support for what can be such a challenging but rewarding role.

If you are interested in attending, please contact **Susie Parsons** on **07354682444** or email **carers@selseycommunityforum.uk**

## Ladies Breakfast

On Friday **28th February 10am** at **Caraway House Care Home** our first monthly **Ladies Breakfast** will take place.

## Man with a Pan

This is a new project starting very soon and is aimed at men who may not be comfortable in the kitchen or find that cooking for one can be a lonely task, meaning that they tend to either eat out, which can prove expensive, or make do with ready meals. This is fine but the preservatives in ready meals might mean that the person doesn't always get the nutrients for a healthy diet. This project sets out to cross over the generations focusing on value for money, choice and the healthy eating plate.



We will look at cost effectiveness and will use Slow Cookers enabling a person to produce several meals from one sitting. They are a reasonably priced product and, with concerns over energy bills, prove a very cheap method of cooking. For example, a large slow cooker rated 300 watts will cost approx. 8 pence an hour to run whilst a small slow cooker rated at 100watts can be used for 10 hours for approx. 24 pence.

Many will have visited **The Hidden Garden** taking advantage of the fresh fruit and vegetables available there or from the **Selsey Community Food Hub**.



We will demonstrate recipes to try at home and loan a Slow Cooker. We will cover information on the safe storage of food to ensure no contamination and how to freeze for future use. We will also look at health implications such as diabetes or other intolerances.

This will take place at the **Beacon Church** on a Tuesday. Watch this space.

## Brunch for Veterans and Serving Personnel

We are pleased to announce that there will be opportunities for veterans and serving military personnel to meet face to face in a relaxed and safe, social environment to enjoy breakfast, and banter helping to combat loneliness and enabling veterans to "return to their tribe".



It will be **FREE** to attend, free to join; there will be no fees, subs, or commitments. They won't exist to support any national charity organisation or business.

Just turn up, pay for your breakfast and enjoy the company. It will be aimed at:

- ✓ Veterans who have served for at least one day in Her/His Majesties Armed Forces.
- ✓ Serving Military Personnel.
- ✓ Regular or Reserve or Merchant Mariners who have seen duty as legally defined military operations are all welcome.

**Tuesday 4th February** 11am at the **Hopp Inn**

**Saturday 15th February** 10.30am **Selsey Private Club**

For more information and expressions of interest please contact Bob Paterson or Sue Parsons via **Selsey Care Shop**.



## Improve Your Gut Health

Whether you have a wheat intolerance or struggle with digestive issues, an unhappy gut can cause continuous discomfort. There are plenty of

ways you can help improve your gut health naturally and with a few small lifestyle changes, you can minimise those uncomfortable stomach symptoms.

### Exercise regularly

Whilst Scientists are yet to fully understand everything about gut health, research indicates that exercise plays its part and it's all to do with our gut microbiome - this refers to the system of bacteria, fungi, and viruses that make up your digestive system. Improving your gut microbiome leads to regular bowel movements and healthier digestion, as well as better moods and wellbeing. The increased oxygen in your bloodstream and rise in body temperature are the conditions your good gut bacteria thrive on. So, by heading out for a run or going to the gym, you are actually contributing to a healthy gut.

### Eat a healthy gut diet

A diverse array of foods doesn't just look nice on a plate, it's an effective way to improve your gut health. You'll want to be careful about consuming too many processed foods, sugary snacks, and saturated fats. These are the types of foods that cause an imbalance between the bad and good gut bacteria in your stomach, leading to the uncomfortable symptoms we know all too well.

Instead, if you don't suffer with any intolerances, you will want to focus on foods that are high in fibre and micronutrients, which help stimulate your digestive system. So add gut health foods, such as yoghurts, almonds, olive oils, bananas, and even Brussels sprouts, to your weekly shopping list.



For the greatest impact, you want to find the right balance between prebiotic and probiotic foods. Probiotics, such as yoghurts and fermented foods, are the good gut bacteria that help your digestive system, while the prebiotics, the likes of onions and garlic help stimulate the growth of gut-friendly bacteria. You need both to improve your gut microbiome. Researchers have found that prebiotic foods improved cognition, ageing and frailty in older people. You can also improve gut health naturally by eating a generally more balanced diet – which we know is easier said than done.

### Get a sound night's sleep

Problems with your gut contribute to sleepless nights, with the uncomfortable symptoms keeping you wide awake, which leads to more issues with your gut health. To break this cycle and improve gut bacteria, you need to find ways to get a good night's sleep, even when your stomach is giving you trouble.



Start by avoiding eating late at night as your body starts to wind down, as well as minimising your caffeine intake, which inflames your gut. There are also specific foods that can either upset or encourage sleep. For example, the high level of

caffeine in dark chocolate makes for a poor midnight snack choice, while the muscle-relaxing properties of high magnesium bananas could be just what you need to drop off.

### Reduce your daily stress

Mental health and physical health are closely linked, with high stress levels being one of the biggest causes of poor gut health. The effect of stress on gut health can differ from person to person. For some, stress can cause constipation, while other people lose their appetite altogether. But while the reactions might be different, the cause is often the same. So, to improve your gut health naturally, you need to find ways to reduce your daily stress levels. This could be eating a more balanced diet, exercising more, stopping smoking, or talking to someone about your mental health – anything that helps you feel more zen and can contribute to good gut health.



## MP Meets Academy Students

Students at **The Academy** in Selsey have been helping the **Selsey Shuttle** develop a new website.

*“We were pleased to support this important local community bus service in this way,”* commented Matt Tymon (Head of Pastoral Support, Head of Business and ICT). *“We ran it as an IT design competition for Year 10”.*

The **Selsey Shuttle** is run by a group of volunteers and provides much-needed access to shops for those without transport.

For many of the passengers, it is a lifeline as well as giving social interaction and friendship. In addition, there are weekly visits to Chichester and occasional excursions.



**Jess Brown-Fuller MP** is seen presenting certificates and a prize to the winner Jess Dobson and runners-up. Commenting:



*“The bus service provided by **Selsey Shuttle** is a great example of care in the community for those needing help with transport and I’m delighted to support this venture. I love to see young people working on*

*this project – it really is a great partnership, practical and educational at the same time”*

*“We are grateful to **The Academy** for their support and congratulate the students on doing a great job,”* commented Olaf Fogwill (Project Leader and Volunteer Driver for **The Shuttle**).

<https://sites.google.com/view/theselseyshuttle/home>

## The Hidden Garden

The next **Seed and Plant Swap** is on **Sunday 2nd March** 11.00am until 3.00pm. Do go and visit to share any spare seeds you might have and see the fabulous selection they have available. If you do not have any seeds or plants to swap, it does not matter as you can still go along and get some inspiration for this year’s growing season. Everything they have is available for a donation.



Kindness  
doesn't cost a thing.  
Yet it's the richest gift  
you can give.

## Help Hubs

We have mentioned before how the **Help Hubs** have been emerging across the wider Peninsula, as a result of the referrals received at the **Selsey Care**



**Shop**. We now provide help and support with a range of topics including form filling; blue badge applications; energy advice; setting up Lasting Power of Attorney; Later Life Planning and Robins

Services. The Hubs have been developed either as stand-alone hubs within local premises or to support community groups already established. We are grateful for the partnerships that are being fostered across the Peninsula.

There will be a combined **Help Hub Event** on Thursday **6th March** at **Bracklesham Barn 2-4pm** where there will be representatives available from the following organisations:

- **Selsey Community Forum**
- Youth Dream Charity
- Carers Support West Sussex
- Community Warden Service
- Chichester District Wellbeing Services

Every month we will include details of the **Community Hubs and Activities** across the **Manhood Peninsula** and here is **February’s 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 on Tuesdays 10-12noon at Downview Hall, Wittering

Amblers 10-11.30 on Thursdays at St James Church Centre

Help Desks	
<b>Birdham</b> St. James' Centre	6th and 20th 10.30-11.45am
<b>Witterings</b> Downview Hall	4th, 11th, 18th, 25th 10am-12noon
<b>Witterings Medical Practice</b>	Tuesdays weekly 3.30-5.30pm
<b>Sidlesham</b> Sidlesham Memorial Hall	11th and 25th 1-3pm
<b>Hunston</b> Hunston Club	7th, 14th, 21st, 28th 11am-1pm
<b>St. Wilfrid's Hospice</b>	13th and 27th 10am-12noon
<b>Bracklesham Barn</b>	6th 2-4pm
<b>Chichester</b> Guardian Angel's Care	13th and 27th 1-3pm
<b>Lavant</b> Sussex Grange Care	20th 1-3pm
<b>Selsey</b> Beacon Church	Tuesdays weekly 2-3pm
<b>Selsey</b> Methodist Church	Thursdays weekly 12noon-1pm
<b>Selsey</b> Medical Practice	Thursdays weekly (by appt only)

## Community Diary

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

### 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**  
**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**  
Chaplains **6.00-7.30pm**

### Wednesday 5th February

**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 6th February

**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 7th February

**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 9th February

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

### Monday 10th February

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

### Tuesday 11th February

**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 12th February

**Friendship Group**  
Methodist Church Hall **10.00-11.30am**  
**SDAA Ladies Tea**  
The SHOP **2.00-3.30pm**

### Thursday 13th February

**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

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**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

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**Friday 14th February****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

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**Saturday 15th February****Veteran's/Serving Personnel  
Brunch**

The Selsey Club 10.30am

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**Sunday 16th February****Sunday ResBite Tea**

Beacon Church 3.00-4.30pm

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**Monday 17th February****Morning Live**

The Venture Club 10.15-11.45am

**SHOP Talk**

The SHOP 2.00-3.30pm

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**Tuesday 18th February****Game Time**

The Rookery 10.00-11.30am

**Welcome and****Wellbeing Group**

Beacon Church 10.30am-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

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**Wednesday 19th February****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

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**Thursday 20th February****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)

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**Friday 21st February****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

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**Sunday 23rd February****Sunday ResBite Tea**

Methodist Church Hall 3.00-4.30pm

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**Monday 24th February****Morning Live**

The Venture Club 10.15-11.45am

**Movies for Memories**

*'Some Like it Hot'*

Methodist Church 12.45-3.30pm

**SHOP Talk**

The SHOP 2.00-3.30pm

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**Tuesday 25th February****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

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**Wednesday 26th February****Friendship Group**

Methodist Church Hall 10.00-11.30am

**Carers Drop In**

The SHOP 2.00-3.30pm

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**Thursday 27th February****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)

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**Friday 28th February****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

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**Sunday 2nd March****Sunday ResBite Tea**

St. Wilfrid's Church Hall 3.00-4.30pm

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**Monday 3rd March****Morning Live**

The Venture Club 10.15-11.45am

**SHOP Talk**

The SHOP 2.00-3.30pm

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**Tuesday 4th March****Game Time**

The Rookery 10.00-11.30am

**Friends Group**

Beacon Church 10.30am-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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Supported and Printed by

The logo for Selsey Press, featuring a stylized 'S' and 'P' intertwined in red and blue, followed by the text 'selseypress' in a bold, sans-serif font. 'selsey' is in blue and 'press' is in red.

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