



# NEWSLETTER

November 2024 **Issue 110**

## Christmas Fayre

Do come along to our Christmas Fayre -

**Christmas FAYRE**

**Saturday 30<sup>th</sup> November**  
**9am - 1pm**

Selsey Town Hall, High Street, Selsey

*Tombola, Christmas Crafts & Decorations, Present Ideas, etc*

Cakes, Mince Pies, Teas & Coffees on sale

Selsey Community Forum  
 Telephone: 01243 201616  
 Email: mail@selseycommunityforum.uk  
 Website: www.selseycommunityforum.uk  
 Address: Selsey Care Shop, 121 High Street, Selsey, PO20 0QB

## Community Christmas Event

**Saturday 30th November** will also see Selsey's **Community Christmas Event.**

For the Community, by the community

**CHRISTMAS FUN**

THE STORY SO FAR.....AND THERE IS MORE.....  
 The road will close at 12.00 noon to set up for the event which will start at 2pm.  
 The parade will start at 3pm from the car park at the back of the car wash, down to West Street.  
 Its Fancy dress, come and join us  
 On the High street you will find  
 FUN KIDDIES RIDES AND ACTIVITIES  
 A ROAMING MAGICIAN, BRAID ARTISTS, A STILTED SNOW QUEEN, CANDY CANE STILT WALKERS,  
 GLITTER FACE PAINTS,  
 A GROTTO FATHER CHRISTMAS  
 MULLED WINE AND MINCE PIES  
 LIVE PETTING ANIMALS  
 MUSIC, ARABESQUE DANCERS AND MORE.....

**STUMPY THE TREE**

**STEVE POWER FROM NATION RADIO!!!!**

**30 NOV**

HIGH STREET, SELSEY  
 For info. Tel Lyn 07969905402

## Celebrating Trustees

**Trustees' Week** this year is 4<sup>th</sup>-8<sup>th</sup> November and is a time to celebrate the achievements of trustees across the UK, to thank them for the time, commitment and effort they bring to help all charities thrive.



Trustees are the volunteers who lead charities and decide how they are run. They are often called board members or the board. Trusteeship is a great way of contributing to causes you care about and developing strategic and leadership skills at the same time.

Anyone can be a trustee and boards thrive when they have a diversity of skills, knowledge, age and experience on their board.

### Did you know?

- \* there are 100,000 vacancies for charity trustees in the UK
- \* trusteeship is open to all ages (usually 18+), backgrounds and skill sets
- \* the level of time commitment can be modest and will vary
- \* there are one million trustees in the UK but many people don't know what a trustee is or that trusteeship is open to them
- \* many charities are keen to diversify their boards and are looking for trustees with ages, experiences, ethnicities and backgrounds that are currently under-represented on their boards
- \* 96% of trustees said they had learned new skills and 84% said being a trustee made them happier
- \* trustees make decisions about the direction a charity takes and how its purposes will be carried out. They also make sure that the charity has the resources and policies it needs and to comply with legal requirements



**Selsey Community Forum** has 12 hardworking and committed Trustees offering different skills, knowledge, ideas, passions and experiences, and helping the Charity to support and enhance our community. The positive impact on all that we do

## 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



has an invaluable effect on all those who may need a little help and encouragement.

## Visitors Always Welcome

Early in October we welcomed Katy Bourne OBE, the **Sussex Police and Crime Commissioner** to the **Selsey Care Shop** so that she could find out more about the work of the **Selsey Community Forum**. We had recently received £2,500 from the **Safer in Sussex Community Fund** to help support the **Selsey Dementia Action Alliance**.



This what she had to say:

*“On Monday, I visited Selsey Community Forum who are beneficiaries of my Safer In Sussex Community Fund.*

*The charity is formed of a partnership of local voluntary organisations who go above and beyond to help people in Selsey and surrounding areas. During my visit, I was shown their Care Shop on the High Street and met some of their brilliant staff and volunteers who work on a variety of areas in the community including wellbeing support, financial advice and emotional support too.*

*The funding I provided the Selsey Community Forum went directly to their group - The Selsey Dementia Action Alliance (SDAA). In my role as PCC, I have always made protecting the vulnerable a priority and the challenges and difficulties faced by those with dementia, often mean they are identified as ‘at risk’.*

*The SDAA educates the local community to understand dementia and encourages organisations, businesses and local partners to work together and share safeguarding best practice.*

*It was a great morning spent with the Selsey Community Forum - the breadth of the work they do to help people is admirable and clearly makes a huge difference to the Selsey community. They even received the King’s Award for Voluntary Service. You can read more about that and the work they do as well as donate to the charity on their website.”*

## Creating a Culture of Community Keeping People Safe

As reported above the **Sussex Police and Crime Commissioner** Katy Bourne visited us. We were able to show her the areas we have developed to enable people to remain safe in their homes, and within our **Selsey Dementia Action Alliance** (SDAA) work.

This has included:

**Access to financial entitlements** such as Attendance Allowance to help pay for care and support. We have excellent links with care organisations across the Peninsula.

## Accessing Support Pathways

can be a challenge, whether following on from a diagnosis of dementia or during the process and so we will support an individual access the relevant health pathway and ongoing support from our partners.



**Opportunities to promote a better understanding of a person with dementia.** Identifying if a neighbour, friend or family may become vulnerable and what to do next to keep that person safe.

## Collaboration with our Community Warden

Richard Moorey who attends some of our groups to remind people about scams. He also fits Key Safes for residents who may be at risk of falls and living alone. A delay for an older person awaiting help following a fall or health incident can cause significant harm to a person and prolong recovery.



Our **Good Morning Calls** provide daily or weekly check in calls and any concerns lead to a **wellbeing check** by us. A Key Safe in place can ensure we can gain entry and arrange for help.

**The Herbert Protocol** ensuring a loved one or carer completes this on behalf of a person with dementia. As the clocks change, a person who may become restless at a certain time of day, may head off out on their own. Sometimes they gravitate to places they grew up in or worked. This is very common and can lead to a person finding themselves lost and unable to communicate where they live making themselves extremely vulnerable.

We encourage families or carers to complete these. We can also store these on our database and make locating the person quicker. Help Cards, SOS Bracelets, Sunflower Lanyards can also be provided if a person heads out independently.

Do you care for someone with dementia and worry they may go missing?

The Herbert Protocol is here to support you.

HERBERT PROTOCOL



If you would like more information about any of these initiatives, please contact the **Care Shop**

## Thank You

**Friday Club Singclusive** (originally SYHO Friday Club) will be breaking for a short while to plan how we develop the format enabling others to attend. We are grateful to **Sue Bringloe** of **SantayogawithSue** for her fabulous support with funding the sessions. Her donations from clients attending her sessions have ensured the **Friday Club Singclusive** could continue for a further 18 months. We wish Sue and husband Peter well on their sailing travels, as they escape for warmer climes in their boat.





Watch this space for our new singing workshops with our amazing practitioner **Belinda Gannon**. This will be for people who need a slower paced choir, with their carers to come together to make music and communicate through singing, sound and percussion.



Thank you to **Sarah Brown** who stepped in to deliver Mobility sessions at **Together Time**. Sarah's employers **Platinum Home Care Services** enabled Sarah to cover the sessions for a few months. Sarah Palmer will be returning to facilitate the



**Mobility Mindful** Sessions from November. Please book through the **Care Shop**.

## Why Music?

This is an interesting poster showing all the benefits of music and this is why we include music in so many of our wellbeing activities.

**WHY MUSIC?**

- MUSIC IS MATH**: Music is **RHYTHM** based on the division of time into fractions.
- MUSIC IS PHYSICAL EDUCATION**: It requires the **COORDINATION** of **FINGERS, LIP...&** the **CONTROL** of back, stomach.
- MUSIC IS LANGUAGE**: Music is a **UNIVERSAL** language.
- MUSIC IS HISTORY**: Music has been present during **EVERY ERA** of **TIME**.
- MUSIC IS ART**: Music allows us to **CREATE** **EMOTION**.
- MUSIC IS LIFE**: That's why our hearts have **BEATS**.
- MUSIC IS SCIENCE**: Music is about **ACOUSTICS & FREQUENCIES** produced by **VOICES** and **INSTRUMENTS**.
- MUSIC IS READING**: Reading music requires **SUBSETS** of skills. These same **SKILLS** help maintain **LITERACY**.

## Welcome and Wellbeing Group



This new Group will begin on **Tuesday 19th November 10.30am** at **Beacon Church**. This will

be an opportunity to come together for stimulating conversations at a slower pace and help improve

dexterity and mobility. (This replaces the Say Aphasia Group). It is aimed at people who may have had a brain injury, or stroke, etc. Carers are also welcome to join. Please book through the **Care Shop**.

## Sleep Well

Insomniacs crave it, those who have lots of it take it for granted and the rest of us fall somewhere in between. The quality of our sleep plays a huge part in our health and wellbeing. But did you know the following sleep-related facts?



### Rapid Eye Movement (REM)

REM sleep was first scientifically observed in 1953 but is still not completely understood. We do know your brain is highly active during REM sleep – a stage of sleep associated with cell renewal, decreases in internal inflammation, dreaming and memory consolidation.

### You get less REM sleep with age

Infants get the most REM sleep, with 50%+ of their slumbers being REM, while adult sleep is up to 25% REM.

### We pass gas during the night

As we slide into slumber, our muscles relax and most of our bodily functions quietly shut down, with some exceptions. Many people don't realise – though may well be told by bedfellows – that they pass gas regularly throughout the night, completely oblivious to the fact.

### You can do complex tasks while you're sleepwalking

Sleepwalking is also known as non-REM parasomnias. Studies of sleepwalkers show that the parts of the brain controlling vision, movement and emotion appear to be awake, while the areas of the brain involved in memory, decision-making and rational thinking remain in deep sleep.

### Dreams are not all black and white

It's a hard one to classify definitively as we don't remember all our dreams, but many people report dreaming in colour as well as black and white.

### An afternoon nap is important for getting children to sleep better through the night

Allowing young children to take a nap at the right part of the day helps to lower their cortisol (stress hormone) levels, allowing for a much more settled bedtime and improved overnight sleep.

### Hormones affect teenage sleep patterns

When you're next struggling to drag your teenager out of bed in the morning, be aware that they're programmed to stay up later. Puberty pushes back the release of the sleep hormone melatonin by one to three hours, putting adolescents out of sync with younger children and adults.

### You can't really make up for sleep deprivation

You can bounce back quickly from occasional bad sleep. However, continued poor sleep can have long-term negative results, including obesity and diabetes.

## Our sleep patterns have changed over time

In pre-industrial times, sleep was split into two sessions, with the first starting around 9 or 10pm, waking around midnight for an hour or two, and then sleeping till dawn. Our sleep evolved to our current pattern after the introduction of electric lighting and the capitalist belief that sleep was a waste of a worker's time!



## One third of your life is spent sleeping

Sleep is vital for survival – helping the body heal, triggering the immune system and giving your heart a break.

## Message from the Selsey Medical Practice

### FLU Vaccinations

Flu vaccinations are now being booked at **Selsey Medical Practice** for those who are eligible; if you haven't booked yours yet, please call 01243 608201.

### Covid Vaccinations

**Selsey Medical Practice** is not administering Covid vaccinations; to book a covid vaccination call 119 or visit the national booking system site:

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>

### Other Vaccinations

Other vaccinations are available to eligible patients such as Shingles, Pneumonia and Respiratory Syncytial Virus. These vaccinations can be administered at any time of the year.

## Ferry Farm Grants for Green Projects



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

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

Whether you're working on eco-education, marine protection, tree planting, or renewable energy, we want to hear from you with your great green ideas for Selsey and Sidlesham.

The grant fund is open until 31st January 2025 and is administered by **Selsey Community Forum**.

To apply, download the application form at [www.selseycommunityforum.uk/Ferry-Farm/](http://www.selseycommunityforum.uk/Ferry-Farm/)

## Here is another initiative from **Ferry Farm Community Solar**

**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

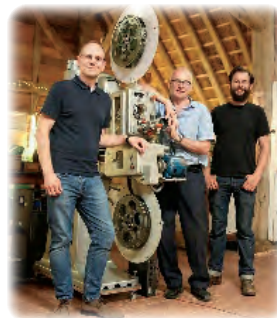
**SCAN ME!**  
Scan here to register your interest!

**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](http://www.ferryfarmsolar.co.uk/retrofit-surveys)

## Selsey Pavilion

Well did you catch that episode of **The Repair Shop** on BBC where Selsey was featured? Christian Skelton, Chairman of the **Selsey Pavilion Trust** had a starring role as did the vintage cinema projector he took along for repair – a dream restoration challenge for expert Mark Stuckey who said that it was one of the best items he has worked on at **The Repair Shop**. The episode was shown on 25th September and so, if you missed it, you could still see it on BBC iPlayer.



The film projector, a nod to the golden age of film and the lost art of projection, is a 250kg behemoth and will soon have pride of place in the **Selsey Pavilion**.

Some more exciting news is that **Selsey Pavilion Trust** is teaming up with students from **The Academy Selsey** for a special film project this academic year. Thanks to the support of **The National Lottery Heritage Fund** and the **Woodger Trust**, the students will explore the **Pavilion's** history and learn filmmaking skills through hands-on workshops. The project, led by **Millstream Productions**, will result in a 15-minute documentary set to premiere next summer at a red-carpet event at the **Pavilion**.





## Selsey Remembrance

The **Selsey Remembrance Service** will be held on Sunday 10th November in the **Academy School Hall** at 10.00am. Following the Service, the **Remembrance Parade** will leave the School and make its way to the War Memorial. All are welcome to attend the Service or join the Parade and pay their respects at the Memorial at 11.00am.



## Start a Heart Day

Selsey has more defibrillators than almost anywhere, but we need more people who are confident in using one.



**Selsey First Responders** are hosting a **START A HEART DAY** on **Saturday 2nd November at Selsey Town Hall** with three sessions at 11am, 1pm and 3pm. Please take the opportunity to learn the skills to potentially save a life – book your preferred slot by emailing [info@selseyfirstresponders.org](mailto:info@selseyfirstresponders.org)

All ages are welcome, and the event is free to all Selsey residents. Just one hour of your life could save the whole of someone else's.

## Decorating Anyone....



**West Sussex County Council** in collaboration with Biffa and Community RePaint (sponsored by Dulux), have announced a new initiative aimed at

reducing paint waste and redistributing surplus paint to individuals and families across the county.

Through this partnership, residents can now donate unwanted paint or take up to 3 tins of paint donated by others at designated Recycling Centres across West Sussex (including Westhampnett), in a bid to encourage reuse throughout the community.

Residents can donate paint which is still in good condition e.g. it has not dried up or gone mouldy, when the drop off container has capacity. The scheme can be used for water-based paints that do not display either a 'hazardous to health' or 'flammable' warning symbol. A full list of accepted paint types can be found on their website.

**To donate or collect any paint you must book an appointment.**

## Thought for the Day



## Community Diary

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

### Friday 1st November

#### 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 3rd November

#### Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

### Monday 4th November

#### Morning Live

The Venture Club 10.15-11.45am

### Movies for Memories 'Summer Holiday'

Methodist Church 12.45-3.30pm

#### SHOP Talk

The SHOP 2.00-3.30pm

### Tuesday 5th November

#### Game Time

The Rookery 10.00-11.30am

#### Friends Group

Beacon Church 10.30am-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 & The Care Shop

4.00-6.00pm

#### Bereavement Group

The SHOP 4.00-6.00pm

### Wednesday 6th November

#### 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 7th November

#### Guardian Angel's Together Time

Methodist Church Hall 10.00am-3.30pm

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 8th November

#### Foodbank

Methodist Church 10.00am-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 10th November

#### Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

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### Monday 11th November

#### Morning Live

The Venture Club 10.15-11.45am

#### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 12th November

#### 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*

Hanover Lounge, Hanover Close

2.00-4.00pm

#### Wellbeing Groups

Star Office & The Care Shop

4.00-6.00pm

#### Bereavement Group

The SHOP 4.00-6.00pm

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### Wednesday 13th November

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### SDAA Ladies Tea

The SHOP 2.00-3.30pm

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### Thursday 14th November

#### Guardian Angel's Together Time

Methodist Church Hall 10.00am-3.30pm

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

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### Friday 15th November

#### Foodbank

Methodist Church 10.00am-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 17th November

#### Sunday ResBite Tea

Beacon Church 3.00-4.30pm

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### Monday 18th November

#### Morning Live

The Venture Club 10.15-11.45am

#### Movies for Memories *'Summer Holiday'*

Methodist Church 12.45-3.30pm

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### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 19th November

#### Game Time

The Rookery 10.00-11.30am

#### Welcome and Wellbeing Group

Beacon Church 10.30am-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 & The Care Shop

4.00-6.00pm

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### Wednesday 20th November

#### 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 21st November

#### Guardian Angel's Together Time

Methodist Church Hall 10.00am-3.30pm

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 Bereave-*

*ment Support by appointment only*

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 22nd November

#### Foodbank

Methodist Church 10.00am-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 24th November

#### Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

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### Monday 25th November

#### Morning Live

The Venture Club 10.15-11.45am

#### SHOP Talk

The SHOP 2.00-3.30pm

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### Tuesday 26th November

#### Vitale Stroke Club

Beacon Church 10.30am-12.00noon

#### Men's Breakfast

Caraway House Care Home

10.00-11.30am

#### VIP Club *For visually impaired*

*Must be a member of 4 Sight*

Hanover Lounge, Hanover Close

2.00-4.00pm

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### 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 & The Care Shop

4.00-6.00pm

#### Selsey Dementia Action Alliance

Beacon Church 5.00pm

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### Wednesday 27th November

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Carers Drop In

The SHOP 2.00-3.30pm

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### Thursday 28th November

#### Guardian Angel's Together Time

Methodist Church Hall 10.00am-3.30pm

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 29th November

#### Foodbank

Methodist Church 10.00am-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

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### Saturday 30th November

#### Selsey Community Forum

Christmas Fayre 🌲 Selsey Town

Hall 9.00am-1.00pm

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### Sunday 1st December

#### Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

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### 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

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Supported and Printed by

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

Excellence in Print for over 60 Years