

NEW YEAR 2026 BUDDY SUPPORT

NEWSLETTER



HAPPY NEW YEAR TO ALL.....

I hope that everyone reading this had a peaceful Christmas and New Year. I know for many Christmas is a time for celebrations, family, and overindulgence, but there are also many that dread this time of year due to increased isolation and loneliness. Selsey Community Forum, as always, has tried to alleviate this feeling to as many in our community as possible. Our Good morning calls continued, the opening of the Care Shop between Christmas and New Year, and the amazing team effort to hold the Christmas day lunch at the Beacon Church supported so many. Huge thanks to all involved that helped to make this another success. 80 people attended the Beacon Church to sit down for a hot Christmas lunch and a further 56 deliveries were made to those that are housebound. Volunteers were and are absolutely invaluable.

Stats from 2025

The Community Support this year has been outstanding, in no small part due to the volunteers and buddies. The statistics below highlight some of the hard work and achievements.

BUDDY SUPPORT	2025
Newsletter deliveries	1500 deliveries a month
Prescription collections	195
Small Shops made and delivered	62
Computer and Smart Phone support	61

Pet Pantry deliveries	Between 3 and 7 deliveries made weekly
Free key safes erected	63

- 19,524 Good Morning Calls made
- 894 people assisted by BATS (Buddy Assisted Transport) to attend medical appointments
- 1203 people supported at our new 13 Community Hubs
- 1211 households supported with personalised energy support
- Nearly 8000 people seen face to face within the Care Shop

Behind the scenes in depth, money support, counselling, housing and employment, much needed befriending groups and carers support, as well as end of life support also takes place daily.

To be able to offer this support to our community, we rely on funding applications and donations only. The support from volunteers and buddies within the community, Care Shop and groups, allows staff time to complete the often long and in depth applications needed to be completed, referrals to be made for people in need and one to one support to many in our community- Thank you.

General Information

We have a new group starting on 21st January called 'Open Arms'

Open Arms is a welcoming, supportive community group created for adults who wish to connect with like-minded people, build friendships, and receive gentle guidance around managing their mental health and wellbeing. We work in partnership with The Care Shop services, offering practical wellbeing support, information, and guidance to help you navigate difficult or overwhelming times with compassion and confidence.

The group will run every Wednesday at the Beacon Church between 10am and 12pm, starting in February, led by our wonderful volunteer Carol and supported by a small team of dedicated individuals who have all experienced their own challenges with mental health in the past.

If anyone you know is feeling the winter blues, loneliness, isolation, or you simply have things weighing heavily on their heart, please do encourage them to pop along. They'll be welcomed with "open arms", a warm drink, and a safe space to talk, breathe, and feel understood.

2026

The Selsey Care Shop and Community Forum have grown from strength to strength over the last 14 years, and the addition of 13 Community Hubs has highlighted the extended needs across the Manhood Peninsula. Working in partnership with the Woodger Trust we are in the process of supporting a new Care Shop in the Witterings- watch this space for further information, but we are proud to be able to support further communities in need.

Buddy and Volunteer Support

Buddies and volunteers are paramount to the smooth running and community Support that SCF can offer. We appreciate that at times you yourselves may need additional support in counselling or befriending about personal matters. Sarah Palmer, our Counselling Lead is available to support you if needed. Please contact her at sarah@selseycommunityforum.uk .

Once again, a thank you to you all. You make Selsey proud.

Take Care, Katy

Katy Grows

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