



Selsey Care Shop Support Programme

Lunch & Movie Club (Movies for Memories) in Selsey Town Hall.

Selsey Dementia Action Alliance drop-in with Sue Hancock where you can find out all about local dementia support services.

Carers Social Interaction Group.

'It's OK not to be OK' - a drop-in support group, in which it is OK to admit you are not OK, offers an opportunity to share life's problems.

In partnership with The Alzheimer's Society, a peer support group for carers and the chance to talk about how dementia affects your life.

Selsey Dementia Action Alliance's dementia-friendly Men's Group meets for tea, chat and interactive activities.

'SHOPtalk', a tea and chat session for different groups each week.

Carers Coffee Morning, for those looking after their loved ones.

Carers Support Group, in partnership with West Sussex Carers Support.

'ResBite Teas' on Sunday afternoons with cream and cakes for those who might be lonely or normally housebound.

Second and fourth Monday each month in Selsey Town Hall at 1pm.

Mondays in Selsey Care Shop at 2-4pm.

Tuesdays in Selsey Care Shop at 2.30-4pm.

Tuesdays in Selsey Care Shop at 5.15-6.15pm. Advance registration not necessary.

Fourth Wednesday each month in the Methodist Church Hall at 1.30-3.30pm. Register to attend on 01403 213017.

On the first Wednesday and second Friday each month at 2-3.30pm in Snak Shak, 139 High St.

On the first and fourth Wednesday each month in The SHOP, 89 High St at 2-3.30pm for those who might be lonely or normally housebound.

On the third Wednesday each month in The The SHOP, 89 High St for ladies living with dementia and their carers.

On the second Thursday each month in the Methodist Church Hall, 10-11.30am.

On the third Thursday each month in the Methodist Church Hall at 1.30-3pm.

On the second Sunday each month at St Wifrid's Church Hall from 3-4pm.

On the third Sunday each month at East Beach Church from 3-4pm.

On the fourth Sunday each month at the Methodist Church Hall from 3-4pm.

We also offer, some from time-to-time and some by request:

Befriending Visits

Good Morning Telephone Calls (in Selsey and Bracklesham & the Witterings)

Adult Services - Mentoring and Parenting Support

Bereavement Counselling for Individuals

Return to Sunday School (dementia-friendly recreation of 1960s Sunday School)

Outings and Special Events

Craft Workshops

Christmas Day Lunch (for those who would otherwise be on their own)

Catering for the Lunch Club and Buffets as required

Community Information - available in the Selsey Care Shop.

Production and distribution of Senior Selsey News

You can find out more by visiting the Selsey Care Shop, 121 High Street
or telephoning us on 01243 201616.