

## Selsey Community Christmas Day Lunch

Once again, **Selsey Community Forum** volunteers and **Beacon Church** put on a much-appreciated **Selsey Community Christmas Day Lunch**. We



delivered nearly 60 meals to people's homes and then another 70 or so meals were served in the Church to guests who enjoyed not only a hot Christmas dinner, but some carol singing,

a quiz, listening to the Kings' Christmas Day message, and of course, company.

We thank the amazing army of volunteers who made this possible and flow so smoothly. Despite the day having the odd challenge, including a major power outage, we kept on track with the home deliveries along with the sit-down meals that importantly were all served on time!



In addition to the volunteers, we would thank all those who donated money and goodies towards the event and these much-valued partners without whose support, the day would not have happened:

**Little Busy Bee Removals, Selsey Town Council, The Academy, UK Harvest, Ian Francis Butcher, Country Gardens, Balloon Celebrations 4 You, The Hopp Inn, Selsey Folk & Music Club, Selsey and District Lions, Sussex Grange**

Planning for Christmas Day 2026 now begins!

### Thank You.....

- **Everyone** who helped our **Christmas Fayre** raise an amazing £918 – the stall holders, the cake bakers, the refreshments team, our Tombola team and those who donated the prizes, **The Hidden Garden** crew, **Country Gardens** for loaning us 2 Christmas trees
- **Selsey and District Lions** £1,500 for children's presents at Christmas

- **The Joy** for hosting our **Together Time** Christmas lunch and **Tania Ramsdale Honey** for entertaining the guests
- **The Hopp Inn** £640 from their advent calendar tickets for the Community Christmas Day Lunch
- **Everyone** who donated to the **V2 Radio Toy Appeal** and to **Selsey Town Council** for nominating **Selsey Community Forum** to distribute the toys to those families that needed them the most at Christmas
- **Snip It Hairdresser** £136 from their donations tin
- **Selsey Medical Practice** £400 Christmas donation
- **Victory Club** £1,200 with us being their Charity for 2025
- **Chichester District Council** £5,000
- **Hunston Parish Council** £500
- **East Wittering and Bracklesham Parish Council** £4,200
- **Ernest Kleinwort Charitable Trust** £8,000
- **Fogwill Trust** £4,000
- **Hyde Housing** £10,000
- **Woodger Trust** £65,000
- **Sussex Community Foundation** £4,000
- **Ferry Farm Communities for Renewables** £15,750



### Message from Selsey Medical Practice

We wanted to share with you the Christmas message we received from the **Selsey Medical Practice** -

*"As the season of Advent turns toward the celebration of Christmas, we have been reflecting on the past year and what we have collaboratively achieved.*

*We know that true wellbeing goes far deeper than prescriptions or diagnoses. There are limits to what medicine can do, and it is here where our patients need hope, comfort, and community that **Selsey Community Forum**'s work is critical.*

### Selsey Community Forum

Selsey Care Shop, 121 High Street, Selsey PO20 0QB Tel: 01243 201616 Web: [www.selseycareshop.uk](http://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](mailto:mail@selseycommunityforum.uk) Web: [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk)



You support the most vulnerable among us and your willingness to help and support in any situation over the wide variety of services you provide and the work you do is an inspiration to us all.

We want to thank you for being the compassion in our neighbourhood. Thank you for making our job easier by caring for the hearts and spirits of the people we treat. We are incredibly proud to be able to work with you.

With our deepest gratitude and warmest Christmas wishes".

**The Partners of Selsey Medical Practice**

## Some Facts and Figures

Here is a little reminder just what our Charity provides – some numbers demonstrating the breadth of work carried out during 2025 in our community:

- ♥ 19,524 Good Morning Calls made
- ♥ 894 people escorted to medical appointments
- ♥ 264 people received housing support
- ♥ 1,211 households received energy support
- ♥ 259 people supported by the Robins Service
- ♥ 425 Blue Badge applications completed
- ♥ 454 Lasting Power of Attorney applications made
- ♥ 195 prescriptions collected
- ♥ 1,500 Newsletters delivered every month
- ♥ 63 free key safes installed
- ♥ 61 had help with computers and smart phones
- ♥ 150 people supported through counselling
- ♥ 36 people helped in gaining employment
- ♥ 1,203 contacts made through the Hubs
- ♥ 1,104 people attended dementia support groups
- ♥ 1,050 carers supported
- ♥ 7,944 people attending our fully inclusive groups
- ♥ 19,150 contacts made through the **Care Shop**

## Our Compassionate Community

Since 2016 **Selsey Community Forum** has been looking to make Selsey a **Dementia Friendly Community**

and many groups, individuals, businesses and shopkeepers have shown that this can be achieved. This has become evident when neighbours and members of the public raise a concern with the **Care Shop**, and measures can be put into place with the person's consent. This could include scheduling a **Good Morning** call, providing a befriending service, helping the person access group activities, liaising with healthcare and social care services.

During the pandemic we set up the **Covid Mutual Aid Group** and this has now evolved so it reaches people with other needs, such as mental health issues, neurodiverse conditions, Parkinsons, Multiple Sclerosis, Motor Neurone Disease,

stroke, epilepsy, cognitive impairments, acquired brain injury, or learning needs. Selsey has moved from being a **Dementia Friendly Community** to a more **Compassionate Community**, and the evidence is there to see. People are more accepting and understanding.

**Mike Beal** is our **Dementia Ambassador** and Chairman of the **Selsey Venture Club** and a volunteer for the **Selsey**

**Care Shop**; he reflects on his observations within the groups he supports. He says that **Morning Live** and **Friday**



**Tea and Talk** had traditionally been made up by members of the **Venture Club**. However, as time went on people's needs changed; this may have been due to a cognitive impairment such as dementia. The group then adapted to that person's needs, ensuring that they felt welcomed and included. The group would encourage the person to participate in board games that were still familiar to them, sometimes with a little more support, enabling them to remain engaged. What may be a small thing is an incredibly big thing for that person. We are reminded that "it's not what you do for someone, it is how you make that person feel"

More recently, the groups have welcomed those from **The Care Pod** - a specialist day service for people with various needs (including some living with dementia), based at the **Selsey Centre**. Every Monday the group from **The Care Pod** arrive at the **Venture Club**, and the welcome is palpable; Mike says that it is a joy to see.

If you would like to know more about how you or your organisation could be more dementia friendly or be involved in a compassionate community, please do get in touch with the **Care Shop**.



## February Reflections A Gentle Return to Light

As February arrives, it offers us a softer invitation. For some, the echoes of the January blues may still linger and that is completely okay. After the colour, connection and warmth of the festive season, it is natural to miss the closeness of loved ones, the joy of giving, and the unhurried moments of time shared.



As life gently settles back into its familiar rhythm, routine may feel grounding and reassuring for some, offering comfort and stability. For others, however, it can bring with it a quieter sense of emptiness or even a subtle feeling of greyness gently shining a light on the more mundane patterns of daily life. This awareness can be an invitation, offering space to reflect on what no longer nourishes us and what we may feel ready to change.

The days slowly begin to lengthen, yet the world can still feel a little grey at times. Feelings of loneliness may surface - something that can touch any of us, even when we are not physically alone.

This is where compassion and love become truly golden. When we allow space for them both for ourselves and for others, they have the power to gently reconnect us, reminding us that we are not separate, but deeply held.

There is a small yet powerful word we often use: "but" or "however." We use it to explain, justify or soften how we feel. Within that word lives a choice, a choice in how we meet ourselves and how we strengthen our inner resilience. Awareness begins here; in the moments we soften enough to truly see ourselves with honesty and care. Honour the feeling and gently accept its reason. Then, with kindness, choose how you move forward. Notice the light that already lives within you, the comfort of a familiar song, a memory that warms the heart, the first sip



of a hot drink, a stranger's smile, or the quiet beauty of nature beginning to shift once more. Hold onto these small glimmers gently

throughout the month. They are often the simplest moments that guide us back home to ourselves, freeing us from thought patterns that no longer serve us.

There is no need to do this perfectly, simply begin. Even five gentle minutes each day can create meaningful change. Allow your practice to weave naturally into moments you already have: upon waking, while enjoying a warm drink, or during a quiet pause. If you feel called, seek support through guided practices, a local mobility or mindfulness class, or by gifting yourself moments of stillness watching the world move around you and remembering that you belong here, for a reason.

This February, may you choose to lead with love towards yourself first, and then out into the world ❤️

Sending you all love and light, Always

**Sarah Palmer**

## Wellbeing Support – An Open Invitation for our Volunteers

Buddies and volunteers are paramount to the smooth running, and the community support that **Selsey Community Forum** offers. 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.

Thank you, as always, for everything you do for our community. To book an appointment please email **Sarah** directly on [sarah@selseycommunityforum.uk](mailto:sarah@selseycommunityforum.uk)

## Warm Spaces

Don't forget, as well as these Warm Spaces in Selsey, you can seek help with energy advice and money support at the **Care Shop**.

**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  
t: 01243 201616 w: [www.selseycommunityforum.uk](http://www.selseycommunityforum.uk)

## 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.

Starting on **Wednesday 21st January** this weekly group will be at the **Cabin, Beacon Church, PO20 0PD, 10am-12noon**. If anyone you know is feeling



the winter blues, loneliness, isolation, or they 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.

## Digital Hub

On the **2nd and 4th Wednesday** each month between **10am-12noon** you can find assistance with internet, phone or iPad issues at **The Rookery**. Please pop in and ask for Aunty Tech.



## The Hidden Garden

The **Seed and Plant Swap** is on **Sunday 1st March**. Do go and visit to share any spare seeds or plants you have and see the fabulous selection available. If you do not have any seeds or plants to swap, it does not matter as you can still go and get some inspiration for this year's growing season. Everything they have is available for a donation.



## Our Senior Friends

We return to our profiles on our senior friends and say hello to Ann Callingham who was born in North Street, Petworth in 1930, the fourth of six children - three boys and three girls.

Her father Thomas was a gamekeeper on the Petworth Estate of Lord Leconfield and they lived in various villages around Petworth as dictated by his duties. Most of the cottages were quite remote with no plumbing and water from a well.



The children often had a 4-5 mile walk to the village schools. At the aged of 15, Ann left school and became a "mother's help" for a family living on the outskirts of Kirdford, looking after three children under four. The family decided to move to Devon, buying a farm near Moretonhampstead and took Ann with them.

This led to Devon being a favourite holiday destination for Ann, but she did miss Sussex and moved back to Petworth where she met Don, her husband of 65 years. They had two sons and ran a successful furniture sales and repairs business together for over 25 years.

Selsey was an occasional destination with the boys when they were young, and Ann and Don chose to retire here having got to know the area better after Ann's eldest sister also retired to the village.

Ann says, "the support for us OAP's here in Selsey is incredible so a BIG THANK YOU to everybody".

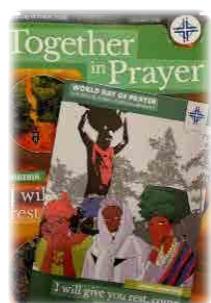
## Selsey Beach Litter Ninjas

Below are the dates for the community group beach litter picks. They meet promptly at the allotted time and then pick for around an hour. If you would like to join them, they would love to see you. It's great exercise, good for your mental health and fantastic for our marine life.

A poster for 'Selsey Beach Litter Ninjas'. At the top is the text 'CLEAN BEACHES. CLEAN SEAS. Make a difference'. Below that is a photograph of a beach with a lighthouse in the background. A yellow circle on the left contains the text 'SELSLEY BEACH LITTER NINJAS'. To the right is a list of dates and locations for the litter picks: Sunday 25th January 10.00 am, Meet at Coastguards for West Beach pick; Sunday 22nd February 10.00 am, Meet at Paddy's Plaice - East Beach pick; Saturday 28th March 13.00 pm, Meet at the Oval-Marine beach pick; Saturday 25th April 13.00 pm, Meet end of Park Lane; Saturday 23rd May 10.00 am, Meet at Coastguards for West Beach pick; Saturday 20th June 10.00 am, Meet at the Oval for Marine Beach pick; Sunday 19th July 10.00 am, Meet Coastguards for West Beach pick; Wednesday 12th August 18.00 pm, Meet at Paddy's Plaice - East Beach pick; Saturday 19th September 10.00 am, Meet at the Oval for Marine Beach pick; Saturday 17th October 10.00 am, Meet at Coastguards for West Beach pick; Sunday 29th November 10.00 am, Meet at the Oval for Marine Beach pick.

## World Day of Prayer

The World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. The origins of World Day of Prayer date back to the 19th century when Christian women of United States and Canada initiated a variety of cooperative activities in support of women's involvement in mission at home and in other parts of the world.



There will be an opportunity for the local community to come together and be involved in this world event to draw strength together using readings, poems, reflections, and music. It will take place on **Friday 6th March 2-3pm** at **Our Lady of Mount Carmel and St Wilfrid's Catholic Church**.

We welcome anyone keen to be a reader, musician, or to be part of the audience to participate in a way they feel comfortable. Refreshments will be served

in the hall after the service. For more information, please contact Karen PIRKS on 07824 376760 or [operations@selseycommunityforum.uk](mailto:operations@selseycommunityforum.uk)

At a time when people worldwide are carrying heavy burdens, profound insights can be found on their website [www.worlddayofprayer.net](http://www.worlddayofprayer.net)

## Blue Badges

Did you know you can apply for a Blue Badge even if you do not have a car – so long as it is only used when someone is transporting you in their car – maybe to take you to a medical appointment or accompanying you whilst you shop. If you need any help completing an application form, please call into the **Care Shop**



## The SHOP

**The SHOP** in the High Street is a Café and Art Gallery and was started over thirteen years ago by a small group of local Christians who wanted to bless Selsey's High Street. It is still going strong. In the mornings it is a social hub where people drop in for conversation and a good quality inexpensive drink. In the afternoons it is a venue for some of the **Selsey Community Forum**'s support groups. It is also an outlet for artists and crafters to display and sell their work.



Like other Charities they are always on the lookout for volunteers. An occasional three-hour session serving and talking with their customers would be such a help – you would have an enjoyable morning and be rewarded with .... a free drink. Do drop in. A friendly welcome awaits you.

## Selsey Community Forum What's On

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 1st February

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

### Monday 2nd February

Morning Live  
The Venture Club 10.15-11.45am  
SHOP Talk  
The SHOP 2.00-3.30pm

### Tuesday 3rd February

Game Time  
The Rookery 10.00-11.30am

### Friends Group

Beacon Church 10.30am-12.00noon

### Veteran's/Serving Personnel Brunch

The Hopp Inn 11.00am

### 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

The SHOP 6.00-7.30pm

### Wednesday 4th February

#### Friendship Group

Methodist Church Hall 10.00-11.30am

#### Open Arms Support Group for Adults

The Cabin,  
Beacon Church 10.00-12.00noon

#### Hope in the Dark

2.00-4.00pm

#### Parkinson's Group

The SHOP 2.00-3.30pm

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

–Leo Buscaglia



## Help Hubs



### Hub Help Desk Locations

**BIRDHAM** - 2nd Wednesday of the month  
11am - 1pm St James Church Centre, Birdham, PO20 7HG

**BIRDHAM** - 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** - 4th Tuesday of the month  
2pm - 3pm - Graylingwell Chapel, Bloomfield Drive, Graylingwell Park, PO19 6BZ

**HUNSTON** - Fridays - weekly  
11am - 1pm - Hunston Community Club, Hunston, PO20 1AW

**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  
2pm - 4pm - Parish Rooms, PO20 7RE

**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)

### Thursday 5th February

#### Together Time

Methodist Church Hall 10.00-3.15pm  
10.00 Tea, sing-song; 12.30 Lunch;  
Raffle, crafts, games, tea & cake

#### Grow Selsey Indoor Tea Garden

Caraway House Care Home 2.00-  
3.30pm Places must be booked

#### Wellness Café Anxiety Support

The SHOP 2.00-3.30pm

### Friday 6th 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 Cabin, Beacon Church 2.30pm

## Sunday 8th February

### Sunday ResBite Tea

St. Peter's Church Hall 3.00-4.30pm

## Monday 9th February

### Morning Live

The Venture Club 10.15-11.45am

### Movies for Memories

'The Bucket List'

Methodist Church 12.30-3.30pm

### SHOP Talk

The SHOP 2.00-3.30pm

## Tuesday 10th February

### Men's Breakfast

Beacon Church 10.00-11.30am

### Community Food Hub

Beacon Church 2.00-3.00pm

### Carers Afternoon Tea

The SHOP 2.00-3.30pm

### Group for Visually Impaired

Selsey Venture Club 2.00-4.00pm

### Wellbeing Groups

Star Office & Care Shop 4.00-6.00pm

### Bereavement Group

The SHOP 4.00-6.00pm

## Wednesday 11th February

### Friendship Group

Methodist Church Hall 10.00-11.30am

### Open Arms Support Group for Adults

The Cabin,

Beacon Church 10.00-12.00noon

### SDAA/Alzheimer's Group

Selsey Methodist Church 2.00-3.30pm

### Individual Bereavement Support

The SHOP 2.00pm- 3.30pm

by appointment only

## Thursday 12th February

### 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 Indoor Tea Garden

Caraway House Care Home 2.00-

3.30pm Places must be booked

## Friday 13th 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 Cabin, Beacon Church 2.30pm

## Saturday 14th February

### Veteran's/Serving Personnel Brunch

Caraway House Care Home 10.30am

## Sunday 15th February

### Sunday ResBite Tea

Beacon Church 3.00-4.30pm

## Monday 16th February

### Morning Live

The Venture Club 10.15-11.45am

### SHOP Talk

The SHOP 2.00-3.30pm

## Tuesday 17th February

### Game Time

The Rookery 10.00-11.30am

### Welcome and Wellbeing Group

Beacon Church 10.30am-12.00noon

### 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 18th February

### Friendship Group

Methodist Church Hall 10.00-11.30am

### Open Arms Support Group for Adults

The Cabin,

Beacon Church 10.00-12.00noon

### Parkinson's Group

The SHOP 2.00-3.30pm

## Thursday 19th February

### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

### Men's Carers Group

The SHOP 2.00-3.30pm

### Grow Selsey Indoor Tea Garden

Caraway House Care Home 2.00-

3.30pm Places must be booked

## Friday 20th 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 Cabin, Beacon Church 2.30pm

## Sunday 22nd February

### Sunday ResBite Tea

Methodist Church Hall 3.00-4.30pm

## Monday 23d February

### Morning Live

The Venture Club 10.15-11.45am

### Movies for Memories 'Cat Ballou'

Methodist Church 12.30-3.30pm

## SHOP Talk

The SHOP 2.00-3.30pm

## Tuesday 24th February

### Vitale Stroke Club

Beacon Church 10.00-12.00noon

### Men's Breakfast

Caraway Care Home 10.00-11.30am

### Community Food Hub

Beacon Church 2.00-3.00pm

### Group for Visually Impaired

Venture Club 2.00-4.00pm

### 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 5pm

## Wednesday 25th February

### Friendship Group

Methodist Church Hall 10.00-11.30am

### Open Arms Support Group for Adults

The Cabin,

Beacon Church 10.00-12.00noon

### Alzheimer's Group

Methodist Church Hall 1.30-3.30pm

### Carers Drop In

The SHOP 2.00-3.30pm

## Thursday 26th February

### Together Time

Methodist Church Hall 10.00-3.15pm

10.00 Tea, sing-song; 12.30 Lunch;

Raffle, crafts, games, tea & cake

### Wellness Café

Individual Bereavement Support

The SHOP 2.00-3.30pm

### All Our Yesterdays To inspire memories

Beacon Church 2.00-3.30pm

### Grow Selsey Indoor Tea Garden

Caraway Care Home 2.00-3.30pm

Places must be booked

## Friday 27th 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 Cabin, Beacon Church 2.30pm

## Sunday 1st March

### Sunday ResBite Tea

St. Wilfrid's Church Hall 3.00-4.30pm

## Monday 2nd March

### Morning Live

The Venture Club 10.15-11.45am

### SHOP Talk

The SHOP 3.00-4.30pm