



NEWSLETTER



August 2026 Issue 129



LAKEVIEW
GRANGE
CINNAMON CARE COLLECTION



HEALTHCARE
DESIGN AWARDS

Best Interior Design

WINNER



Thank you to Lakeview Grange Care Home for sponsoring this edition of the Newsletter.

Newsletter

As you know, this **Newsletter** has been going for quite some time and hopefully keeps you updated as to what the **Selsey Community Forum** is all about. We also try to let you know about some of the many things that are going on within our community.

We have told you about the exciting news that our **Help Hubs** have been so successful in places that the **Witterings Community Forum** is in the process of being developed. There is an article in this edition letting you know how this has come about.

For the next couple of months, this **Newsletter** will include items about the **Witterings Community Forum** and the opening of the **Witterings Care Shop** and will be delivered to our friends in that community. It is hoped that in the autumn **Witterings Community Forum** will have their own **Newsletter**. In the meantime, this is another bumper issue....

Thank You.....

- **The Glenister Woodger Trust** for all their generous donations
- **West Sussex County Council** £1,500
- **Friends of Selsey Medical Practice** £8,000
- **Design Dance Collective** for their fundraising activities on behalf of the **Care Shop**

Selsey Open Gardens

As the last **Newsletter** was quite full, I did not have space to include this write-up about the **Selsey Open Gardens** event so here it is with thanks to Pat Eatwell.



Despite rough weather leading up to Sunday 7 June, a fantastic day was enjoyed by visitors to **Selsey Open Gardens** raising an amazing amount for three local charities.

£3,134 was raised for **Selsey Care Shop**, £1,567 for **Selsey Community First Responders** and £1,567 for **Youth Dream**. Other Selsey charities benefitting include **Selsey Shuttle Bus**, **Selsey and District Lions** and **Selsey RNLI**.

Twenty-five private and community gardens opened for viewing and visitors came from far and wide. Fourteen of these were new gardens for this year creating additional interest and fresh ideas.

A big 'thank you' goes out to all those involved in participating in the event including: **The Hidden Garden** volunteers, the garden owners, **Selsey Shuttle Bus** and **Selsey and District Lions** minibus drivers, local nurseries and businesses, and everybody who visited and admired the gardens. Also, thanks to the **The Selsey Shantymen**, **The Selsey Molls**, **Cloud Nine Musical Theatre**, **Big Pyramid Band**, **Selsey Naked Ukeles**, the **Flute Duet** and the **Harpist** for providing such wonderful entertainment throughout the day, and **Selsey Community First Responders** for their CPR, Defibrillator and Raizer Chair demonstrations.

Jan Turney who opened her garden said: 'We had such a great day with 262 appreciative visitors who were very complimentary about our garden and others that they had visited. Well done the organisers.'

The day was such a success that six new garden owners have already asked to be added to the list for next year. If you would like to open your garden for this event, please phone Paul on 07815 790770 or email: info@selseyopengardens.org.uk.



The Hidden Garden

You will be pleased to hear that **The Hidden Garden** has extended its opening hours and so you can now pop down **Tuesdays, Thursdays and Saturdays between 10am and 4pm**. By virtue of its name, it is



COMMUNITY PROJECT

Selsey Community Forum

Selsey Care Shop, 121 High Street, Selsey PO20 0QB Tel: 01243 201616 Web: www.selseycareshop.uk

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



so well hidden that people still ask where it is! It's located at the **Bridge Support Centre** which is just behind **Selsey Library** in School Lane.

We are coming into the season of abundant fruit and would like to invite you to let us know about any fruit trees we can help to harvest. At **The Hidden Garden** we share this with the Selsey community to make sure this wonderful local resource does not go to waste.

Abundance Fruit Project

Do you or your neighbours have any fruit trees in your garden which you are unable to harvest?
If so, we can help you harvest them, leave you some of the fruit and distribute the rest across Selsey to people who will enjoy it




Please tell us about any Apple, Pear, Plum, Cherry, Damson, Fig or other fruit you think could be harvested and shared.

We would also like to know if you would like to plant a new fruit tree in your garden or local neighbourhood?





Please contact Paul at 07815790770 or at paul@selseycommunityforum.uk organised by 

Car Boot Sales

We do seem to have been fortunate so far with sunny days for our **Car Boot Sales** – let's hope it continues. We raised a further £200; thank you to all those who are making them happen and to everyone who attends them.

2026

Sundays 30th Aug 27th Sept



No booking necessary
Cars £10.00 - Large Vans £20.00
Gates open 7.30am (7am for Sellers) & close at 1pm
All gate proceeds to Selsey Community Forum
Dates subject to weather & ground conditions

The Academy School Field, School Lane, Selsey PO20 0QH

For more information contact
Dave Butcher: 0797 670 3567

Selsey Community Forum is a registered charity - No 1203445



Carers Summer Afternoon Tea

Invites to the annual **Carers Summer Afternoon Tea**, an event for all Carers and their Cared for were in last month's **Newsletter** – please remember to respond by Monday 24th August if you received one.

Carers Summer

AFTERNOON TEA

FRIDAY 11TH SEPTEMBER

1-3PM

SELSEY COUNTRY CLUB

THERE WILL BE A RAFFLE



Please contact Susie Parsons through the Selsey Care Shop on **01243 201616** to book your place

Remembering a much-loved friend and colleague

Many of you will remember Sue White who led our Carers group and who passed away last year. Phil Thomas, one of our supporters decided to honour Sue's memory for all the hard work and dedication she put into **Selsey Community Forum** and the folk we support. An award celebration was set up and attended by some of our volunteers who dedicate their time supporting wherever there is a need. A plaque and vouchers were awarded to our winner, Paul Everett – seen here in the picture with Sue White's husband, David. Vouchers were awarded to the volunteers at a lovely meal at the Walnut Tree restaurant. The award is set to continue in the future. We would like to thank everyone for making this a special celebration in memory of Sue and for Phil Thomas for making the event possible.



Ability (Disability) Aids

At the **Care Shop** we try to help people who need assistance aids. If you have any assistance aids which are no longer needed in your family, please consider donating them to the **Care Shop**. We sort out those which need to be returned to the NHS and will organise their return for you. If they are owned by you, then we can use them to help others when you no longer have a need for them. Please just



call the **Care Shop** and we will arrange for one of our volunteers to collect those assistance devices you no longer need. Whatever you do, please don't throw them away. Someone in Selsey will be grateful to reuse them to make their life just a little bit easier.

Alcoholics Anonymous

Last month we promised you an inspiring story and so here is Richard's story of recovery from alcoholism. Thank you, Richard for this heartfelt article:



*"My name is Richard and I'm an alcoholic. My relationship with alcohol has been between bad and fairly terrible. When I pick up a drink, I am never sure where it'll end. Over the years there have been many failed attempts to moderate or quit. It never lasted until I started going to **Alcoholics Anonymous**. That was 2 years ago, and my life is enormously better now.*

I woke up the morning of my last day drinking on the floor of my flat, alone apart from my cat, surrounded by empty bottles and seriously thinking about ending it all, again. Something had to change. I picked the phone to AA and spoke to someone who had been just like me and had found a way out. The next day, a kind AA member took me to a meeting. Shaking, terrified and bewildered, I was welcomed in by alcoholics who were now happy and sober. I listened to their stories and knew I was in the right place.

AA seemed very weird at first. Here were a bunch of people from all walks of life that have the same problem with alcohol as myself. Some people had been sober for days, some for years. Nobody wanted anything from me, they just wanted for me to get well and to help. It was suggested I went to more meetings, which I did. Fuelled by tea and biscuits, things started to change. So long as I didn't pick up a drink and got to plenty of meetings, they said things would get better. They did, slowly but surely my life turned around. I followed their suggestions and any prejudice I had to it being a spiritual program of recovery slipped away when I understood this was not in any way religious.

In some ways the last 2 years have been tough, but if I have ever wanted to drink, I've phoned my new sober friends, and their help has always been brilliant. My physical health has improved, and I am able to manage ongoing conditions far better. My mental health has been a struggle at times, but my GP has been very supportive with that. My relationships with friends and family are better, and I've been already able to help others that were suffering as I once was.

If you think you might have a drink problem, come to a meeting and see if you want the same happy sober life as me and lots of others find through AA. Until then, take care."

Richard, age 55 and 2+ years sober

There are AA meetings in Selsey every Tuesday, Friday and Sunday. For more information, please visit www.alcoholics-anonymous.org.uk or call the 24-hour helpline: **02392 580776**.

Hello August

Hello everyone, I have honestly missed writing for you all; however, how incredible was it to read how busy the Charity has been?

We're now in full swing of summer and, my goodness, can you feel the energy shift? I hope you're keeping hydrated and hats on in this extreme heat!



I often reflect on the idea that life is like a train journey. Some people jump on and off, some sit beside us for a while, and a precious few remain for much of the journey.

This August, I feel incredibly grateful for friendship and connection. Over recent months, we have said goodbye to some very special people who became friends of mine through volunteering and, others I met through our wonderful groups.

Unbeknown to them, they left something deeply rooted within me: a desire to remain authentic, love with my whole heart, seek kindness, lead with courage and bring a little more ease into people's lives.

Can you think of someone leaving footprints on your heart?

Perhaps take a moment to share your gratitude with those who, without even knowing it, have created a little wave in your life and a memory you'll carry forward. Or share your stories with friends; it may even inspire them to think of someone special too, creating that wonderful ripple effect we can all sometimes need.

I am so grateful to share these thoughts with you. Your kind words and feedback mean the world we are truly blessed to be living here in Selsey in such a wonderful community, aren't we?

Thank you for travelling alongside me. ❤️

Sending you all so much love and light, Sarah Palmer



Poppies Please.....

We are looking for crafters/knitters to produce poppies for an indoor installation at **St Wilfrid's Catholic Church** for **Remembrance Sunday 8th November 2026**. Mike Beal from the **Selsey Care Shop** and **Venture Club** will be collecting these. So, get knitting please! The size of the poppies needed is 50 -70mm or 2-3 inches in size.



Our Journey to the Witterings Care Shop

Inspired by the proven success of the **Selsey Community Forum**, we are delighted to bring the same trusted model of community support to the Witterings and surrounding villages.

Working in partnership with local voluntary organisations, health and social care services, businesses and community groups, the **Witterings Community Forum** will identify local needs, initiate and fund projects, and help develop and coordinate services that make a real difference to people's lives.

At the heart of the Forum is the **Witterings Care Shop** in **Shore Road, East Wittering**, which will open on **1st September**, with an opening ceremony on 11th September. Housed in the former Lloyds Bank building, generously refurbished by **The Woodger Trust** with the support of donations, the **Care Shop** will be a welcoming community hub providing information, advice and guidance.

Through the **Care Shop** and our local **Help Hubs**, supported by a dedicated team of volunteers, supporters, Trustees and local professionals, all residents will be able to access practical support, emotional reassurance, local services and the resources they need to stay connected within their community. Whether someone needs help completing forms, accessing benefits, finding local clubs, or simply a friendly face and a listening ear, we're here to help.

We already have several successful local groups, including the **Tuesday Club**, **Good Morning Call** and **Birdham Amblers**, and we look forward to helping many more people connect with the support available across our community. This photo shows the fun that can be had at the **Tuesday Club**.



The **Good Morning Call** service in the Witterings and surrounding villages started around seven years ago by Drew, the much-loved Community Warden, and it has been led by June Bevis since 2019 (see separate 'spotlight' on June) and supported by a group of volunteers. The service supports those that are lonely, housebound or enjoy a chat, as well as a way of checking in on wellbeing and safety.

From this, the **Good Morning Group** developed and started in March 2024. Led by June, Natalie, and a dedicated team of volunteers, it has become a lively and welcoming social group filled with fun, laughter, and gentle exercises for both the body and the mind. Each session includes a variety of activities, quizzes, and plenty of time to chat over tea and an impressive selection of homemade cakes. The group began with just 15 attendees and has grown significantly, with more than 75 people now joining on a regular basis. Its success reflects the strong sense of community, friendship, and support it has created.



The **Help Hub** joined the group at the hall over 20 months ago and has since become an invaluable source of practical and emotional support for people facing a wide range of challenges. Building on its success, the **Help Hub** has expanded its reach into

the wider community and now also operates weekly sessions at **Bracklesham Barn** and **Witterings Medical Practice**. The **Hubs** are supported by **Vitale Care**, who provide a dedicated member of staff at the sessions and carries out community visits, ensuring people receive the support they need.

We are now absolutely thrilled and delighted to bring the **Care Shop** to the Witterings, serving the community five days a week. None of this would have started if the **Good Morning Calls** and the groups hadn't been there, working together with local people and supported by a dedicated team of volunteers.

We look forward to welcoming the community to the new **Care Shop** when it opens in September, serving the people of Witterings and surrounding communities. It is with grateful thanks to **The Woodger Trust** for all the support and funding to make this possible.

Whether you visit for advice, practical support, to volunteer, donate, or simply for companionship, together, we're creating stronger connections and building a community where everyone feels supported, valued and included.

The group photo below was taken by **Sage House** during our Dementia Training in July and includes



staff and volunteers from the **Witterings Care Shop**. The dementia training session was delivered by **Sage House**, Jacquie Pond (trainer), and our Witterings community Wayfinder, Lynne Hornibrook. Lynne is now part of the local community that is available to provide advice and emotional support for people living with dementia in the Witterings area. Contact **Sage House** for support and check out their website: www.dementiasupport.org.uk

What You'll Find at the Witterings Community Forum

- ✓ A welcoming Care Shop in Shore Road
- ✓ Help and advice on benefits, Blue Badges and other applications
- ✓ Friendly Help Hubs staffed by volunteers
- ✓ Information about local services and activities
- ✓ Opportunities to volunteer and support your community
- ✓ A network of trusted local tradespeople and professionals
- ✓ Partnerships with health, housing, employment and voluntary organisations



Spotlight on June Bevis



June Bevis started Good Morning Call, which began as a welfare check-in phone service, to chat with isolated residents, and eventually inspired and expanded into the community Help Hubs. She co-founded and leads with her able group of volunteers, the Tuesday Club in East Wittering, which operates out of Downview Hall. The club serves as a vital community lifeline for local pensioners, including those with dementia and younger adults with learning difficulties. While the club supports in the main the more mature guest, they also welcome anyone that feels they could benefit from a friendly, fun morning. So, if you're free on Tuesday morning, come along!

**Connecting People • Providing Support •
Strengthening Our Community**

Community Food Hub

A reminder that we host a **Community Food Hub** every other Tuesday (**11th and 25th August; 8th and 22nd September**) at **Beacon Church 2.00-3.00pm**. These are run by **UKHarvest**, a charity that:



- ❁ helps reduce food waste across the food system and in the home
- ❁ offers free food education to those who would like to feel more confident in the kitchen and learn how to save money by throwing edible food away less
- ❁ brings people together through community activities and programmes
- ❁ creates access to affordable healthy food helping those struggling to feed their households

Selsey is one of 15 **Community Food Hubs** across West Sussex. For a suggested donation of £5 you can take a bag of food home with you – there is always an amazing selection of fresh and ambient food. Remember to bring a bag.



Everyone is welcome at the **Community Food Hubs**. They are warm welcoming spaces where they host additional wrap around services and face-to-face conversations about anything from health to finances. All the services are open to everyone with no means testing and no referral needed. Volunteers from **Selsey Community Forum** are always there on hand to help.

There is also a **Community Food Hub** at **East Wittering** every other Thursday (**13th and 27th August; 10th and 24th September**) 3.00-4.00pm at the **United Reform Church** in Oakfield Avenue.

Help Hubs

We don't just offer help in Selsey and the Witterings – our **Help Hubs** are available across the **Manhood Peninsula**, offering support to those who need it. For further details, please contact: 07379 789721 (phone monitored Monday–Friday 9.30am–1.00pm) or **Selsey Care Shop**. Support is never far away

Hub Help Desk Locations

BIRDHAM - 2nd Wednesday of the month 11am - 1pm St James Church Centre, Birdham, PO20 7HG
BIRDHAM 2nd & 4th Thursday of the month 10.30am - 11.45am - Pump Café, St James Church Centre, Birdham PO20 7HG
BOSHAM - 1st & 3rd Wednesdays of the month 10am - 12noon - St Wilfrid's Hospice, Bosham PO18 8QB
BRACKLESHAM - Thursdays - weekly 2pm - 4pm - Bracklesham Barn, PO20 8HU
CHICHESTER - 3rd Tuesday of the month 1.30pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ
HUNSTON - Fridays - weekly 11am - 1pm - Hunston Community Club, Hunston, PO20 1AW
PAGHAM - 2nd & 4th Thursdays of the month with Coffee Morning Hub 10am - 11.30pm Village Hall, PO21 4NJ
SELSEY - 2nd Wednesday of the month - includes 'Digital Support' 10am - 12noon - The Rookery, PO20 0LL
SELSEY - 4th Wednesday of the month - includes 'Digital Support' 10am - 3pm - The Rookery, PO20 0LL
SELSEY - Tuesdays - Fortnightly with Food Hub 2pm - 3pm - Beacon Church, PO20 0PD
SELSEY - Thursdays - weekly 12noon - 1pm - Selsey Methodist Church, PO20 0RD
SELSEY - Thursdays - weekly Selsey Medical Practice, PO20 0QG - by appointment only
SIDLESHAM - 2nd Tuesday of the month 1pm - 3pm - Parish Rooms, PO20 7RE
SIDLESHAM - 4th Tuesday of the month 1pm - 3pm - The Sidlesham Memorial Hall, PO20 7RD
WITTERINGS - Tuesdays - weekly 10am - 12noon - Downview Hall, East Wittering PO20 8NS 3.30pm - 5.30pm - The Witterings Medical Centre, East Wittering PO20 8BH

Help Hub Contact number: 07379 789 721
(phone monitored Monday - Friday 9.30am - 1pm)

Recent Doorstep Crimes

A **Neighbourhood Watch** alert has reported a trending doorstep crime currently being seen across Sussex involving 2 males knocking on elderly peoples' doors claiming to be from the council and needing payment to fix the drains. They ask for payment via card, asking the victim to hand over their bank card and PIN to take the payment, and then abscond with the bank card. To date there have been reported losses in excess of £35K across seven cases this month. Please be vigilant and make others aware of this recent trend.



WHO WILL CALL ON YOU TODAY?

What would you do if one of these people called on you at home? Doorstep criminals will use excuses to enter your home to steal, or charge inflated prices for "repairs"

- Look after yourself and older neighbours
- Always make sure your back door is locked
- Talk to your energy supplier about the Priority Services Register
- Always use your own chain of sale
- Never answer paying visitors
- Police need to know about doorstep crimes

If you feel threatened call 999
Report criminals by calling 101

If you wish to remain anonymous call
Crimstoppers on 0800 555 111

Don't! Non-emergency text 07791 450099
Mini-com users call 18001 101

Churches Together

St Wilfrid's Parishioners are inviting fellow Christians from **The Four Churches of Selsey** on **Friday 21st August at 4pm**. A lovely opportunity to come together and join us for refreshments - cake and plenty of tea, and fellowship. Please do join us and let Karen Pirks know if you are likely to attend and can assist with refreshments. 07824 376760.

Selsey Summer Events

☀ **Selsey Lifeboat Week** started on **Sunday 26th July** with a Service of Praise and Thanksgiving and finishes on **Sunday 2nd August** with loads happening on **Lifeboat Green** throughout the day. Check out the packed week of entertainment at www.selseylifeboatweek.co.uk/



☀ **Manhood Classic Car Club** hold their 15th annual summer show on **Saturday 22nd August** from **10am-3pm** at the **Academy Sports Field**.



This event is free to attend, and all are welcome with lots going on for the whole family; visitors car parking on the field. Please contact Les Payne on

07779 794053 for more information.

☀ The **Annual Beer and Rounders Family Day** is on **Sunday 9th August** at the **Recreation Ground** starting at **10.30am**. Teams of 7 are wanted; there will be a pay bar, stalls and attractions for a family fun day. Please contact Ricky Halpin on 07968 961323 or selseycc@gmail.com for more information.



☀ **Arts Dream Selsey Annual Art Exhibition and Sale** at **Medmerry Primary School** from **29th-31st August** opening at **10am** each day. All pieces on display are created by our very talented local artists.



Digital Hub

This helpful service is now available to all residents in Selsey with grateful thanks to **Clarion** for sponsoring it - it may prove useful if the cartoon below resonates at all....

Digital Hub - The Rookery

55 Beach Road, Selsey, PO20 0LL

Need help with your Phone, Internet or Laptop?

DIGITAL HUB Free friendly service in Selsey for Residents

We are here at The Rookery in the Communal Lounge every
2nd Wednesday and **4th Wednesday**
10am to 12pm and **10am to 3pm**

Come and meet us - or if you prefer book a Home Visit by contacting the
 Care Shop for an Appointment **01243 201616**

We can help you to ...

Internet ✓ Learn to search safely	Use NHS APP to Book Doctor's Appointments and check Results 	Pay Bills On-line 	Order Shopping to be delivered 	Keep updated with News via Internet or Email • Play Games • Watch Sport or Films • On-line Banking • Learn something new • Use Facebook, WhatsApp or Instagram
Make Video calls with Family 	Write a letter and send and Receive Emails 	Get Advice about Energy or change Energy Provider 	Do you need advice about Money Support? 	



ADVERTORIAL



WINNER

Thank you to **Lakeview Grange Care Home** for sponsoring this edition of the Newsletter.

Lakeview Grange opened in Chichester in early 2023 and has been welcoming residents since and is now fully occupied. It transformed a site that was many months in development into a state-of-the-art care home oozing warmth, hospitality and exceptional care.

Lakeview Grange provides residential and respite care alongside support for people living

with dementia offering a real 'home from home' experience. The people living and working at **Lakeview Grange** enjoy exceptional facilities with a chance to be involved in a variety of social activities which mirror their interests and hobbies. Their Wellbeing & Lifestyle Team carefully plan events around individual choices to keep residents engaged throughout the day, with fun daytrips,

indoor and outdoor exercises, crafts sessions, competitions plus so much more.

There is also the opportunity to watch a nostalgic movie in the cinema, be pampered in the hair and beauty salon or simply to relax in a variety of comfortable lounges or the café bar. Each bedroom is comfortable, light and spacious with a walk-in shower room and thoughtfully furnished with older people in mind. There are also a limited number of care suites each with an ensuite bedroom and separate lounge with compact kitchenette – ideal for couples or singles looking for extra space and independence.

The Chef and team pride themselves on providing a superb dining experience and mealtimes are one of the highlights of the day – a time when people come together to socialise and enjoy dishes that are a match for any high-class restaurant. The team thrives on creating delicious and nutritionally balanced menus to reflect the preferences of the people who live at **Lakeview Grange**, including some more adventurous recipes alongside more



traditional fare. Homemade bakes are always on offer – Paul Hollywood would be extremely impressed! For special occasions and celebrations there is an elegant private dining room for our residents to enjoy with their family and friends.



As well as residential care and the opportunity for short stays, **Lakeview Grange** has a community dedicated to the care of people living with dementia – the single aim is to build on people's abilities and life experience to help them live active and fulfilled lives.

Lakeview Grange is part of **Cinnamon Care Collection** which has for the last eight years been recognised as one of the UK's Top 20 Large Care Home Groups by **Carehome.co.uk**, the UK's leading independent care home reviews website. The **Carehome.co.uk** awards are based on reviews from care home residents as well as their friends and relatives.

If you would like to take a tour of **Lakeview Grange**, please call: **01243 212429**.

Selsey Community Forum What's On

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

Sunday 2nd August
No ResBite Tea this week

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

Tuesday 4th August
Game Time
The Rookery 10.00-11.30am
Friends Group
For former carers
Beacon Church 10.30am-12noon
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
Veteran's/Serving Personnel Brunch
The Hopp Inn 11.00am

Wednesday 5th August
Friendship Group
Methodist Church Hall 10.00-11.30am

Alzheimer's Group
Methodist Church Hall 1.30-3.30pm
Hope in the Dark
2.00-4.00pm
Parkinson's Group
The SHOP 2.00-3.30pm

Thursday 6th August
Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 12.30 Lunch;
Raffle, crafts, games, tea & cake
Wellness Café
Guardian and Parental Support Group by appointment only
Grow Selsey
Outdoor Tea Garden
The Hidden Garden 2.00-3.30pm

Friday 7th August
Foodbank
Methodist Church 10.00am-12noon
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 Cabin, Beacon Church 2.30pm

Sunday 9th August
Sunday ResBite Tea
St. Peter's Church Hall 3.00-4.30pm

Monday 10th August
Morning Live
The Venture Club 10.15-11.45am

SHOP Talk
The SHOP 2.00-3.30pm

Tuesday 11th August
Men's Breakfast
Beacon Church 10.00-11.30am
Group for Visually Impaired
Venture Club 2.00-4.00pm
Carers Afternoon Tea
The SHOP 2.00-3.30pm
Community Food Hub
Beacon Church 2.00-3.00pm
Bereavement Group
The SHOP 4.00-6.00pm
Wellbeing Groups
Star Office & Care Shop 4.00-6.00pm

Wednesday 12th August
Digital Hub
The Rookery 10.00am-12noon
Friendship Group
Methodist Church Hall 10.00-11.30am
SDAA Group
Ladies Afternoon Tea
The SHOP 2.00-3.30pm

Thursday 13th August
Together Time
Methodist Church Hall 10.00-3.15pm
10.00 Tea, sing-song; 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

All Our Yesterdays

To inspire memories

Beacon Church 2.00-3.30pm

Grow Selsey

Outdoor Tea Garden

The Hidden Garden 2.00-3.30pm

Friday 14th August

Foodbank

Methodist Church 10.00am-12noon

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 Cabin, Beacon Church 2.30pm

Sunday 16th August

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 17th August

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Movies for Memories

'Notting Hill' (lunch included)

Methodist Church 12.30-3.30pm

Tuesday 18th August

Game Time

The Rookery 10.00-11.30am

Welcome and Wellbeing Group

Beacon Church 10.30am-12noon

Men's Carers Group

The SHOP 2.00-3.30pm

Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

Wednesday 19th August

Friendship Group

Methodist Church Hall 10.00-11.30am

Parkinson's Group

The SHOP 2.00-3.30pm

Thursday 20th August

Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

Grow Selsey

Outdoor Tea Garden

The Hidden Garden 2.00-3.30pm

Men's Carers Group

The SHOP 2.00-3.30pm

Wellness Café

Navigating Together

The Methodist Church 2.00-3.30pm

Friday 21st August

Foodbank

Methodist Church 10.00am-12noon

Money Support

Methodist Church Hall 10.00-11.30am

Counselling Support

Methodist Church Hall 10.00-11.30am

Ladies Breakfast

Caraway Care Home 10.00-11.30am

Friday Tea & Talk

The Venture Club 2.00- 3.30pm

Wellspring

A support group for men

The Cabin, Beacon Church 2.30pm

Saturday 22nd August

Veteran's/Serving

Personnel Brunch

Selsey Private Club 10.30am

Sunday 23rd August

Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

Monday 24th August

Morning Live

The Venture Club 10.15-11.45am

SHOP Talk

The SHOP 2.00-3.30pm

Tuesday 25th August

Men's Breakfast

Caraway Care Home 10.00-11.30am

Vitale Stroke Club

Beacon Church 10.00am-12noon

Group for Visually Impaired

Venture Club 2.00-4.00pm

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 26th August

Digital Hub

The Rookery 10.00am-3.00pm

Friendship Group

Methodist Church Hall 10.00-11.30am

Thursday 27th August

Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

All Our Yesterdays

To inspire memories

Beacon Church 2.00-3.30pm

Grow Selsey

Outdoor Tea Garden

The Hidden Garden 2.00-3.30pm

Wellness Café

Cancer Support

The SHOP 2.00-3.30pm

Friday 28th August

Foodbank

Methodist Church 10.00am-12noon

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 Cabin, Beacon Church 2.30pm

Sunday 30th August

Car Boot Sale

Academy School Field

7.30am – 1.00pm

Sunday ResBite Tea

Beacon Church 3.00-4.30pm

Monday 31st August

August Bank Holiday

Tuesday 1st September

Game Time

The Rookery 10.00-11.30am

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 2nd September

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



STOP PRESS

Selsey Community Forum are looking for a volunteer **Treasurer**.

If you have experience and think you could help on a part time basis, then for more information please contact us on **01243 201616** or email **mail@selseycommunityforum.uk**

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